



Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with A++Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Continues Internal Assessment – II - April 2025

Class: I BPEd

Time: 2 Hrs

Branch : Physical Education

Marks: 60

23BPDE2B DSE – II Sports Nutrition and Weight Management

Course Outcomes:

- Restate the role of nutrients and caloric requirements
- Sketch the basic classification, functions and utilization of nutrients.
- Point out diet for various competitions and nutrient supplements for performance.
- Evaluate the factors affects weight management and solutions for obesity.
- Design caloric requirements for various sports and age groups.

Part A

6x1=6

Circle the right answer

1. Which nutrient is essential for transporting oxygen to muscles, especially for endurance athletes?
a. Vitamin C b. Vitamin D c. Calcium d. Iron
CO3 K2
2. Which nutrient helps prevent muscle cramps and is important for muscle contractions?
a. Sodium b. Vitamin B12 c. Fiber d. Calcium
CO2K2
3. Which amongst these is a Pitfall of dieting?
a. Skipping meal b. Reducing energy food
c. Drinking lot of water d. Taking food supplements
CO3K3
4. Which of the following is NOT a typical dietary supplement form?
a. Injection b. Pills c. Oil d. Powder
CO2K1
5. What is the definition of overweight?
a. BMI >25kg/mt.sq b. BMI <25kg/mt.sq c. BMI =25kg/mt.sq d. BMI 25-29kg/mt.sq
CO3K1
6. Which one of these organs has the lowest energy expenditure per unit of body mass?
a. brain b. kidney c. skeletal muscle d. liver
CO3K2

Part – B

3 x6=18

Answer the following

Answer should not exceed 300 words or two pages

07. a. State the function of water in the body?
Or
CO1 K2
07. b. Highlight the role of nutrition in sports performance?
CO1 K1
- 08.a. What is the role of carbohydrates in sports nutrition, and how do they benefit athletes?
or
CO3 K3
08. b. How does protein intake contribute to muscle recovery and development in athletes?
CO4 K1
09. a. Explain the importance of hydration in sports performance. What are the recommended fluid intake guidelines for athletes?
or
CO3 K3
09. b. What are the differences between simple and complex carbohydrates, and how do they impact energy levels during physical activity?
CO4 K3

Part – C

3 x 12=36

Answer the following

Answer should not exceed 600 words or four pages

10. a. Write a short notes on the following:
i). Management of obesity ii). Management of stress
(or)
CO3 K2
- 10.b. Discuss the significance of vitamins and minerals in sports nutrition. Provide examples of key micro nutrients for athletes.
CO3 K2
- 11.a. Explain the concept of glycemic index and its relevance in sports nutrition.
(or)
CO3 K3
- 11.b. 10. Discuss the potential risks and benefits of sports supplements in the context of athlete nutrition.
CO3 K2
- 12.a.. Elucidate the reasons for weight increase among college students
(or)
CO3 K2
12. b. Enumerate the role of exercise in weight management