

Name of the course : Master of Physical Education (M. P. Ed.)
Semester : Semester- III (Dec. 2025)
Name of the paper : Gym Operation
Option : Paper- Add-on- MPE-1103
Duration : 3 Hours
Maximum Marks : 75

Instruction to Candidates:

1. Question paper consist total of eight questions.
2. Candidates have to attempt any five questions.
3. All questions carry equal marks.

Q1. Define and explain the concept of a balanced diet. How do energy intake and expenditure determine body weight and performance in physical activity?

Q2. Discuss weight management programmes. Explain the principles and strategies for healthy weight loss and weight gain.

Q3. Explain the importance of aerobic fitness. Describe methods to improve aerobic capacity and formulate a basic aerobic training programme.

Q4. Discuss the physiological adaptations produced by regular aerobic training on cardiorespiratory endurance and body composition.

Q5. Explain the financial and administrative aspects of gym management. Discuss marketing, enrolment, record keeping, and promotional planning.

Q6. Discuss the importance of client relations, grooming, and presentation in the success of a gym instructor and overall gym operation.

Q7. Explain the procedure for measuring height, weight, and calculating Body Mass Index (BMI). How can BMI be used for assessing health and fitness status?

Q8. Write a note on yoga as a part of fitness and weight management programmes. Describe any five asanas beneficial for flexibility and stress reduction.