



*Sambath*

**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.CGPA 3.65/4, Category I by UGC  
Coimbatore-641 043, Tamil Nadu, India  
**Continuous Internal Assessment – II April 2025**

**Class: II BPEd**

**Time: 2 Hours**

**Major: Physical Education**

**Max Marks: 60**

**23BPDVB1 – Equipment Maintenance And Management**

**Course Outcomes:**

- CO 1:** Know the fundamental of all the games and sports understand the rules of all the games and sports preparing the students for the competition  
**CO 2:** Classify the students accordingly for various games and sports  
**CO 3:** Design and practice the new methods and technique and training

**Part A**

**Answer all the Questions**

**6 x 1 = 6**

1. What is the primary benefit of regular gym equipment maintenance CO1 K1
  - a) Aesthetic appeal b) Increased electricity consumption
  - b) Improved safety and longevity d) None of the above
2. Which machine is commonly used for cardiovascular endurance training? CO1 K1  
(a) Leg Press (b) Treadmill (c) Lat pulldown (d) Bench press
3. What is a key aspect of gym management? CO2 K3
  - a) Ignoring equipment maintenance b) Member engagement
  - c) Not training staff d) Avoiding safety regulations
4. What is the purpose of fitness evaluation? CO3K2
  - a) To assess an individual's physical fitness b) To buy new gym equipment
  - c) To decorate the gym d) To reduce gym membership fees
5. Which gym accessory is used for muscle recovery? CO1K1  
a) Treadmill (b) Foam roller (c) Battle ropes (d) Rowing machine
6. Which type of gym equipment focuses on developing muscle strength with weights? CO2K3
  - a) Cardio machines b) Resistance training machine
  - c) Yogamats d) Plyometric boxes

**Part B**

**Each answer should not exceed 400 words or two pages**

**3x6=18**

- 7 a). Explain the importance of gym equipment maintenance and its impact on user safety? CO3K1  
(or)
- 7 b). Describe the different types of resistance training machines and their functions. CO3K2
- 8 a). What are the key factors involved in managing a fitness center effectively? CO2K4  
(or)
- 8 b). Discuss the importance of cardiovascular equipment in a gym setup. CO3K3
- 9 a) List and explain the different types of conditioning machines and their benefits? CO4K3  
(or)
- 9 b) Explain the need for regular maintenance of sports equipment. CO2K3

**Part C**

**3x12=36**

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

10 a). Discuss in detail the need and scope of gym equipment maintenance, including its benefits and challenges. CO2K4

(Or)

10 b) Explain the process of fitness evaluation, highlighting the various assessment methods used to determine physical fitness levels. CO3K4

**PRACTICALS**

- 11 . How will you identify the main components and their functioning in the gym
- 12 . Demonstrate about the equipment usage and how it works

Name of the Staff: Mrs. A.Kiruthika

No. of Copies: 20