



Murugesu

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 12 B
Coimbatore-641 043, Tamil Nadu, India

Bachelor's Degree Examination - May 2023
VI Semester

Class: III UG
Major: Physical Education

Time : 3Hours
Max. Marks: 100

18BPEC28 Gym management

Course Out comes:

1. Promoting professionals with competency and commitment
2. Expertise in principles of fitness training
3. Obtain knowledge for probability 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
Choose the Correct Answer

10 x 1 = 10

1. Mesomorph tends to have _____ metabolism. CO3 K2
a. Slow metabolism b. Average metabolism
c. Medium metabolism d. High metabolism
2. Which is not a type of dynamic strength? CO2 K1
a. Static strength b. Explosive strength
c. Strength endurance d. Maximum strength
3. Which physical fitness test is used to assess cardiovascular endurance? CO3 K3
a. Push-up test b. Sit and reach test c. Sit up test d. Cooper run test
4. Body building food is known as CO2 K2
a. Catabolic food b. Anabolic food c. Metabolic food d. All of the above
6. Obesity is mainly caused by CO2 K3
a. lack of physical activities b. Excess of food intake
c. Both a and b d. None of the above
7. What is the definition of overweight? CO1 K1
a. BMI > 25 kg/m² b. BMI = 20 kg/m²
c. BMI 25-29.9 kg/m² d. BMI 25-30 kg/m²
8. What type of diet is recommended for weight maintenance? CO1 K2
a. Low protein and high GI b. High protein and high GI
c. Low protein and low GI d. High protein and low GI
9. Exercise for biceps brachii is CO3 K3
a. Playing rugby and takraw b. Dumbbell and Barbell curl
c. Home workout d. All of the above
10. What piece of equipment can be used to train the pectoral muscles? CO3 K4
a. Treadmill b. Bench Press c. Rowing Machine d. Kettle Bell

Part B

5 x 6 = 30

Answer ALL questions

Each Answer should not exceed 400 words or two pages

11. a. Define concepts of training and fitness. (or) CO2 K2
11.b. Describe components of fitness. CO2 K2
12. a. Describe forms of training programme. (or) CO2 K3
12.b. Write a short notes circuit training and aerobic circuit training. CO3 K2
13. a. Write a diet prescription for obesity. (or) CO2K2
13.b. Describe nutritional value and requirement of food to exercise. CO4 K4
14. a. Write a short notes on a) Energy balance b) Weight control. (or) CO3 K2
14.b. Prepare a exercise prescription for obese person. CO4 K4
15. a. Describe management of fitness club and centre. (or) CO3 K4
15.b. Write short notes on public relation, phone handling and guest satisfaction in gym management. CO2 K3

Part C

5 x 12 = 60

Answer ALL questions

Each Answer should not exceed 800 words or four pages

16. a. Explain retraining and maintenance of training load. (or) CO3 K3
16.b. Explain the factors influencing fitness and specificity of training effects. CO2 K2
17.a. Explain methods of developing Cardio respiratory endurance. (or) CO1 K1
17.b. Explain development of cardiovascular endurance through weight training. CO2K3
18.a. Explain malnutrition and obesity causes, effect, prevention and treatment. (or) CO2 K3
18.b. Explain harmful effects of nutritional ergogenic aids. CO2 K3
19. a. Explain American College of Sports Medicine (ACSM) guidelines for weight loss. (or) CO3 K2
19.b. Explain concepts of body composition. CO2 K3
20. a. Explain role of manager and managerial skills in gym management. (or) CO3 K2
20.b. Explain list of equipments and maintenance of facilities in gym . CO2 K3
