



QP CODE: 24020582



Reg No :

Name :

**BSM DEGREE (CBCS) REGULAR / IMPROVEMENT / REAPPEARANCE
EXAMINATIONS, MAY 2024**

Second Semester

Bachelor of Sports Management

Complementary Course - SM2CMT02 - FITNESS MANAGEMENT

2017 ADMISSION ONWARDS

C81A8EAC

Time: 3 Hours

Max. Marks : 80

Part A

*Answer any **ten** questions.*

*Each question carries **2** marks.*

1. What is the job of an clinical exercise specialist?
2. Will doing fitness activities with friends motivate you. Why?
3. What does skin colour indicate during physical examination?
4. Why is the tests for fluid and electrolytes taken?
5. What do you mean by type of exercise?
6. What is fixed percentage of person's body weight assessment method?
7. Why is body composition necessary in fitness management?
8. What is the exercise duration for children between 5-17 years of age?
9. Mention any four professional responsibilities towards clients.
10. What do you mean by ethics in fitness?
11. What is obesity?
12. What is mindfulness meditation relaxation technique?

(10×2=20)

Part B

*Answer any **six** questions.*

*Each question carries **5** marks.*





13. Explain the importance of physical fitness in detail.
14. Explain the importance of flexibility in detail.
15. What is the best way to incorporate high altitude training into your fitness routine?
16. Explain medical history in detail.
17. What areas of a client should be covered during fitness training?
18. What is the laboratory test for flexibility assessment?
19. What is balance? Why is balance important?
20. What are sports injury prevention programs?
21. What is the secondary prevention of cardio-vascular risk?

(6×5=30)

Part C

*Answer any **two** questions.*

*Each question carries **15** marks.*

22. What do you mean by risk classification? Explain in detail about pre exercise screening.
23. Explain in detail about the exercise prescription for muscular strength.
24. Explain in detail about measuring exercise intensity.
25. What is relaxation? Explain relaxation techniques in detail.

(2×15=30)

