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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 12 B

Coimbatore - 641 043, Tamil Nadu, India

## Continuous Internal Assessment Test II – April 2022

### Semester VI

Class: III Bsc  
Branch: Physical Education

Time : 2 Hrs.  
Max Marks: 60

### 18BPEC28-GYM MANAGEMENT

#### Course Outcomes:

1. Promoting professionals with competency and commitment.
2. Expertise in principle 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

##### Choose the Correct Answer

6 x 1 = 6

1. Which of the following is not considered as a macronutrient?  
a. Carbohydrates b. Protein c. Fats d. mineral CO1KI
2. What is the worldwide prevalence of obesity?  
a. 11% b. 13% c. 15% d. 39% CO2K1
3. during the weight loss an increased protein diet?  
a. is good for health b. helps build muscles cats fats c. is necessary for vital processes  
d. may increase the amount of nitrogen in body CO3K2
4. Weight reduction program should be based on low intake of?  
a. dietary fiber b. vitamins c. fats d. proteins CO2K4
- 5 Which of the following is true about principles of managements?  
a. They principles of management are in a continuous process of evolution CO3K4  
b. They principles of management have evolved c. They principles of management have not evolved  
d. None of the above
6. Which of the following diseases does obesity increase the risk of developing?  
a. Type 2diabetes b. Cancer c. cardiovascular disease d. Acc of the options given are correct CO3K3

#### PART – B

##### Answer all Questions

Each answer should not exceed 400 words or two pages

3 X 6 = 18

7. a. What is the Diet prescription? CO1K2  
Or
7. b. Write the Malnutrition and obesity causes? CO2K2
8. a. Quantity and quality of exercises explain? CO2K3  
Or
8. b. Explain the Concept of body composition? CO3K3
9. a. Write the role of manager and managerial skill? CO3K4  
Or
9. b. Explain somato type and physical activity. CO3K4

#### PART – C

##### Answer all Questions

Each answer should not exceed 800 words or four pages

3X 12 = 36

10. a. briefly explain harmful effects of nutritional ergogenic aids? CO2K3  
Or
10. b. What are the ACSM guidelines for weight loss? CO2K3
11. a. what is the quantity and quality of the exercise program? CO3K3  
Or
11. B. Write the management of fitness clubs and centre? CO3K3
12. a. Explain the list of equipments of fitness to be introduced? CO4K4  
Or
12. b. write about customer care in gym management? CO4K4