

Class : III BSc

Major : Physical Education

Max Marks: 30

18BPEC28-Gym Management

Course Outcomes

CO1: Promoting professionals with competency and commitment.

CO2: 2. 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

Answer **all** the questions

6X 1 = 6

- | | | |
|-----------|--|-------|
| 1. | Washing of peeled vegetables removes the vitamin? a)E b)D c)C d)B | C01K1 |
| 2. | Milk, cheese and eggs are the sources of a)Vitamin C and A b)Vitamin C and D c)Vitamin A and D d)Vitamin B and C | C03K2 |
| 3. | Which of the following has the highest calorific value? a)Carbohydrates b)Fats c)Proteins d)Vitamins | C05K1 |
| 4. | Pulses are a good source of - a)Carbohydrates b)Proteins c)Fats d)Vitamins | C04K2 |

5. ACSM abbreviation C04K3
a) American college of sports medicine
b) African college of sports medicine
c) Australian college of sports medicine
d) Asian college of sports medicine
6. Obesity is defined as a BMI above C03K2
a)25 b)30 c)35 d)40

Part – B

Answer **any two** questions (not exceeding 400 words) 2 X 6 = 12

7. Enumerate the guidelines to lose weight according to ACSM? C05K3
8. Define Malnutrition and brief the preventive measures of malnutrition? C03K4
9. State how a receptionist handle phone in gymnasium? C04K3
10. Write a brief note on quantity and quality of the exercise? C05K5

Part – C

Answer **any one** and (not exceeding 800 words) 1 X12=12

11. Illustrate the somato type and physical activity accordingly? C04K5
12. Explain list of equipment's to be introduced in gym and how to maintain it? C04K6