



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 [now MoE]
Re-accredited with an 'A++' Grade by NAAC CGPA 3.65/4, Category I by UGC
Coimbatore - 641 043, Tamil Nadu, India
Continuous Internal Assessment II October – 2024

Class: II B.PEd
Major: Physical Education
Course Outcomes:

24BAEGM1Gym Management

Max Marks: 60
Duration: 2hours

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

Part –A

Answer all the question

1x6=6
CO2K2

1. Which of the following is not a component of Warm-up
a).Stretching b)Calisthenics c).Formal Activity d) Plyometrics
CO1K1
2. What does body composition refer to
a) Percentage of body fat b) The shape your muscles
c) How much gain you have d) Limb length
CO2K3
3. Which body type can be characterized by a round body
a) Endomorph b) Ectomorph c) Mesomorph d) None of these
CO3K1
4. When the training load is neither too low nor excess of an athlete's capacity, it is called
a) Normal load b) Crest load
c) Optimal load d) Maximum load
CO2K3
5. Which of the following is refers to FITT principles
a) Frequency, Intensity, Time, Type b) Frequency, Intensity, Time, Test
c) Full Range of Motion, Intensity Time, Test d) Full Range of Motion, Intensity, Time, Type
CO3K1
6. Which of the following instrument used to estimate the body fat
a) Flexmometer b) Goniometry
c) Dynamometer d) Skin fold calliper

Part B

(3x6=18)

- Each answer should not exceed 400 words or two pages**
- 7 (a). Write a short note on quality and quantity of exercise program
(Or)
(b)Preparee a exercise prescription
CO2K3
CO5K2
 - 8 (a).List out the warm up and cooling down exercise and explain its benefits
(Or)
(b).Describe the details about Customer care in gym management
CO5K4
CO3K3
 - 9 (a).Write a short note on Mechanical Functions of gym equipment, wear, tear and maintenance of gym
(Or)
(b).List out the warm up and cooling down exercise and explain its benefits
CO3K3
CO2K2

Part C

3x12=36

- Each answer should not exceed 800 words or two pages**
- 10(a). Explain the details about Concept of body composition.
(Or)
(b).Define Exercise Prescription and explain quality and quantity of exercise program
CO5K2
CO2K2
 - 11(a).Write a note on Role of Manager and Managerial Skill in Fitness Clubs.
(Or)
(b).Explain Somato body type and differentiate their Characteristics
CO4K2
CO4K5
 - 12(a). Write a note on Facility Setup, Placement and list of Equipment in Gym (Or)
(b). Briefly explain ACSM guide line for Weight loss
CO5K3