



*K. Sambath*

**Avinashilingam Institute for Home Science and Higher Education for Women**  
Deemed to be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD (now MoE)  
Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC  
Coimbatore - 641 043, Tamil Nadu, India  
**Continuous Internal Assessment Test I – February 2026**  
**IV Semester**

**Class : I BPEd**  
**Major : Physical Education**

**Time: 2 hours**  
**Maximum 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**

**6 x 1 = 6**

**Choose the Correct Answer**

1. Which nutrient is considered the main source of energy during high intensity exercise? CO1K3  
a. Fat b. protein c. vitamins d. carbohydrates
2. Vitamins and minerals are classified as micro nutrients because they: CO2K3  
a. provide energy b. required in small quantities c. found in plant foods d. increase muscle size
3. Which mineral is essential for oxygen transport in blood? CO3 K2  
a. calcium b. sodium c. iron d. potassium
4. Which of the following factors affects an athletes daily caloric needs. CO1K3  
a. age and body composition b. Physical activity and rest patterns c. a and b d. none
5. Which nutrient insulates and protects the organs of the body CO2K1  
a. carbohydrate b. proteins c. fats d. vitamins
6. Athletes should consume ----- grams of protein per kilograms of body weight per day CO3K2  
a. 6-8 b. 8-10 c. 10-11 d. 12-13

**Part - B**

**3 x 6 = 18**

**Answer ALL Questions**

**Each answer should not exceed 400 words or two pages**

- 7.a. Define Sports Nutrition CO3K2  
(or)
7. b. State any four reasons why athletes need specialized nutrition. CO2K3
8. a. What are macronutrients? State its types. CO1K3  
(or)
8. b. State the importance of food guide pyramid and compare it with latest recommendations CO5K4
9. a. Discuss the importance of carbo loading in endurance sports CO4K3  
(or)
9. b. List out the macro nutrients food sources CO3K3

**Part - C**

**3 x 12 = 36**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

10. a. Elucidate the importance of role of nutrition in sports performance CO2K3  
(or)
10. b. Describe the six principles of diet planning (ABCDMV) and explain their relevance to CO3K3 athletes.
11. a. Discuss the basic nutrients required by athletes and explain its functions CO4K4

(or)

11. b. Explain daily caloric requirement, caloric intake, and caloric expenditure with suitable examples.

CO4K3

12. a. Elucidate the role of micro-nutrients in diet and performance

CO1K4

(or)

12. b. Describe the history and principles of sports nutrition

CO2K3

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