



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 (now MoE)

Re-accredited with an 'A++' Grade by NAAC CGPA 3.65/4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment – I August 2025

Semester - V

Class: III BSc

Major: Physical Education

Time: 2 Hours

Max Marks: 60

23BPEDE5– DSE- II Exercise Prescription

Course Outcomes:

- 1: Evaluate a person's overall health prior to beginning of an exercise program and throughout program maintenance
- 2: Incorporate aerobic, resistance, concurrent, neuro-motor, and flexibility exercise appropriately into exercise plans
- 3: Develop individualized exercise prescriptions to increase and promote physical activity, fitness, strength, endurance, and flexibility to optimize health and meet athletic performance goals
- 4: Deliver an educational presentation on a special topic in exercise prescription following instruction design principles and effective presentation best practices.
- 5: Reflect on the challenges of maintaining a regular exercise program

Part A

Answer all the Questions

6 x 1 = 6

1. FITT stands for:
(a) Frequency, Intensity, Time, Type (b) Flexibility, Intensity, Technique, Time
(c) Frequency, Interval, Timing, Training (d) Form, Integration, Timing, Target
CO1K1
2. What is the primary goal of an exercise prescription?
(a) To improve muscle bulk (b) To promote lifelong physical activity and health
(c) To reduce body fat alone (d) To increase VO₂ max only
CO1K1
3. VO₂ max is used to assess: ?
a) Flexibility b) Muscular strength
c) Cardiovascular endurance d) Anaerobic power
CO2 K3
4. The PAR-Q (Physical Activity Readiness Questionnaire) is used to:
a) Assess hydration levels b) Determine exercise intensity
c) Identify health risks before exercise d) Measure athletic performance
CO3K2
5. Why is pre-exercise screening important?
a) To save time in training b) To avoid paperwork
c) To identify any medical conditions or risks d) To measure daily caloric intake
CO1K1
6. The Body Mass Index (BMI) is calculated using: CO2K3
a) Weight and waist size b) Waist and hip ratio
c) Weight and height d) Muscle mass and fat percentage

Part B

Each answer should not exceed 400 words or two pages

3x6=18

- 7 a). Define Exercise Prescription CO3K1
(or)
- 7 b). Explain the meaning and definition of Legal and Ethical consideration CO3K2
- 8 a). Define the Pre- Exercise Screening CO2K4
(or)
- 8 b). Write the importance of assessment of Exercise capacity CO3K3
- 9 a). Explain the FITT CO4K3
(or)
- 9 b). Write the importance of Exercise in Health and Wellness CO2K3

Part C

Each answer should not exceed 800 words or two pages

3x12=36

- 10 a). Elucidate the Overview of Exercise Prescription CO1K4
(Or)
- 10 b). Explain the Exercise Progression CO1K1
- 11 a). How to use the Karvonen formula to determine the 70%-80% intensity level CO2K3
(Or)
- 11 b). Explain about the assessment of exercise capacity CO3K4
- 12 a). Describe about the legal and ethical consideration in exercise prescription CO1K4
(Or)
- 12 (b). Write about the special consideration in exercise prescription about children and adult CO2K3

Name of the Staff: Mrs. A.Kiruthika

No. of Copies: 33