



Jambaldy

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

Bachelor's Degree Examination – May 2025
VI Semester

Class : III UG

Major : Physical Education

Time : 3 Hours

Max. Marks : 100

21BPEC28 Gym management

Course Outcomes:

- CO1: Promoting professionals with competency and commitment
- CO2: Expertise in principles of fitness training
- CO3: Obtain Knowledge for profitability with their mind of product and services
- CO4: Implement systems to ensure the up keep and safety of the facility and the equipment
- CO5: Developing different vigorous physical activity for health and fitness

Part A

Choose the Correct Answer

10 x 1 = 10

1. What type of exercise is designed to improve the range of motion of joints? CO1 K1
 - a. Flexibility exercise
 - b. Muscular endurance exercise
 - c. Cardiovascular endurance exercise
 - d. Strength training exercise
2. Which of the following is an example of an aerobic exercise? CO1 K2
 - a. Weightlifting
 - b. Sprinting
 - c. Jogging
 - d. Jumping rope
3. Which type of training includes a series of exercises done one after another with minimal rest? CO2 K2
 - a. Circuit training
 - b. Interval training
 - c. High-intensity interval training (HIIT)
 - d. Aerobic training
4. What is the optimal rest period between sets for weight training to improve cardiovascular endurance? CO3 K3
 - a. 30-60 seconds
 - b. 1-2 minutes
 - c. 2-3 minutes
 - d. 3-5 minutes
5. What is the primary treatment for obesity? CO2 K2
 - a. Dietary changes
 - b. Increased physical activity
 - c. Behavioural therapy
 - d. All of the above
6. What is the recommended daily intake of protein for athletes? CO1 K2
 - a. 0.8-1.2 grams per kilogram of body weight
 - b. 1.2-1.6 grams per kilogram of body weight
 - c. 1.6-2.2 grams per kilogram of body weight
 - d. 2.2-3.0 grams per kilogram of body weight
7. What is the concept of body composition? CO2 K2
 - a. The proportion of fat, bone, and muscle in the body
 - b. The ratio of height to weight
 - c. The percentage of body fat
 - d. The amount of muscle mass
8. Which somato type is characterized by a muscular and athletic build? CO3 K3
 - a. Ectomorph
 - b. Mesomorph
 - c. Endomorph
 - d. None of the above
9. What is the most effective way to communicate with customers in a fitness club? CO3 K3
 - a. Through social media and email
 - b. Through face-to-face interactions and phone calls
 - c. Through written letters and newsletters
 - d. Through text messages and SMS
10. What type of records should a fitness club maintain? CO1 K2
 - a. Only financial records
 - b. Member attendance, health records, and equipment maintenance logs
 - c. Only marketing data
 - d. None, as records are unnecessary

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Define exercise and explain its importance in maintaining overall fitness. CO1 K1
(or)
- 11.b. Discuss the key components of health-related fitness. CO1 K2
- 12.a. Define cardiovascular endurance and explain its significance in physical fitness. CO2 K2
(or)
- 12.b. How does high-intensity interval training (HIIT) contribute to cardiovascular fitness? CO2 K2
- 13.a. Discuss the role of diet prescription in maintaining nutritional fitness for athletes. CO3 K1
(or)
- 13.b. Discuss the impact of dehydration and the importance of hydration in exercise. CO2 K1
- 14.a. What are the key differences between quantity and quality in an exercise program? CO1 K1
(or)
- 14.b. Describe the significance of warm-up and limbering down in an exercise session. CO2 K2
- 15.a. Express the importance of customer care in a fitness club. CO2 K2
(or)
- 15.b. Describe the significance of record maintenance in the management of fitness clubs. CO3 K2

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Discuss the different modes of exercise and their effectiveness in training programs. CO1 K1
(or)
- 16.b. How do genetics, lifestyle, and environmental factors influence an individual's fitness level? CO2 K2
- 17.a. Analyze different training programs for cardiovascular endurance and their effectiveness. CO3 K3
(or)
- 17.b. Compare and contrast aerobic and anaerobic metabolism in the development of cardiovascular fitness. CO2 K2
- 18.a. Describe the harmful effects of nutritional ergogenic aids and their impact on health. CO3 K3
(or)
- 18.b. Analyze the causes, effects, prevention, and treatment of malnutrition. CO2 K2
- 19.a. Describe obesity, its causes, and the role of physical activity in weight management. CO2 K3
(or)
- 19.b. Explain ACSM guidelines for weight loss and their application in fitness programs. CO2 K1
- 20.a. Explain in detail the role of a manager in a fitness club and the managerial skills required for successful operations. CO3 K3
(or)
- 20.b. Discuss the importance of public relations in a fitness centre and how it impacts customer satisfaction. CO2 K2