



Maximum

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 12B
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test II – April 2024
VI Semester

Class : III B.Sc
Major : Physical Education

Time : 2 hrs
Max. Marks : 60

21BPEC28 Gym Management

Course Outcome:

1. Promoting professionals with competency and commitment
2. Expertise in principles of fitness training
3. Obtain Knowledge for profitability with their mind of product and services
4. Implement systems to ensure the up keep and safety of the facility and the equipment
5. Developing different vigorous physical activity for health and fitness

Part A

6 x 1 = 6

Choose the correct answer

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
CO1K3
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

3 x 6 = 18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

- 7.a. Explain the Concept of body composition
(or)
CO1K3
- 7.b. Explain concept of training load in detail
CO2K3
- 8.a. Describe the cardiovascular endurance in detail.
(or)
CO1K2
- 8.b. Describe the muscular endurance in detail.
CO2K3
- 9.a. Briefly Explain the ACSM guidelines for weight loss.
(or)
CO4K3
- 9.b. Briefly Expertise in principles of fitness training
CO4K5

Part C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 10.a Enumerate the list of equipment's to be introduced for mechanical functioning
(or)
CO2K3
- 10.b Write down the components of fitness. Discuss the various types of fitness in life
CO4K3
- 11.a. Explain the Role of Manager and managerial skill, maintenance of records
(or)
CO2K5
- 11.b. Explain the cardiovascular development through circuit training
CO2K2
- 12.a. Write Diet Prescription: Nutritional Value and requirement of food in relation to exercise
(or)
CO3K3
- 12.b Write down the rehabilitation training program
CO2K3
