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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

Bachelor of Physical Education Degree Examination – May 2023
II Semester

Class: I B.P. Ed.

Time : 3Hours
Max. Marks: 100

21BPDE2B Discipline Specific Elective (DSE) - II: Sports Nutrition and Weight Management

Course Outcomes:

- CO1: Categorize the role of each micro and macro nutrients have on physical activity and athletic performance
CO2: Understand the basic classification, functions and utilization of nutrients
CO3: Plan diet requirement for competitions and nutrient supplements for performance
CO4: Evaluate the factors affects weight management and solutions related to common co-morbidities
CO5: identify and discuss specific nutritional issues associated with various sports in different age groups

Part A
Choose the Correct Answer

10 x1 = 10

- Nutrition includes the study of
a. the organism's food
b. process of digestion
c. the way an organism obtains food
d. all of the above
CO3 K3
- In saprophytes, food is digested
a. Within the cells
b. In the digestive tract
c. Outside the cells
d. Within the food vacuole
CO2 K6
- Vitamins are classified as
a. Organic and inorganic
b. Fat-soluble and water soluble
c. Essential and nonessential
d. Elements and compounds
CO3 K5
- All of the following diseases may lead to poor absorption of vitamins A, E, and K except:
a. Crohn's disease. b. Cystic fibrosis c. Celiac disease d. Scurvy
CO2 K4
- Carbohydrates, lipids, and proteins all contain carbon, hydrogen, and oxygen. Which one also contains nitrogen?
a. Carbohydrates b. Lipids c. Proteins d. None of the above
CO1 K2
- A function of carbohydrates in the diet is to
a. Enable chemical reactions
b. Promote growth and repair of tissues
c. Supply energy
d. Maintain water balance
CO3 K2
- What are the BMI values for obesity?
a. 30 to 39.9 b. 40 or higher c. 18.5 to 24.9 d. 25 to 29.9
CO3 K2
- Some health concerns associated with _____ are hypertension, dyslipidemia and type II diabetes.
a. Low body weight b. Liposuction c. Obesity d. Gastric bypass
CO2 K4
- When is a critical period of concern for weight gain that increases the risk for obesity in adulthood?
a. Ages 8 to 10 years old
b. Ages 10 to 12 years old
c. Ages 2 to 4 years old
d. Ages 5 to 7 years old
CO3 K4
- What percent of obese people are successful at long term weight loss?
a. 50% b. 40% c. 20% d. 80%
CO1 K4

Part B
Answer ALL questions

5 x 6 = 30

Each answer should not exceed 400 words or two pages

- 11.a. Explain about the role of nutrition in Sports. CO1 K3
(or)
11.b. Elucidate the Nutritional guidelines. CO1 K3
- 12.a. Describe about Causes for Heat stroke. CO2 K2
(or)
12.b. Give a brief description of the function of Nutrition. CO2 K4
- 13.a. Explain the role of protein for the performance. CO3 K2
(or)
13. b. Explain about pre-game meal. CO3 K5
- 14.a. Explain the obesity and its hazard CO4 K4
(or)
14.b. Explain the BMI in detail. CO4 K2
- 15.a. Explain the balanced diet for Indian school children. CO5 K2
(or)
15.b. Describe about on healthy lifestyle. CO5 K4

Part C

5 x12 = 60

Answers ALL questions

Each answer should not exceed 800 words or four pages

16. a. Describe about daily caloric requirement and expenditure. CO1 K1
(or)
16.b. Elucidate the factors to consider for developing nutrition plan. CO1 K4
- 17.a. Analyse the classification of nutrients. CO2 K5
(or)
17.b. Explain about sources of nutrients. CO2 K3
- 18.a. Describe about Balance Diet. CO3 K4
(or)
18.b. Explain about diet before and after training competitions. CO3 K2
- 19.a. Write short notes on (i). Dieting versus exercise (ii). Weight control. CO4 K1
(or)
19.b. Explain the causes and solution for overcoming obesity. CO4 K3
- 20.a. Design diet plan and exercise schedule for weight gain and weight loss. CO5 K4
(or)
20.b. Prepare a weight management program for sporty child. CO5 K4
