

**Avinashilingam Institute for Home Science and Higher Education for women
Coimbatore – 641 043**

Continuous Internal Assessment I - Feb – 2019

Class: I BPEd

18BPDE2B DSE – II Sports Nutrition and Weight Management

**Time: 2 Hrs
Marks: 60**

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

5x1=5

Circle the right answer

1. Energy nutrients
a. CHO, Fat, protein
c. both a and b
CO1 K3
2. Unit of measuring energy is
a. Calorie
b. Both a and b
c. Both a and b
d. Alkaline
CO3 K1
3. Rehydration related to
a. water intake
b. reduced water
c. both a and b
d. none of the above
CO3 K2
4. Base of pyramid should be
a. Whole grains groups
b. fruit groups
c. vegetable groups
d. milk groups
CO2 K4
5. Sugar classified under
a. Simple carbo
b. Complex carbo
c. bone a and b
d. none of the above
CO4 K4

Part B

Answer all the questions

5x2=10

Answer in one or two sentences

6. Define sports nutrition
CO2 K1
7. List out six key nutrients
CO2 K1
8. List four basic food groups
CO1 K1
9. Expand BMR and DRI
CO2 K2
10. Draw a model food guide pyramid
CO3 K3

Part – B

3 x 5 = 15

Answer the following

Answer should not exceed 300 words or two pages

11.a. Explain the role of nutrition in sports.

CO3 K2

11. b. What are the factors to be considered in developing nutrition plan? (Or) CO4 K5
- 12.a. Write – classification of CHO ? (Or) CO1 K3
- 12.b. Write protein and its function? CO3 K3
- 13.a. Evaluate the health benefit of fibre? (Or) CO5 K2
- 13.b. Explain carbo-loading. CO4 K1

Part – D

2 x 15=30

Answer the following

Answer should not exceed 800 words or four pages

- 14.a. Enumerate meaning, definition and guide lines for nutrition. CO1 K1
(Or)
- 14.b. Draw a model food guide pyramid and write its significance? CO2 K4
- 15.a. Enumerate consumption of carbohydrate fat and protein before and after exercise. CO1 K3
(Or)
- 15.b. Discuss the recommendations of fat in one's diet and methods of implementing its recommendations CO5 K4