



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

Bachelor of Physical Education Degree Examination – June / July 2021
II Semester

Class: I B.P.Ed

Time : 3 Hours
Max. Marks : 100

18BPDE2B Disciplinary Specific Elective- II: Sports Nutrition and Weight Management

Course Outcomes:

- CO1: Identify dietary carbohydrate and protein sources
CO2: Identify proper hydration principles and discuss the importance of hydration for physical performance
CO3: Demonstrate knowledge of a healthy diet for physical performance
CO4: Demonstrate an ability to utilize this knowledge to complete a self-diet critique
CO5: Demonstrate an understanding of obesity, over weight and its ill-effects and to develop
CO6: Determination and values of desirable body weight
CO7: Designing and scheduling the dietary plan for weight gain and loss

Part A
Choose the Correct Answer

10 x 1 = 10

1. What is the PREFERRED source of fuel used by athletes? CO1K1
a. Protein b. Vitamins c. Fat and Carbohydrates d. Carbohydrates
2. This macronutrient provides the most concentrated energy source, helps produce hormones, insulates the body and protect internal organs. CO1K2
a. Proteins b. Vitamins c. Fats d. Carbohydrates
3. This macronutrient is primarily associated with the growth and repair of muscles. CO2K4
a. Proteins b. Vitamins c. Minerals d. Carbohydrates
4. For the typical person, fats should provide _____ % of your daily energy requirements. CO2K2
a. 15 b. 40 c. 30 d. 20
5. The last meal (full sit down meal EG. 3hrs before) before a competition or intense exercise should be rich in CO5K3
a. High GI Carbohydrates b. Low GI Carbohydrates
c. Protein d. Both Low GI Carbohydrates and fat
6. During exercise, every 15-20 minutes' athletes should consume how much fluid? CO7K5
a. 100 ml b. 100-200 ml c. 200-300 ml d. 300-400 ml
7. Pre-competition athletes should avoid foods that contain high amounts of CO4K5
a. Fat b. Carbohydrates c. Fiber d. low GI Carbohydrates
8. The breakdown of Glucose (sugar) is called? CO3K4
a. Creatine kinase b. ATP - Pc c. Hydrolysis d. Glucolysis
9. BMI for mesomorph will be CO6K4
a. 12 b. 20 c. 28 d. 33
10. Water intake for a 70 kg adult per day will be CO7K5
a. 1500 ml b. 2350 ml c. 3150 ml d. 1750 ml

Part B
Answer ALL questions
Each answer should not exceed 400 words or two pages

5 x 6 = 30

- 11.a. Discuss role of nutrition in sports. **CO1K2**
(or)
- 11.b. Mention the daily calorie requirements based on age for both men and women. **CO1K4**
- 12.a. Classify the nutrients and discuss the importance of any one nutrient. **CO2K3**
(or)
- 12.b. Mention the causes for heat stroke. **CO2K1**
- 13.a. Discuss the role of vitamins as supplements in sports performance. **CO3K4**
(or)
- 13.b. Discuss the role of proteins as supplements in sports performance. **CO3K4**
- 14.a. Brief-out body mass index with lower, middle, borderline and higher variations. **CO6K5**
(or)
- 14.b. List out the types and causes for obesity. **CO7K6**
- 15.a. What is the role of diet and exercise in weight management? **CO5K5**
(or)
- 15.b. Daily calorie intake and expenditure for adults in sports. **CO6K3**

Part C
Answer ALL questions
Each answer should not exceed 800 words or four pages

5 x 12 = 60

- 16.a. Explain the factors to be considered in developing a nutritional plan for sports person. **CO1K4**
(or)
- 16.b. Mention the basic nutrients. Explain the guidelines to be considered in nutrition. **CO1K3**
- 17.a. Enumerate the functions of carbohydrate and protein. **CO2K5**
(or)
- 17.b. Enumerate the functions of fat and minerals. **CO3K5**
- 18.a. Chart-out the dietary plan before, during and after the competition. **CO4K6**
(or)
- 18.b. Discuss pre-game meal. Explain the recommendations for an effective pre-game meal. **CO4K4**
- 19.a. Enumerate the concept of weight management in the modern era. **CO6K5**
(or)
- 19.b. List out the health risks associated with obesity and add a note on causes and solutions to overcome obesity. **CO5K6**
- 20.a. List out the balanced diet for Indian school children based on Sheldon's classification. **CO6K6**
(or)
- 20.b. Design a diet plan and exercise schedule for gaining the weight. **CO7K6**
