



Mavin

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. Recognized by UGC under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment I AUGUST – 2024
Semester-III

Class: II B.P.Ed

Max Marks: 60

Major: Physical Education

Duration: 2hours

24BAEGM1 Gym Management

Course Outcomes:

1. Promoting professionals with competency and commitment
2. Expertise in principles of fitness training
3. Obtain Knowledge for profitability with theright 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

Part –A

Answer All the question

1x6=6

1. Which of the following is a benefit of regular exercise CO2K2
 - a) Weight loss only
 - b) Improved mental health only
 - c) Increased energy levels and reduced stress
 - d) Improved sleep quality only
2. Which of the following is a key component of the fitness and wellness movement CO1K1
 - a) Physical fitness only
 - b) Mental well-being only
 - c) Nutrition and stress management
 - d) All of the above
3. Which method is effective for improving CRE CO2K3
 - a) High-Intensity Interval Training (HIIT)
 - b) Strength Training
 - c) Flexibility Exercises
 - d) Balance Training
4. Regular cardiovascular exercise can help reduce the risk of CO3K1
 - a) Diabetes
 - b) Hypertension
 - c) Heart disease
 - d) All of the above
5. Which training method involves alternating periods of high-intensity exercise with periods of rest or low-intensity Exercise CO2K3
 - a) Continuous Training
 - b) Interval Training
 - c) Circuit Training
 - d) Fartlek Training
6. At what age do people suffer the most from malnutrition CO3K1
 - a) Elderly
 - b) Teenagers Elderly
 - c) Elderly and Children
 - d) Teenagers and Children

Part B

Each answer should not exceed 400 words or two pages (3x6=18)

- 7.(a). Write a short note on Specificity of training effect CO2K3
(or)
7.(b). Explain concept of training and fitness. CO5K2
8. (a). List out methods of developing cardiovascular endurance. CO5K4
(or)
8. (b). Explain about development of cardiovascular endurance through Weight training CO3K3
9 (a). Write a short note on Aerobic and anaerobic metabolism CO3K5
(or)
9.(b). List out the methods of training and benefits of training CO2K2

Part C 3x12=36

Each answer should not exceed 800 words or two pages

- 10 (a). Explain meaning, forms and types of exercise. CO5K2
(or)
10. (b). Briefly explain components of fitness. CO2K2
11 (a). List out any five gym equipment and explain any one. CO4K2
(or)
11.(b). Define cardiovascular endurance and development of cardiovascular endurance through weight training. CO4K5
12 (a). Explain about balanced diet, food and nutrition CO5K4
(or)
12.(b). Briefly explain malnutrition and obesity causes, effects and prevention CO5K3

Incharge Staff: Mrs.V.Bhuvaneshwari

Total no of papers:29