



Mavin

**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 I - February 2023**

**VI Semester**

**Class : III UG**

**Major : Physical Education**

**Time : 2 Hrs**

**Max. Marks: 60**

**18BPEC28 Gym Management**

**Course Outcomes:**

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**

**Circle the Correct Answer**

**6 x 1 = 6**

1. Choose an example of a cardiovascular endurance exercise  
a. plank, jogging, swimming, biking and jumping rope  
b. walking, jogging, situps, biking and jumping rope  
c. walking, jogging, swimming and jumping rope  
d. asanas, weight lifting, swimming, biking and biceps curl  
CO1K2
2. Resistance training involves the performance of physical exercises that are designed to improve  
a. strength and speed  
b. Strength and endurance  
c. agility and endurance  
d. flexible and endurance  
CO1K1
3. Circuit training is an everlasting and evolving training exercise program that was developed by  
a. R.E. Morgan and Hull Meit  
b. Noah Aliever and Abraham farus  
c. R.E. Morgan and G.T. Anderson  
d. James Walt and G.T. Anderson  
CO2K2
4. The ability of a joint or series of joints to move through an unrestricted, pain free range of motion called  
a. Speed  
b. Strength  
c. Flexibility  
d. Endurance  
CO1K1
5. ATP production without oxygen called  
a. anaerobic metabolism  
b. aerobic metabolism  
c. both aerobic and anaerobic  
d. none of the above  
CO1K3
6. The activity of lifting heavy objects (weights) as a form of exercise  
a. Weight training  
b. Circuit training  
c. Interval training  
d. Fartlek training  
CO1K1

**PART – B**

**Answer should not exceed 400 words or One Page**

**3X 6 = 18**

- 7 a Explain various mode of exercises in detail  
OR  
7b Explain concept of training and fitness in detail  
CO1K2  
CO2K3
- 8 a Describe the cardiovascular endurance in detail.  
OR  
8 b. Describe the muscular endurance in detail.  
CO1K2  
CO2K2
- 9 a. Briefly explain the sports retraining  
OR  
9 b. Briefly explain the maintenance of training in sports  
CO2K3  
CO2K3

**PART – D**

**Answer should not exceed 800 words or four pages**

**3X12= 36**

- 10 a Enumerate various influencing factors of physical training  
or  
10 b Write down the components of fitness. Discuss the various types of fitness in life  
CO2K3  
CO2K3
- 11a. Explain the cardiovascular development through weight training  
or  
11 b. Explain the cardiovascular development through circuit training  
CO2K3  
CO2K3
- 12 a. Write down the training program for weight loss  
or  
12. b. Write down the rehabilitation training program  
CO2K3  
CO2K3