



Avinashilingam Institute for Home Science and Higher Education for Women
[Deemed to be University] Coimbatore - 641043
Bachelor's Degree Examination-April 2019

VI Semester

Class : III UG
Major : Physical Education

Time : 3 Hrs
Max. Marks: 100

15BPEC28 Gym Management
Part-A

10x1=10

Choose the correct answer

1. The key principle of weight reduction dieting are
 - a. Select low calorie, high- nutrient food
 - b. Use only tasteless food
 - c. Avoid strenuous activity
 - d. both a and c
2. Behavior modification
 - a. Technique used in psychotherapy
 - b. Works on stimulus control
 - c. Useful in weight reduction programs
 - d. all of the above
3. The calories/ kilograms daily energy requirement is highest for
 - a. Infants
 - b. children
 - c. elderly
 - d. pregnancy
4. How would you minimize the risks associated with a fitness Centre when exercising?
 - a. Eat plenty of carbohydrates
 - b. Check that all equipment is working properly
 - c. Always try hard in all exercises
 - d. Record fitness progress in training diary
5. To take up cross country running. Which type of training would be most suitable for this?
 - a. Circuit training
 - b. weight training
 - c. continuous training
 - d. flexibility training
6. After an hour's vigorous exercise programme, a 16 year old male, who does not train≠ regularly, experiences some short term effects on his body. Which one of the following would you expect to happen after such a short exercise programme.
 - a. increase in cardiac output
 - b. decrease in resting heart rate
 - c. increase in lung volume
 - d. increased breathing rate
7. One of the following nutrient is needed to build the muscles.
 - a. carbo
 - b. fats
 - c. proteins
 - d. vitamins
8. Which one of the following is the best description of the specificity training principle of weight training?
 - a. Increase the weights lifted for each training session
 - b. Concentrate on training muscles in the upper body
 - c. Lifting your maximum weight for one repetition
 - d. Using all free weights rather than machines
9. Which one of the following precautions would you take to minimize the risk of injury in a Sports hall?
 - a. Check that the equipment is well maintained.
 - b. Make sure you have a friend to exercise with.
 - c. Cool down properly.
 - d. Take first aid material with you.
10. Which one of the following is not considered as an organization?
 - a. Clubs
 - b. Schools
 - c. Associations
 - d. Society

: 2 :

Part – B

5 X 6=30

Answer the following

Answer should not exceed 400 words or two pages

- 11.a. What is the specific principle of training? (Or)
- 11.b. What are types of exercise?
- 12.a. What is circuit training (Or)
- 12.b. What is CRE?-Explain.
- 13.a. What is malnutrition? (Or)
- 13.b. What is ergogenic aid?
- 14.a. What is Energy balance? (Or)
- 14.b. Why warm up and down is important for physical activity?
15. a. How to maintain a record in fitness center? (Or)
15. b. What is role of manager and their skill? (Or)

Part – C

5 x 12 = 60

Answer the following
Answer should not exceed 800 words or four pages

- 16.a. Explain the factors that influence the fitness (Or)
- 16.b. Explain about the health related physical fitness components.
- 17.a. Explain the aerobic and anaerobic metabolism? (Or)
- 17.b. Explain briefly about the different form of CRE training programme.
- 18.a. Explain the harmful effects of nutritional ergogenic aid? (Or)
- 18.b. Design a diet plain for an endurance athlete? (Or)
- 19.a. Explain the ACSM guideline for weight loss? (Or)
- 19.b. How to develop a quality exercise programme? Explain their protocol.
- 20.a. How to maintain a good facilities in gym?-Describe. (Or)
- 20.b. How to take care of the customer in the gym?-Explain.
