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

Bachelor's Degree Arrear Examination – May 2022
II Semester

Batch : 2020
Major : Physical Education

Time : 3 Hours
Max. Marks : 100

18BPEI02 DSE-II Sports Nutrition

PART A
Choose the Correct Answer

10 x 1 = 10

1. Which of the following is a salient feature of balanced diet? CO2K2
 - a. It should be in definite proportion
 - b. It contains all the essential nutrients
 - c. It makes our tummy full
 - d. It should contain more fats
2. Rich sources of Vitamin B are CO3K1
 - a. Liver
 - b. fresh liver oils
 - c. green leafy vegetables
 - d. egg yolk
3. Which of the following is not an element of carbohydrate? CO1K2
 - a. Carbon
 - b. Nitrogen
 - c. Hydrogen
 - d. Oxygen
4. Proteins are turned into which acids by our digestive system? CO2K3
 - a. Ascorbic acid
 - b. Hydrochloric acid
 - c. Lactic acid
 - d. Amino acid
5. Which of the following do not have nutritive properties? CO3K2
 - a. Carbohydrate
 - b. Fat
 - c. Protein
 - d. Water
6. For optimum health, what percentage of body weight should be fats in men? CO1K3
 - a. 15
 - b. 30
 - c. 10
 - d. 20
7. Which amongst these is a Pitfall of dieting? CO3K3
 - a. Skipping meal
 - b. Reducing energy food
 - c. Drinking lot of water
 - d. Taking food supplements
8. Which of the following is NOT a typical dietary supplement form? CO2K1
 - a. Injection
 - b. Pills
 - c. Oil
 - d. Powder
9. Which one of the following is an example of a food high in carbohydrates CO3K1
 - a. Fish
 - b. Bananas
 - c. Meat
 - d. Eggs
10. A kilojoule is best defined as: CO6K2
 - a. measure how much weight is lost after exercise
 - b. measures the amount of energy in food
 - c. measures the amount of calories in food
 - d. measures how much sweat we lose during exercise

Part B
Answer ALL questions
Each answer should not exceed 400 words or two pages

5 x 6 = 30

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|---|-------|
| 11.a. Explain the Need and Importance of Sports Nutrition
(or) | CO1K3 |
| 11.b. What is Called Nutritious Diet? | CO3K2 |
| 12.a. List of Nutrient Recommendations : RDA, DRI, DV & AI
(or) | CO1K2 |
| 12.b. Write short note on Balanced diet? | CO2K3 |
| 13.a. Explain the functions of Carbohydrate
(or) | CO3K3 |
| 13.b. Explain the functions of Protein | CO2K3 |
| 14.a. Enumerate the functions of Water in body
(or) | CO4K3 |
| 14.b. Write the role of vitamins and minerals in human body? | CO4K2 |
| 15.a. List out the types of Diet
(or) | CO3K1 |
| 15.b. Write various nutrient recommendation for different age groups? | CO5K2 |

Part C
Answer ALL questions
Each answer should not exceed 800 words or four pages

5 x 12 = 60

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|---|-------|
| 16.a. Write about types of Carbohydrates?
(or) | CO3K1 |
| 16.b. Write about sources and types of Protein? | CO2K3 |
| 17.a. Write detail note on Heat Disorders ?
(or) | CO3K4 |
| 17.b. Brief note on Ergogenic Aids and its types | CO4K1 |
| 18.a. Write about Food Guide Pyramid with suitable recommendations?
(or) | CO3K4 |
| 18.b. Give detail note on Eating Disorders | CO2K1 |
| 19.a. Write about home made sports drinks and give your favorite examples
(or) | CO5K3 |
| 19.b. Write about Consumption of Nutrient during and after Exercise? | CO6K2 |
| 20.a. Explain Fat and Sources of Fat
(or) | CO1K3 |
| 20.b. What is Carbohydrate Loading? | CO1K3 |
