



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 [now MoE]

Re-accredited with A++ Grade by NAAC. CGPA 3.65 /4, Category I by UGC

Coimbatore - 641 043, Tamil Nadu, India

Bachelor of Physical Education Degree Examination – May 2025 II Semester

Class: I B.P.Ed.

Time : 3 Hours

Max. Marks : 100

23BPDE2B Discipline Specific Elective (DSE) - II: Sports Nutrition and Weight Management

Course Outcomes:

CO1: Categorized the role of each micro and macro nutrients have on physical activity and athletic performance

CO2: Understand the basic classification, functions and utilization of nutrients

CO3: Plan diet requirement for competitions and nutrient supplements for competitions

CO4: Evaluate the factors affects weight management and solutions related to common co morbidities

CO5: Identity and discus specific nutritional issues associated with various sports indifferent age groups

Part A

10 x 1 = 10

Choose the Correct Answer

- Nutrients are divided into _____ groups. CO1 K3
a. 5 b. 2 c. 4 d. 1
- Which nutrients give us energy to do work? CO1 K2
a. Vitamin b. Protein c. Fats d. Iron
- What is the recommended amount of daily fiber intake for adults? CO2 K1
a. 15-20grms b. 25-30grms c. 25-30grms d. 35-40grms
- Which of the following factors does not contribute to weight gain CO3 K2
a. Sedentary lifestyle b. Genetics c. High protein d. Overeating
- The main sources of protein are CO2 K1
a. Green Vegetables b. Wheat c. Sunlight d. Fish
- Balanced diet consists of CO2 K3
a. Fats b. All the components in balanced form c. Fruits d. Proteins
- A person with a BMI of 17 will be considered as CO3 K1
a. Under weight b. Obese c. Normal d. Overweight
- If a person stops eating potato thinking that it will make him fat, then it is a CO2 K1
a. Food intolerance b. Food allergy c. Food myth d. All of these
- Which macronutrient provides the most calories per gram? CO3 K2
a. Fiber b. Protein c. carbohydrate d. Fat
- Which of the following is a healthy source of dietary fat? CO1 K2
a. Olive oil b. Butter c. Snacks d. Margarine

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Define Sports nutrition and explain its importance in optimizing athletic performance. **CO2 K1**
(or)
- 11.b. Describe how nutrition affects sports performance of an athletes. **CO3 K2**
- 12.a. Describe the types of energy-yielding and essential nutrients and their role in health. **CO3 K1**
(or)
- 12.b. Paraphrase the nutrients terms and explain their role in the body. **CO1 K2**
- 13.a. Examine the importance of balanced diet in athletic performance and its impacts health. **CO4 K1**
(or)
- 13.b. Enumerate the recommendations for a pre-game meal and explain the contributes to optimizing performance. **CO5 K2**
- 14.a. Define weight management and explain its significance in maintaining overall health and fitness. **CO2 K1**
(or)
- 14.b. Describe BMI and its role in assessing weight and obesity classification. **CO3 K2**
- 15.a. Describe the steps for planning an effective weight management program. **CO3 K1**
(or)
- 15.b. Distinguish between weight gain and weight loss strategies with diet and exercise plan. **CO4 K2**

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Explain the basic nutrients required for athletes and their specific functions in maintaining Health and supporting athletic activity. **CO3 K3**
(or)
- 16.b. Analyze the factors to consider when developing a sports nutrition plan. **CO5 K4**
- 17.a. Distinguish between the different classes of nutrients and their functions during exercise. **CO4 K3**
(or)
- 17.b. Illustrate how the body utilizes nutrients during exercise and explain the causes Impact of heat stroke on athletes. **CO2 K4**
- 18.a. Summarize the role of carbohydrates and proteins in athletic performance before, during and after training **CO3 K3**
(or)
- 18.b. Evaluate the benefits and drawbacks of protein, vitamin and mineral supplements to an athlete's diet. **CO4 K4**
- 19.a. Explain the cause of obesity and discuss effective solutions to overcoming it **CO3 K3**
(or)
- 19.b. Analyze the myths of weight reduction and compare dieting with exercise for weight control. **CO5 K4**
- 20.a. Determine how diet and exercise help to maintaining a healthy lifestyle and achieving Weight management goals. **CO3 K4**
(or)
- 20.b. Illustrate a balanced diet plan for Indian school children and explain its role in their Growth and development. **CO2 K5**
