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Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category 'A' by MHRD)

Re-accredited with 'A++' Grade by NAAC. Recognised by UGC under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Examination – May 2024

VI Semester

Class : III UG

Major : Physical Education

Time : 3 Hours

Max. Marks : 100

21BPEC28 Gym Management

Course Outcomes:

1. Promoting professionals with competency and commitment
2. Expertise in principles of fitness training
3. Obtain Knowledge for profitability with their mind of product and services
4. Implement systems to ensure the up keep and safety of the facility and the equipment
5. Developing different vigorous physical activity for health and fitness

Part A

10 x 1 = 10

Choose the Correct Answer

1. Improvement of an individual's _____ is the specific goals of the training CO1K1
a. Capability b. Capacity
c. Performance d. all the above
2. There are _____ types of physical fitness components CO2K1
a. Five b. Four
c. Six d. Two
3. The exercise doing with oxygen means CO3K2
a. Aerobic b. Anaerobic
c. Strength d. Agility
4. The workout might consist of varied pace of running is called _____ training CO2K3
a. Endurance b. Fartlek
c. Speed d. Circuit
5. _____ is called the consumption of foodstuffs in quantities and quality CO2K1
a. Balanced diet b. Weight gaining diet
c. Specific diet d. Weight loss diet
6. _____ is the condition that not properly digests or absorbs the nutrients from the food is CO1K1
a. Balanced diet b. Nutrition
c. Imbalance diet d. Malnutrition
7. Lean body is a BMI value lesser than or equal to _____ CO1K3
a. 35 b. 20
c. 15 d. 30
8. To prepare to do an activity or sport we need to perform _____ CO3K2
a. warm-up b. warm down
c. cool up d. cool down
9. Fitness centre management is dependent by managing _____ CO4K3
a. attractive b. efficient
c. profitable d. all the above
10. Gym offer CO1K1
a. array of amenities for various exercises
b. group of fitness equipments
c. certified staff
d. All the above .

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Explain the Types of exercise. CO2K2
(or)
11.b. Describe about health related physical fitness. CO3K1
- 12.a. Explain about Endurance through weight training CO2K1
(or)
12.b. Explain about methods of developing Cardio vascular endurance CO4K3
- 13.a. Explain about the ergogenic aids. CO2K2
(or)
13.b. Explain about the obesity and its causes. CO3K3
- 14.a. Describe about the exercise prescription. CO4K3
(or)
14.b Explain about the ACSM guidelines for weight loss. CO4K4
- 15.a Describe about the phone handling and guest satisfaction in customer care. CO3K4
(or)
15.b. Explain the maintenance of records. CO2K2

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Explain the factors influencing fitness. CO2K2
(or)
16.b. Explain about the components of ~~components of~~ physical fitness. CO3K3
- 17.a. Explain the cardio vascular endurance through circuit training. CO2K2
(or)
17.b. Design a circuit training programme for the strength training. CO3K4
- 18.a. Explain about the harmful effects of nutritional ergogenic aids. CO4K3
(or)
18.b. Describe about obesity and its causes, effect, prevention and treatment. CO2K2
- 19.a. Explain about the concepts of body composition and body types classification. CO3K3
(or)
19.b. Explain the quality and quantity of the exercise program in the exercise prescription. CO2K2
- 20.a. Explain about the role of manager and managerial skill. CO1K2
(or)
20.b. Explain the management of fitness clubs and centre. CO2K3
