

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

5 x 6 = 30

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| 11.a. Describe the need and importance of sports nutrition
(or) | CO2 K2 |
| 11.b. Discuss the diet and nutrition for sports person? | CO3 K3 |
| 12.a. Describe the classifications and functions of carbohydrates?
(or) | CO4 K4 |
| 12.b. Discuss the sources of energy yielding nutrients? | CO3 K3 |
| 13.a. Discuss the classifications of vitamins and minerals with example?
(or) | CO2 K2 |
| 13.b. Summarize the heat stroke affect sports performance? | CO1 K3 |
| 14.a. Write the meaning and definition of nutritional ergogenic?
(or) | CO2 K2 |
| 14.b. Discuss about why do female athletes struggle with eating disorder? | CO3 K1 |
| 15.a. Discuss about whether the amino acid and protein supplements increase muscle mass?
(or) | CO3 K4 |
| 15.b. Describe the role of balanced diet in sports performance? | CO3 K4 |

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

5 x 12 = 60

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| 16.a. Explain the role of nutrition in the field of physical education
(or) | CO2 K3 |
| 16.b. Illustrate the general recommendation of nutrition during exercise? | CO3 K2 |
| 17.a. Explain in detail about the importance of protein during and after exercise?
(or) | CO3 K4 |
| 17.b. Enumerate what should athletes eat before, during and after exercise? | CO2 K3 |
| 18.a. Explain about the fluids recommended during exercise?
(or) | CO3 K2 |
| 18.b. Explain the role of pre during and post exercise hydration. | CO4 K2 |
| 19.a. Illustrate the dietary supplements and how do they help in increasing the performance of an athlete?
(or) | CO4 K3 |
| 19.b. Distinguish the difference between ergogenic aids and doping? | CO3 K4 |
| 20.a. Explain the role of vitamins and minerals supplements for athletes during and after training
(or) | CO3 K4 |
| 20.b. Explain the role of sports drinks for performance during and after the competition. | CO2 K4 |
