



Mavin

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. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Examination – June 2021

VI Semester

Class: III UG

Major: Physical Education

Time : 3 Hours

Max. Marks: 100

18BPEC28 Gym Management

Part A

Choose the Correct Answer

10 x1 = 10

1. *Training* has specific goals of improving one's
 - a. capability
 - b. capacity
 - c. performance
 - d. all the above
2. There are _____ components in fitness
 - a. five
 - b. four
 - c. six
 - d. All the Above
3. *Aerobic* exercise means
 - a. Insertion
 - b. with oxygen
 - c. Action
 - d. None of the above
4. The workout might consist of push-ups, sit-ups, squats and lunges _____ training
 - a. endurance
 - b. fartlek
 - c. speed
 - d. circuit
5. _____ refers to the provision and consumption of foodstuffs in quantities and quality
 - a. Nutritional fitness
 - b. food
 - c. water
 - d. minerals
6. Person can't properly digest or absorb nutrients from the food is
 - a. food
 - b. meat
 - c. butter
 - d. malnutrition
7. Obesity is a BMI greater than or equal to
 - a. 35
 - b. 20
 - c. 15
 - d. 30
8. To prepare to do an activity or sport by practising
 - a. warm-up
 - b. warm down
 - c. limbering down
 - d. none of the above
9. The practice of deliberately managing the release and spread of information between an individual or an organization is
 - a. Kinetic
 - b. Axis
 - c. public relation
 - d. All the above
10. fitness centre is more than a gym
 - a. true
 - b. false
 - c. neither false or true
 - d. All the above

Part B

5 X 6 = 30

Answer the following questions

Answer should not exceed 400 words or two pages

- 11.a. Explain the concept of training.
(or)
11.b. Describe about maintenance of training.
12. a. Explain about Aerobic metabolism
(or)
12.b. Explain about methods of developing C R E
- 13.a. Explain about the causes for obesity.
(or)
13.b Explain about limbering down and its benefits.
- 14.a. Describe about Energy balance and weight control.
(or)
14. b Explain about the concept of body composition.
- 15.a Describe about the role of manager.
(or)
15.b. Explain the mechanical functioning of the equipments.

Part C

5 X 12 = 60

Answer the following questions

Answer should not exceed 800 words or four pages

- 16.a. Explain the factors influencing fitness.
(or)
16.b. Explain about the components of health related fitness.
- 17.a. Explain the cardio vascular endurance through weight training.
(or)
17.b. Prepare a circuit training programme for your own choice .
- 18.a. Explain about the harmful effects of nutritional ergogenic aids.
(or)
18.b. Describe about nutritional value and requirement of food in relation to exercise.
- 19.a. Explain about A C S M guidelines for weight loss.
(or)
19.b. Explain the quality and quantity of the exercise program.
- 20.a. Explain about list of equipment s to be introduced in new gym .
(or)
20.b. Explain the management of fitness clubs and centre.
