



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

Continuous Internal Assessment Test February 2020
Semester II

Class :IBSC Physical Education

Time : 2 Hours

Major/Branch :

Max. Marks: 60

18BPEI02–DSE II-Sports Nutrition

Course Outcomes :

1. Demonstrate knowledge of a healthy diet for physical performance and demonstrate an ability to utilize this knowledge to complete a self-diet critique
2. Learn to judge nutritional requirements based on a food item: calories, quantity of protein, fat, carbohydrates, vitamins, minerals, antioxidants and more
3. Know the health benefits of combining healthy nutrition with Fitness and physical activity
4. understanding of numerous ergogenic aids and distinguish those that have been scientifically proven to enhance performance
5. Relate roles of nutrition in physical performance, recovery and adaptations to exercise.

Part A

5 x 1 = 5

Choose the Correct Answer

1. Among the given nutrients milk is a poor source of CO2 K3
a)Calcium b)Protein c)Carbohydrate d) Vitamin C
2. Which one of the following is an example of a food high in carbohydrates CO1 K2
a) Fish b) Bananas c) Meat d)Eggs
- 3.What do sports drink after CO1 K3
a. Replace lost fluid b. Supply Glucose
c. Sodium and Electrolytes d.All the above
4. Which of the following provide most of energy for muscles use in CO2 K3
the early minutes of activity?
a.Fat b.Protein c.Glycogen d. B&

5. Which of the following is a water-soluble vitamin and hence is required to be taken everyday?

- a) Vitamin D b) Vitamin C c) Vitamin K d) Vitamin A

Part B

5x2= 10

Answer all the questions

6. Define Nutrition
7. Define Nutrient
8. Classify Vitamins
9. Define Sports Nutrition
10. Define Fitness

Part C

Answer should not exceed 200 words or One Page

3 X 5 = 15

11.a Give two food sources and three functions each of the following nutrients:

(a) Vit A (b) Vit B2 (c) Vit C(or)

CO1K1

b. Signify the role of calcium and iron in the body.

12 a. Write a note on nutritional agencies(or)

CO4K1

b. Write about the classification of Proteins?

13 a. Write a note on basal metabolism(or)

CO4K5

b. Write a note on dehydration

Part D

Answer should not exceed 700 words or four pages

2X 15 = 30

14.a Write a detailed notes classification of nutrients?(or)

b Write an essay on Sports nutrition?

CO3K1

15.a. How would you classify carbohydrates? Explain giving examples of each. (or) CO2K4

.b What are Vitamins ? Classify Vitamins and show their significance in our diet.

AD ✓