



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 – II October 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. Customized exercise prescription are developed to
(a) Apply same training to everyone (b) Meet individual clients need & Condition
(c) Same time for trainer (d) Reduce exercise option CO1K1
2. Case studies in exercise prescription re used to
(a) Test memory power (b) Apply Theoretical knowledge real life problems
(c) Reduce exercise load (d) Identify new sports CO1K1
3. Which test is performed before starting an exercise program?
a) Posture test b) Pre- exercise screening CO2 K3
c) Reaction test d) Endurance test
4. Corrective exercise are mainly prescribed to :
a) Increase muscle mass b) Rectify postural deviation CO3K2
c) Improve Sprint Speed d) Maximize Endurance
5. Cardio-Respiratory fitness is best assessed by CO1K1
a) Sit & Reach test b) step test / VO₂ Max test
c) Hand Grip strength test d) Skinfold calliper test
6. Which of the following is measured during pre – screening ? CO2K3
a) Resting Heart rate b) VO₂ Max
c) 1RM test d) Sprint time

Part B

3x6=18

Each answer should not exceed 400 words or two pages

- 7 a). Define Exercise Prescription CO3K1
(or)
- 7 b). Define the Pre- Exercise Screening CO3K2
- 8 a). Give Special consideration exercise for cardio vascular disease CO2K4
(or)
- 8 b). What is the procedure in Monitoring – tracking process CO3K3
- 9 a). Explain Karvonen Formula CO4K3
(or)
- 9 b) Enumerate BMI using your own body weight CO2K3

Part C

3x12=36

Each answer should not exceed 800 words or two pages

- 10 a). Elucidate Special consideration exercise in prevention and treatment of disease CO1K4
(Or)
- 10 b). Elucidate the Overview of Exercise Prescription CO1K1