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**Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore – 641 043**  
**Continuous Internal Assessment Test II – April 2023**

Class: III B.Sc  
Major: BSc Physical Education

Time: 2 Hrs.  
Max Marks: 60

**18BPEC28 -Gym Management**

**Course Outcomes:**

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

**Circle the Correct Answer**

**6 x 1 = 6**

1. Nutrition plays a crucial role in supporting exercise performance and \_\_\_\_\_  
a. Hydration                      b. Injury                      c. Recovery                      d. Active  
CO1K2
2. Which nutrient deficiency can cause anemia  
a. Vitamin D                      b. Iron                      c. fat                      d. Magnesium  
CO1K1
3. The most common cause of obesity in college aged girls  
a. Overeating                      b. Sedentary lifestyle                      c. Genetics                      d. Hormonal imbalance  
CO2K2
4. The process of creating an individualized exercise program for a person is called  
a. Diet Prescription                      b. Exercise Prescription                      c. Rehabilitation Prescription                      d. Medical Prescription  
CO1K1
5. The purpose of a warm-up is to gradually \_\_\_\_\_ the heart rate and body temperature  
a. Maintain                      b. Decrease                      c. Increase                      d. Increase and decrease  
CO1K3
6. The Saunas, hot tubs, and massage can relax and recover after a workout will comes under  
a. Stretching equipment                      b. Personal training equipment  
c. Recovery equipment                      d. Functional training equipment  
CO1K1

**PART – B**

**Answer should not exceed 400 words or One Page**

**3X 6 = 18**

- 7 a Explain malnutrition in detail  
or  
7b Explain obesity in detail  
CO2K3
- 8 a Briefly explain the nutritional value of food for healthy life  
or  
8 b. Describe the Harmful effects of Nutritional Ergogenic aids  
CO2K3
- 9 a. Briefly explain the Energy Balance and weight control  
or  
9 b. Briefly explain the Somatotype and physical activity  
CO1K2
- CO2K2
- CO2K3
- CO2K3

**PART – D**

**Answer should not exceed 800 words or four pages**

**3X12= 36**

- 10 a Enumerate various Effect, prevention and treatment for malnutrition  
or  
10 b Write down the nutritional Ergogenic aid for fitness  
CO2K3
- 11a. Explain the Exercise prescription and quantity and quality of the exercise program for obese  
or  
11 b. Explain the ACSM guidelines for weight loss  
CO2K3
- 12 a. Explain the Role of Manager and managerial skill  
or  
12b. Write down the Mechanical functioning of the equipment  
CO2K3