



# 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

Time: 2 Hours

Major: Physical Education

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 instructional 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? CO1K1  
(a) To improve muscle bulk (b) To promote lifelong physical activity and health  
(c) To reduce body fat alone (d) To increase VO<sub>2</sub> max only
3. VO<sub>2</sub> max is used to assess: ? CO2 K3  
(a) Flexibility (b) Muscular strength  
(c) Cardiovascular endurance (d) Anaerobic power
4. The PAR-Q (Physical Activity Readiness Questionnaire) is used to: CO3K2  
(a) Assess hydration levels (b) Determine exercise intensity  
(c) Identify health risks before exercise (d) Measure athletic performance
5. Why is pre-exercise screening important? CO1K1  
(a) To save time in training (b) To avoid paperwork  
(c) To identify any medical conditions or risks (d) To measure daily caloric intake
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