



K. Sambal

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 – I - February 2025
Semester II

Class: I BPED
Branch: Physical Education

Time: 2 Hrs
Marks: 60

23BPDE2B DSE – II Sports Nutrition and Weight Management

Course Outcomes:

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

Part A

6x1=6

Circle the right answer

1. Which of the following factors affects an athlete's daily caloric needs? CO1 K3
a. Age and body composition b. Physical activity and rest patterns
c. a and b d. none of the above
2. Glucose, fructose and galactose are the examples of CO3 K1
a. simple carbo b. Proteins c. complex carbo d. Vitamins
3. Athletes should consume ----- grams of protein per kilograms of body weight per day CO3 K2
a. 6-8 b. 8-10 c. 10 – 11 d. 12 -13
4. Base of pyramid should be CO3 K2
a. whole grains groups b. fruit groups c. vegetable groups d. milk groups
5. Which of the following organisations provides evidence-based nutritional guidelines for athletes? CO4 K4
a. Academy of Nutritiona and Dietetics
b. American College of Sports Medicine
c. National Academy of Sciences
d. None of the above
6. Which nutrient insulates and protects inner organs of the body CO1 K3
a. Carbohydrate b. Proteins c. Fats d. Vitamins

Part – B

3 x 5 = 15

Answer the following

Answer should not exceed 300 words or two pages

07. a. Define Sports Nutrition and draw a food guide pyramid and interpret? CO1 K2
Or
07. b. What is the primary role of nutrition in sports? CO1 K1
08. a. Develop a sample meal plan for a collegiate soccer player who requires 3000 calories per day? CO3 K2
Or
08. b. Expand DRI, EAR, EDI, AI and UL. CO2 K4
09. a. What are the factors to be considered in developing nutrition plan? CO4 K5
Or
09. b. Explain carbo-loading. CO4 K1

Part – D

2 x 15=30

Answer the following

Answer should not exceed 600 words or four pages

10. a. Enumerate the sources of carbohydrates and its types. CO2 K1
Or
10. b. Elucidate the nutritional guidelines for health and physical performance. CO2 K2
11. a. Discuss the importance of nutrition in sports performance and recovery. CO5 K4
Or
11. b. Discuss the importance of staying hydrated during exercises and provide recommendations for fluid intake? CO4 K2
12. a. Describe the history and principles of sports nutrition. CO3 K1
Or
12. b. What are the key components of a sports diet plan? CO2 K3