



**Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University) Coimbatore – 641 043**

Bachelor of Physical Education Degree Examination – April 2019
II Semester

Class : I B.P.Ed.

Time: 3 Hrs
Max. Marks: 100

**18BPDE2B Discipline Specific Elective (DSE-II) : Sports Nutrition and Weight
Management**

Part – A

10 X 1 = 10

Choose the correct answer

1. Unit of measuring energy is
 - a. Calorie
 - b. Alkaline
 - c. Both a and b
 - d. None of the above
2. Egg rich in
 - a. protein and cholesterol
 - b. protein alone
 - c. mineral
 - d. none of the above
3. Good cholesterol is
 - a. HDL
 - b. LDL
 - c. MDL
 - d. Triglycerides
4. Electrolytes found in the body fluids and tissues are
 - a. sodium, potassium and sulphur
 - b. sodium, calcium and zinc
 - c. sodium, calcium and magnesium
 - d. sodium, potassium and chloride
5. One of the following will help to reduce the body weight
 - a. fats
 - b. vitamins
 - c. millets
 - d. proteins
6. A substance needed by the body for growth, energy, repair and maintenance is called a
 - a. nutrient
 - b. carbohydrate
 - c. calorie
 - d. fatty acid
7. All of the following are nutrients found in food except
 - a. plasma
 - b. proteins
 - c. carbohydrates
 - d. vitamins
8. A diet high in saturated fats can be linked to which of the following ?
 - a. kidney failure
 - b. bulimia
 - c. anorexia
 - d. cardiovascular disease
9. What is the definition of overweight ?
 - a. BMI>25 kg/m²
 - b. BMI = 25 kg/m²
 - c. BMI 25 – 29.9 kg/m²
 - d. BMI 25-30 kg/m²
10. What are the main causes of the obesity
 - a. Increased energy quantity / density
 - b. Decreased leisure time activity
 - c. Changes in genetic profiles
 - d. None of the options given is correct

Part – B

5 X 6 = 30

Answer the following questions

Answer should not exceed 400 words or two pages

11. a. List down the role of nutrition in sports.
(or)
11. b. What are the basic nutrients.
(or)
12. a. Give a list of source of carbohydrates.
(or)
12. b. What are the causes for heat stroke.
(or)
13. a. Write the definition of pre-game meal.
(or)
13. b. List down the role of protein and vitamin in body.
(or)
14. a. Write the concept of weight management in modern era.
(or)
14. b. Explain briefly obesity and its hazards.
(or)
15. a. Write the intake and expenditure of daily calories.
(or)
15. b. Give exercise schedule for weight gain.
(or)

Part – C

5 X 12 = 60

Answer the following questions

Answer should not exceed 800 words or four pages

16. a. Enumerate factors for developing nutrition plan.
(or)
16. b. Write the meaning and definition of nutrition.
(or)
17. a. Write the minor classifications of nutrients and its sources.
(or)
17. b. List down the functions of nutrients.
(or)
18. a. Give general recommendations for pre – game meal.
(or)
18. b. Write the diet schedule for before and after training program.
(or)
19. a. Write the values of weight management.
(or)
19. b. Explain and types of obesity.
(or)
20. a. Design balanced diet for Indian school children.
(or)
20. b. List down and explain the role of diet and exercises in weight management.
