

Enrollment No. :

Centre Code :

Invigilator Sign.
Date :

2024

(MOOCs) IDC

Paper : MOOCIDC2013

(Fitness Management)

Full Marks : 50

Pass Marks : 20

Time : 2 hours

(Question carries 1 mark each)
Please tick (✓) the correct answer

*Use of correction fluid is prohibited ** Multiple ticks will be treated as incorrect.*

1. **What is the primary focus of fitness management?**
 - A) Nutrition
 - B) Exercise and physical activity
 - C) Mental health
 - D) Financial health
2. **Which component is essential for a well-rounded fitness program?**
 - A) Aerobic exercise
 - B) Strength training
 - C) Flexibility exercises
 - D) All of the above
3. **What does the acronym FITT stand for in fitness management?**
 - A) Frequency, Intensity, Time, Type
 - B) Fitness, Intensity, Training, Time
 - C) Frequency, Interval, Type, Training
 - D) Fitness, Interval, Time, Type
4. **Which principle of fitness management emphasizes the gradual increase of exercise intensity?**
 - A) Specificity
 - B) Overload
 - C) Reversibility
 - D) Individuality

5. **What is the recommended duration for moderate-intensity aerobic activity per week?**
- A) 75 minutes
 - B) 150 minutes
 - C) 200 minutes
 - D) 300 minutes
6. **Which of the following is a component of health-related physical fitness?**
- A) Agility
 - B) Balance
 - C) Body composition
 - D) Coordination
7. **What is muscular strength?**
- A) The ability of a muscle to perform repeated contractions over time
 - B) The maximum force a muscle can exert in a single effort
 - C) The flexibility of a muscle
 - D) The endurance of a muscle group
8. **Which test is commonly used to measure cardiovascular endurance?**
- A) Sit and reach test
 - B) Push-up test
 - C) VO₂ max test
 - D) Grip strength test
9. **What does body composition refer to?**
- A) The ratio of muscle to fat in the body
 - B) The strength of bones
 - C) The flexibility of joints
 - D) The endurance of muscles
10. **Which of the following exercises is best for improving flexibility?**
- A) Running
 - B) Swimming
 - C) Yoga
 - D) Weightlifting
11. **What is the first step in designing a fitness program?**
- A) Setting goals
 - B) Choosing exercises
 - C) Assessing current fitness level
 - D) Determining the frequency of workouts

12. **Which type of goal is considered SMART?**
- A) General
 - B) Short-term
 - C) Long-term
 - D) Specific, Measurable, Achievable, Relevant, Time-bound
13. **What is the purpose of a warm-up in a fitness program?**
- A) To burn more calories
 - B) To prepare the body for more intense exercise
 - C) To cool down after exercise
 - D) To increase muscle mass
14. **How often should strength training exercises be performed for optimal results?**
- A) Once a week
 - B) 2-3 times a week
 - C) Every day
 - D) 5-6 times a week
15. **What is the recommended intensity level for aerobic exercise to improve cardiovascular fitness?**
- A) Low
 - B) Moderate to vigorous
 - C) Very high
 - D) Minimal
16. **What is the role of carbohydrates in physical activity?**
- A) To build muscle
 - B) To provide energy
 - C) To repair tissues
 - D) To hydrate the body
17. **Which nutrient is essential for muscle repair and growth?**
- A) Carbohydrates
 - B) Fats
 - C) Proteins
 - D) Vitamins
18. **What is the importance of hydration in fitness management?**
- A) It improves flexibility
 - B) It enhances mental focus
 - C) It maintains fluid balance and prevents dehydration
 - D) It reduces muscle soreness

- 19. Which type of fat should be limited in a healthy diet?**
- A) Unsaturated fats
 - B) Saturated fats
 - C) Omega-3 fatty acids
 - D) Polyunsaturated fats
- 20. What is the role of fiber in a fitness diet?**
- A) To build muscle
 - B) To provide energy
 - C) To aid in digestion and prevent constipation
 - D) To increase hydration
- 21. Which of the following is a key consideration when designing fitness programs for older adults?**
- A) High-intensity workouts
 - B) Flexibility and balance exercises
 - C) Heavy weightlifting
 - D) Long-distance running
- 22. What is an important fitness guideline for pregnant women?**
- A) Avoid all physical activity
 - B) Engage in moderate-intensity aerobic exercise
 - C) Perform high-intensity interval training
 - D) Focus solely on strength training
- 23. Which type of exercise is recommended for individuals with arthritis?**
- A) High-impact aerobics
 - B) Weightlifting
 - C) Low-impact activities like swimming and walking
 - D) Sprinting
- 24. What is the primary goal of fitness programs for children?**
- A) Weight loss
 - B) Competitive sports training
 - C) Developing healthy habits and motor skills
 - D) Building muscle mass
- 25. Which population is most at risk for developing osteoporosis, and should include weight-bearing exercises in their fitness routine?**
- A) Young children
 - B) Adolescent boys
 - C) Postmenopausal women
 - D) Male athletes

