



K. Sambath

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 A++ Grade by NAAC. CGPA 3.65 /4, Category I by UGC
Coimbatore - 641 043, Tamil Nadu, India

Bachelor of Physical Education Degree Examination – April 2026
II Semester

Class: I B.P.Ed.

Time : 3 Hours
Max. Marks : 100

Ability Enhancement Compulsory Course
23BPDGM1 Gym Management

Course Outcomes:

- CO1: Promoting professionals with competency and commitment
- CO2: Expertise in principles of fitness training
- CO3: Obtain knowledge for profitability with the right mind of products and services
- CO4: Implement systems to ensure the upkeep and safety of the facility and the equipment
- CO5: Developing different vigorous physical activity for health and fitness

Part A
Choose the Correct Answer

10 x 1 = 10

1. _____ fat stores energy and _____ fat burns it. CO1 K3
a. Beige & brown b. White and beige c. White & brown d. Brown & white
2. Energy imbalance leading to weight gain due to CO2 K3
a. Expenditure>intake b. Intake>Expenditure
c. Intake=Expenditure d. No intake
3. Ergogenic aids are substances that CO3 K3
a. Cause injury b. Prevent exercises
c. improve health d. Enhance performance
4. Protein intake should be around _____ g/kg of body weight. CO2 K3
a. 0.8-1.0 b. 1.2-2.0 c. 1.2-1.8 d. 2.0-2.8
5. Consumes more calories than the body needs CO3 K3
a. Malnutriton b. Overnutrition c. Undernutrition d. Balance diet
6. FITT – F refers CO1 K3
a. Fitness b. Fast c. Frequency d. Fat
7. Which somatotype is characterized by high fat accumulation? CO4 K3
a. Ectomorph b. Mesomorph c. Endomorph d. Athletomorph
8. Guest satisfaction mainly depends on CO5 K3
a. Service quality b. Cost only c. Equipment d. Location only
9. The sit and reach test measures CO3 K3
a. Flexibility b. Strength c. Balance d. Endurance
10. Healthy weight range in BMI table CO4 K3
a. 16-17 b. 17-8.5 c. 25-29.9 d. 18.5-24.9

Part B
Answer ALL questions

6 x 5 = 30

Each answer should not exceed 400 words or two pages

- 11.a. What is meant by skill-related fitness? Explain briefly. CO1 K3
(or)
11.b. Discuss about warm up and warm down. CO2 K3
- 12.a. What is circuit training? Explain briefly. CO1 K3
(or)
12.b. Explain the role of life style to maintain fitness. CO5 K3
- 13.a. Write a short note on malnutrition. CO4 K3
(or)
13.b. Write a short note on diet. CO3 K3
- 14.a. Briefly explain harmful effects of ergogenic aids. CO3 K3
(or)
14.b. Explain the ways to develop strength. CO2 K3
- 15.a. Write a short note on etiquettes. CO5 K3
(or)
15.b. Prepare a six day's diet plan for weight loss. CO2 K3

Part C
Answer ALL questions

5 x 12 = 60

Each answer should not exceed 800 words or four pages

- 16.a. Describe components of fitness and their role in overall health. CO2 K3
(or)
16.b. Explain exercise prescription with quantity and quality of exercise program. CO1 K3
- 17.a. Illustrate diet plan with 2500 calories for your student. CO4 K3
(or)
17.b. Explain causes, effects, prevention, and treatment of obesity. CO3 K3
- 18.a. Define fitness and explain factors influencing fitness. CO1 K3
(or)
18.b. Enumerate body types. CO3 K3
- 19.a. Explain about development of fitness on long term basis and monitoring of progress. CO4 K3
(or)
19.b. Explain maintenance of records, communication skills and phone handling in gym. CO4 K3
- 20.a. Explain the placement and list of equipment required in a gym. CO5 K3
(or)
20.b. Discuss the role of a manager in fitness clubs and centers. CO5 K3
