



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 February – 2025

Semester-VI

Class: III B.Sc

21BPEC28-Gym Management

Max Marks: 60

Major: Physical Education

Duration: 2 hours

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

Answer all the questions 1x6=6

1. Which training method involves alternating periods of high-intensity exercise with periods of rest CO2K3
a) Continuous Training b) Interval Training
c) Strength Training d) Fartlek Training
2. Which method is effective for improving Cardiovascular endurance CO2K3
a) High-Intensity Interval Training (HIIT) b) Strength Training
c) Flexibility Exercises d) Balance Training
3. 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
4. Which of the following is a characteristic of aerobic exercise CO2K3
a) High-intensity, short-duration activity b) Low-intensity, long-duration activity
c) Anaerobic metabolism d) Muscle strengthening
5. What is the primary source of energy for the body during high-intensity, short-duration activities CO2K2
a) Carbohydrates b) Fats
c) Proteins d) ATP
6. When does the body use anaerobic metabolism
a) During rest b) During quick, intense exercise
c) During long walks d) During sleep

Part B

Each answer should not exceed 600 words or two pages

(3x6=18)

- 7 (a). Write a note on retraining and maintenance of training CO2K3
(Or)
(b). Explain concept of training and fitness CO5K2
- 8(a). Discuss any five factors that influence physical fitness, with a brief explanation of each. CO5K4
(Or)
(b). Illustrate the concept of aerobic metabolism CO3K3
- 9(a). Discuss about the methods of developing CRE CO3K5
(Or)
(b). Explain nutritional value and requirement of food in relation to exercise CO2K2

Part C

Each answer should not exceed 1200 words or four pages

3x12=36

- 10 (a). Briefly explain meaning and forms of exercise with examples CO5K2
(Or)
10(b). Explain how circuit training improves cardiovascular endurance CO4K5
- 11 (a). Write a note on health and skill-related components of fitness 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 Aerobic and anaerobic metabolism CO5K3

Incharge Staff: Mrs. V. Bhuvaneshwari No. of papers: 20