



Mavinay

**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 2023)**  
**Semester II**

**Marks: 60**

**Time: 2 Hrs**

**Class: I BPEd**

**Branch : Physical Education**

**21BPDE2B 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 is not considered as the macro nutrient? CO1 K3  
a. Carbohydrate    b.fat    c. protein    d. minerals
2. Glucose, fructose and galactose are the examples of CO3 K1  
a. simple carbo    b. Proteins    c. complex carbo    d. Vitamins
3. A kilocalorie is best defined as CO3 K2  
a. Measure how much weight is lost after exercise  
b. Measure the amount of energy in food  
c. Measure the amount of calories in food  
d. Measure how much we lose during exercise
4. Base of pyramid should be CO3K2  
a. Whole grains groups                      b. fruit groups  
c. vegetable groups                          d. milk groups
5. Which one of the following statement regarding a balanced diet is not accurate? CO4 K4  
a. It consists of all essential nutrients in adequate amount  
b. The proportion between different constituent of food is variable  
c. Food should be according the requirement of individual  
d. None of the above
6. Which nutrient insulates and protects inner organs of the body CO1K3  
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)  
b. Write the short notes on principles of food/nutrition? CO1 K1
08. a. Explain the scope of sports nutrition CO3 K2  
(or)  
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)  
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. CO21 K2  
(or)  
b. Elucidate the nutritional guidelines for health and physical performance CO2 K2
11. a. Discuss the recommendations of fat in one's diet and methods of implementing its recommendations. CO5 K4  
(or)  
b. Define amino acids and its importance in food for performance CO4 K2
12. a. Describe the history of vitamins and its uses in the body CO3 K1  
(or)  
b. What nutrients affect performance the most? CO2 K3