



GYM ASSISTANT (B&W)

Sample Question Paper

B&WSSC



SAMPLE QUESTION PAPER

Beauty & Wellness Sector Skill Council

Qualification Name: Gym Assistant (B&W)

QP Code: BWS/Q3001

NSQF Level: 3

Assessment Type: Sample Question Paper

Assessment Structure

Component	Marks
Theory	140
Practical	213
Viva	97
Total	450

SECTION A – THEORY

Total Questions: 30

Time Allowed: 45 Minutes

Total Theory Marks: 140

Instructions

1. All questions are compulsory.
2. Choose the most appropriate answer for each question.
3. Use of unfair means is strictly prohibited.

Multiple Choice Questions

1. Why is it important to prepare the gym work area before sessions?
 - a) Decoration
 - b) Hygiene, safety, and smooth workout flow
 - c) Faster billing
 - d) Reduce equipment usage
2. What should be done before clients enter the workout area?
 - a) Music setup only
 - b) Equipment inspection and sanitisation
 - c) Weight arrangement only
 - d) Fan adjustment
3. Why should spills be cleaned immediately in the gym?
 - a) Appearance
 - b) Prevent slips and injuries
 - c) Save time
 - d) Reduce cleaning cost

4. Which waste should be disposed of as hazardous waste?
 - a) Paper towels
 - b) Used gloves and tissues
 - c) Empty water bottles
 - d) Packaging cartons
5. Why is warming up important before exercise?
 - a) Decoration
 - b) Prevent muscle injuries
 - c) Increase fatigue
 - d) Save time
6. Which PPE is commonly required in a gym environment?
 - a) Helmet
 - b) Gloves and masks (as required)
 - c) Apron
 - d) Goggles
7. What should a gym assistant do if a client feels dizzy during exercise?
 - a) Ignore
 - b) Ask to continue
 - c) Stop exercise and inform supervisor
 - d) Increase intensity
8. Why should gym equipment be sterilised regularly?
 - a) Shine
 - b) Prevent infections
 - c) Reduce cost
 - d) Improve speed
9. Which equipment is mainly used for cardiovascular exercise?
 - a) Dumbbells
 - b) Treadmill
 - c) Barbell
 - d) Resistance band
10. Why is correct posture important during exercises?
 - a) Style
 - b) Prevent injuries and improve results
 - c) Increase speed
 - d) Reduce sweating
11. Which muscle group is primarily targeted during squats?
 - a) Chest
 - b) Quadriceps and glutes
 - c) Arms
 - d) Neck



12. What should be checked before assisting a client with free weights?
 - a) Music volume
 - b) Client fitness level and form
 - c) Equipment colour
 - d) Gym layout
13. Why should breathing technique be explained during exercise?
 - a) Decoration
 - b) Improve performance and safety
 - c) Reduce time
 - d) Increase fatigue
14. What is the role of spotting during weight training?
 - a) Motivation only
 - b) Ensure safety and correct form
 - c) Increase difficulty
 - d) Speed up workout
15. Why should equipment be returned after use?
 - a) Decoration
 - b) Safety and organisation
 - c) Reduce work
 - d) Save time
16. How should a gym assistant motivate clients?
 - a) Force exercise
 - b) Encourage and guide positively
 - c) Ignore progress
 - d) Compare with others
17. Why is goal discussion important with clients?
 - a) Billing
 - b) Align workouts with fitness objectives
 - c) Decoration
 - d) Reduce time
18. What should a gym assistant do if a client uses equipment incorrectly?
 - a) Ignore
 - b) Politely correct and demonstrate
 - c) Scold
 - d) Remove equipment
19. What reflects professional behaviour in a gym?
 - a) Casual talk
 - b) Clean uniform and polite communication
 - c) Silence
 - d) Informal language

20. Why should intoxicants be avoided at workplace?
- a) Policy only
 - b) Safety and professionalism
 - c) Cost
 - d) Client preference
21. Why is teamwork important in gym operations?
- a) Reduce responsibility
 - b) Smooth functioning and client safety
 - c) Competition
 - d) Speed only
22. How should client privacy be maintained?
- a) Open discussions
 - b) Respect personal space and information
 - c) Ignore
 - d) Public announcements
23. What is an important employability skill for a gym assistant?
- a) Silence
 - b) Communication and teamwork
 - c) Only physical strength
 - d) Speed
24. Why is time management important at workplace?
- a) Decoration
 - b) Manage sessions and equipment usage
 - c) Reduce effort
 - d) Avoid responsibility
25. What does digital literacy help with?
- a) Decoration
 - b) Online bookings and records
 - c) Exercise performance
 - d) Equipment repair
26. Why is record keeping important in a gym?
- a) Decoration
 - b) Track attendance and safety records
 - c) Marketing only
 - d) Speed
27. How should customer complaints be handled?
- a) Ignore
 - b) Argue
 - c) Listen and escalate if required
 - d) End session



28. Why is hydration important during workouts?
- a) Decoration
 - b) Prevent dehydration and fatigue
 - c) Reduce sweating
 - d) Improve appearance
29. What is ethical behaviour at workplace?
- a) Force selling
 - b) Following rules and respecting clients
 - c) High pricing
 - d) Speed focus
30. Why is continuous learning important for gym assistants?
- a) Exam purpose
 - b) Update skills and improve service quality
 - c) Reduce workload
 - d) Avoid supervision



SECTION B – PRACTICAL

Total Practical Marks: 213

Practical Task:

Assist and demonstrate **gym exercises** including:

- Work area preparation
- Equipment setup and safety check
- Warm-up and stretching
- Demonstration of basic cardiovascular and resistance exercises
- Client assistance and spotting
- Cleaning and storage of equipment

SECTION C – VIVA VOCE

Total Viva Marks: 97

Viva Questions

1. Why is warm-up important before exercise?
2. What precautions are required while using free weights?
3. How do you assist a beginner client safely?
4. Why is hygiene important in a gym?
5. What creates a positive impression at workplace?

END OF QUESTION PAPER

Note:

This question paper is also available in the following regional languages:

Assamese, Bengali, Gujarati, Hindi, Kannada, Malayalam, Marathi, Odia, Punjabi, Tamil and Telugu.