



**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

**Continuous Internal Assessment II April – 2025**

**Semester VI**

**21BPEC28 - Gym Management**

**Class: III.B.Sc**

**Major: Physical Education**

**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

**Max Marks: 60**

**Duration: 2hours**

**Part –A**  
**Answer all the question**

- 6X1=6**
1. Which of these foods is highest in natural sugar  
a) Spinach                      b) Banana                      c) Almonds                      d) Chicken                      **CO2K3**
  2. Which of the following is an essential nutrient for muscle recovery  
a) Fats                      b) Proteins                      c) Carbohydrates                      d) Water                      **CO2K2**
  3. Wear and tear of gym equipment can be minimized by  
a) Using old machines                      b) Avoiding maintenance  
c) Regular inspection and servicing                      d) Ignoring minor damages                      **CO2K1**
  4. When the training load is neither too low nor excess of an athlete's capacity, it is called  
a) Normal load                      b) Crest load  
c) Optimal load                      d) Maximum load                      **CO3K1**
  5. Which of the following is considered an ergogenic aid  
a) Vitamin C                      b) Protein shake                      c) Steroids                      d) Water                      **CO3K2**
  6. Which somatotype is associated with a naturally lean and slender body  
a) Ectomorph                      b) Mesomorph                      c) Endomorph                      d) None of the above                      **CO2K2**

**Part B**

**(3x6=18)**

**Each answer should not exceed 800 words or two pages**

- 7 (a). Write a short note on quality and quantity of exercise program  
(Or) **CO2K3**
- 7 (b). Define exercise prescription and prepare a chat
- 8 (a). List out the warm up and cooling down exercise and explain its benefits  
(Or) **CO5K4**
- 8 (b). Describe the details about Customer care in gym management **CO3K3**
- 9 (a). Write a short note on ACSM guide line for weight loss  
(Or) **CO3K5**
- 9 (b). Discuss the harmful effects of nutritional ergogenic aids. **CO2K2**

**Part C**

**Each answer should not exceed 1200 words or two pages**

**3x12=36**

- 10(a). Explain the details about Concept of body composition.  
(Or) **CO5K2**
- 10 (b). Define Exercise Prescription and explain quality and quantity of exercise program **CO2K2**
- 11(a). Write a note on Role of Manager and Managerial Skill in Fitness Clubs.  
(Or) **CO4K2**
- 11 (b). Explain Somato body type and differentiate their Characteristics **CO4K5**
- 12 (a). Write a note on Facility Setup, Placement and list of Equipment in Gym  
(Or) **CO5K4**
- 12 (b). Explain the causes, effects, and prevention of malnutrition and obesity on physical fitness. **CO5K3**

Incharge Staff: Mrs.V.Bhuvaneshwari

Total no of papers:20