



Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)

Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Examination – July 2020

VI Semester

Class : III UG
Major : Physical Education

Time : 2 Hours
Max. Marks : 50

15BPEC28 Gym Management

Part A

10 x 1 = 10

Choose the Correct Answer

- The ability to move and change the direction quickly is called
a. speed
b. agility
c. endurance
d. flexibility
- The ability of the heart, lungs and blood vessels to deliver oxygen to your body tissues.
a. Cardiovascular endurance
b. Agility
c. Strength
d. Flexibility
- Speed endurance can be improved by
a. fartlek training
b. plyometric training
c. circuit training
d. weight training
- What is the by-product of anaerobic metabolism?
a. Carbon dioxide
b. Oxygen
c. Glucose
d. Lactic acid
- Carbohydrate will store in the body in the form of
a. glucose
b. protein
c. electrol
d. glycoge
- _____ are substances, foods, or training methods that enhance energy production, use or recovery and provide athletes with a competitive advantage.
a. Nutrition
b. Ergogenic aids
c. Steroids
d. Food
- What is the expansion of BMI?
a. Body Mass Index
b. Body Muscle Index
c. Body Mass Intensity
d. Body Maximum Index
- Lean and long, with difficulty building muscle is called as _____ body type.
a. endomorph
b. mesomorph
c. ectomorph
d. athletic
- Lat pull-down machine is useful for developing
a. gastrocnemius muscle
b. hamstring muscle
c. shoulder muscle
d. quadriceps muscle
- Treadmill is use to increase the _____ performance.
a. strength
b. cardiovascular endurance

Part B

3 x 6 = 18

Answer any **Three** questions

Each answer should not exceed 400 words or two pages

11. Write the components of fitness.
12. Briefly write the forms of exercises.
13. Write a short note on circuit training.
14. Write a short note on aerobic metabolism.
15. Write the effects of malnutrition.
16. Write about obesity and how will you calculate BMI value?
17. Write a short note on 'Somato body type'.
18. Write the procedures to reduce body weight.
19. Write the importance of personal record maintenance in fitness center.
20. Write the need and importance of public relation and communication skills.

Part C

2 x 11 = 22

Answer any **Two** questions

Each answer should not exceed 800 words or four page

21. Explain the types of exercise.
22. Explain the factors influencing fitness.
23. Explain the methods of developing Cardio Respiratory Endurance (CRE).
24. Prepare the one-week training program for developing upper body explosive strength of Volleyball player.
25. Explain the need and importance of nutritional knowledge for the coach of fitness center.
26. Explain the effects of nutritional ergogenic aids.
27. Explain the importance of warm up and warm down exercises.
28. Explain the concepts of body composition.
29. Explain the list of equipment in the gym and mention its purposes.
30. How to manage a fitness club and centres and mention the required managerial qualities?