



Maximum

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)
Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test II – April 2023
II SEMESTER

Class : I B.P.ED
Major : Physical Education

Time: 2 Hours
Maximum Marks: 60

21BPDE2B DSE – II Sports Nutrition and Weight Management

Course Outcomes:

At the end of the course, students will:

1. Understand the principles and process of Administration and Management
2. Administer physical education and sports programs in schools.
3. Develop appropriate physical education curriculum, tools and budget to manage school programs
4. Appraise and manage physical education facilities and personnel in school
5. Design tournament fixtures and structures to organize competitions

Part-A

6x1=6

Choose the correct answer

1. Which one of the following is the cheapest and more nutritious?
a. apple b. bread slice c. burger d. broccoli
2. Which of the following is a salient feature of balanced diet?
a. Should be in definite proportion b. Contains all essential nutrients
c. Makes tummy full d. contain more fats
3. Which amongst these is a Pitfall of dieting?
a. Skipping meal b. Reducing energy food
c. Drinking lot of water d. Taking food supplements
4. Which of the following is NOT a typical dietary supplement form
a. Injection b. Pills c. Oil d. Powder
5. What is the definition of overweight?
a. BMI >25kg/mt.sq b. BMI <25kg/mt.sq
c. BMI =25kg/mt.sq d. BMI 25-29kg/mt.sq
6. Which one of these organs has the lowest energy expenditure per unit of body mass?
a. brain b. kidney c. skeletal muscle d. liver

Part- B

3x6=18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a State the general recommendations of a pre-game meal?
(or)
7. b Write a short note on water balance
- 8.a. Illustrate the functions of water in body
(or)
- 8.b. Justify -train low and eat more
- 9.a. Give detail account on female athlete trait
(or)
- 9.b. What is obesity and overweight and state the values of weight management?

Part-C 3x12=36

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 10.a. Enumerate on competition diet
(or)
- 10.b. Enumerate on heat stroke and it illustrate
- 11a. Write the short notes on weight managements and its techniques
(or)
- 11.b. Tabulate a weight reduction schedule by training nutrition and exercise plan
- 12.a Nutritional knowledge and Sportsman- justify
(or)
- 12.b. Calculate MHR,THR,RHR using korvonan formula