26. **What is the purpose of a fitness assessment?**
- A) To diagnose medical conditions
 - B) To measure current fitness levels and set benchmarks
 - C) To design meal plans
 - D) To purchase exercise equipment
27. **Which test is commonly used to measure flexibility?**
- A) Push-up test
 - B) Sit-up test
 - C) Sit and reach test
 - D) VO2 max test
28. **What does a body mass index (BMI) assessment measure?**
- A) Muscle strength
 - B) Cardiovascular endurance
 - C) Body fat based on height and weight
 - D) Flexibility
29. **Which device is used to measure the number of steps taken in a day?**
- A) Heart rate monitor
 - B) Pedometer
 - C) Glucometer
 - D) Thermometer
30. **What is the significance of resting heart rate in fitness monitoring?**
- A) It indicates muscle strength
 - B) It reflects cardiovascular fitness
 - C) It measures flexibility
 - D) It determines hydration levels
31. **What is a key responsibility of a fitness facility manager?**
- A) Conducting medical exams
 - B) Ensuring the safety and cleanliness of the facility
 - C) Designing individual workout plans
 - D) Diagnosing injuries
32. **Which factor is essential for maintaining client satisfaction in a fitness center?**
- A) High membership fees
 - B) Availability of advanced equipment
 - C) Friendly and knowledgeable staff
 - D) Limited workout hours

- 33. What is the purpose of a fitness facility's emergency action plan?**
- A) To attract new members
 - B) To respond effectively to emergencies
 - C) To increase profits
 - D) To schedule workout sessions
- 34. Which of the following is a common marketing strategy for fitness facilities?**
- A) Reducing operational hours
 - B) Offering trial memberships and discounts
 - C) Limiting membership options
 - D) Increasing membership fees
- 35. What should be considered when selecting equipment for a fitness facility?**
- A) The color of the equipment
 - B) The cost and durability of the equipment
 - C) The popularity of the brand
 - D) The size of the equipment only
- 36. Which of the following is an important factor in managing staff in a fitness facility?**
- A) Their physical appearance
 - B) Their ability to work effectively with clients and peers
 - C) Their performance in personal fitness challenges
 - D) Their skill in operating fitness equipment
- 37. Which of the following is a key aspect of member retention in fitness centers?**
- A) Offering exclusive membership discounts only
 - B) Providing a personalized fitness experience
 - C) Increasing membership fees annually
 - D) Limiting the number of facilities and services offered
- 38. What is a primary consideration when setting prices for fitness services?**
- A) The highest price possible
 - B) The affordability of the target market
 - C) The trend in global pricing models
 - D) The personal preferences of the manager
- 39. Which is a typical responsibility of a fitness facility manager regarding safety?**
- A) Providing medical treatments to injured members
 - B) Ensuring the facility adheres to health and safety standards
 - C) Offering fitness advice during workouts
 - D) Organizing client social events

40. **What is the benefit of offering group fitness classes in a fitness facility?**
- A) Reduces the facility's energy consumption
 - B) Encourages social interaction and motivation among members
 - C) Increases the likelihood of equipment damage
 - D) Decreases the number of personal training clients
41. **Which of the following is a current trend in the fitness industry?**
- A) Decreased use of technology
 - B) Virtual fitness classes and online workouts
 - C) Focus on traditional gym equipment only
 - D) Restricting fitness programs to elite athletes only
42. **What is the role of fitness tracking devices in modern fitness management?**
- A) They replace the need for human trainers
 - B) They provide real-time data to help monitor and adjust fitness progress
 - C) They are only used for marketing purposes
 - D) They provide fitness results without any effort from the user
43. **Which innovation is contributing to the growth of home fitness solutions?**
- A) High-intensity interval training
 - B) Smart home gym equipment and fitness apps
 - C) Traditional gym equipment at home
 - D) Lack of fitness programs for home use
44. **How does fitness gamification benefit participants?**
- A) It increases the level of competition and stress
 - B) It enhances engagement and motivation through interactive challenges
 - C) It discourages teamwork and collaboration
 - D) It reduces the time spent exercising
45. **Which type of fitness activity is gaining popularity due to its ability to be done at home or outdoors?**
- A) Indoor cycling
 - B) Bodyweight exercises
 - C) Strength training with heavy weights
 - D) Swimming
46. **What psychological benefit is commonly associated with regular exercise?**
- A) Increased stress and anxiety
 - B) Improved mood and reduction in depression
 - C) Decreased energy levels
 - D) Increased feelings of isolation

- 47. Which factor is essential in fostering long-term adherence to a fitness program?**
- A) Unrealistic expectations
 - B) A positive and supportive environment
 - C) Lack of variety in exercises
 - D) Excessive focus on weight loss only
- 48. What role does motivation play in fitness management?**
- A) It is not important in fitness programs
 - B) It helps individuals set and achieve fitness goals
 - C) It only matters for competitive athletes
 - D) It is irrelevant in professional settings
- 49. How can fitness managers help clients who lack motivation to exercise?**
- A) By setting unrealistic goals to push them
 - B) By offering rewards for every small milestone achieved
 - C) By creating individualized and achievable fitness plans
 - D) By reducing the number of classes available
- 50. What is one of the main reasons people abandon their fitness programs?**
- A) Lack of access to equipment
 - B) Unrealistic goals and expectations
 - C) Not enough friends to exercise with
 - D) High membership fees