



*E. Sambal*

# Avinashilingam Institute for Home Science and Higher Education for Women

Deemed to be University Estd. u/s 3of UGC Act 1956, Category A by MHRD [now MoE]

Re-accredited with an A++ Grade by NAAC CGPA 3.65/4, Category I by UGC

Coimbatore - 641043, Tamil Nadu, India

## Continuous Internal Assessment II – October 2025

### III Semester

Class: II UG

Time : 2 hours

Major: Physical Education

Max. Marks: 60

### 23BPEC09 Fitness training and nutrition

#### Course Outcomes:

1. Familiarise the student with fitness education and training
2. Develop skills to establish daily fitness prescription for the clients
3. Acquaint student with principles of sports nutrition
4. Understand the relationship between fitness training and nutrition
5. Construct individualized nutrition plan for specific events

#### Part A

6 x 1 = 6

#### Choose the Correct Answer

1. Which nutrient is known as the body-builder?  
(a) carbo hydrate (b) nutrient (c) Fats (d) Protein CO1K2
2. Which nutrients mainly act as metabolic regulators in the body?  
(a) Carbohydrates and Fats (b) Proteins and Roughage CO3K3  
(c) Carbohydrate and Roughage (d) Vitamins and Minerals
3. Which vitamin is mainly obtained from sunlight?  
(a) VitaminE (b) Vitamin B (c) Vitamin D (d) Vitamin C CO2K2
4. Which mineral is essential for healthy bones and teeth?  
(a) Iron (b) Calcium (c) Zinc (d) Potassium CO3K1
5. Which of the following is a fat-soluble vitamin?  
(a) VitaminE (b) Vitamin B (c) Vitamin D (d) Vitamin C CO3K3
6. What is the main function of antioxidants in the body?  
(a) To neutralize harmful free radicals.  
(b) To neutralize harmful free radicals.  
(c) Potentially reducing the risk of chronic diseases like heart disease and cancer.  
(d) All of the above CO3K2

#### Part B

Each answer should not exceed 400 words or two pages

3 x 6 = 18

- 7.(a). Enumerate the classification of nutrition and define sports nutrition. CO3K2  
(or)
- 7.(b). Short notes on Nutrition deficiency among sports person. CO2K3
- 8.(a). Illustrate the function and sources of Macronutrients. CO2K4  
(or)
- 8 (b). Define macro nutrition and micronutrients. CO3K1
- 9 (a). Illustrate the function and sources of Micronutrients. CO3K2  
(or)
- 9 (b). Describes the causes of heat stroke and functions of the water in the body. CO5K1

#### Part C

Each answer should not exceed 800 words or two pages

3 x 12 = 36

- 10(a). Explain about exercise guideline and program design for various age group. CO2K3  
(or)
- 10(b). Illustrate need and importance of sports nutrition. CO2K2
- 11(a). Describe about the consumption of macronutrients during and after exercise. CO3K2  
(or)
- 11(b). Enumerate the carbohydrate loading for endurance performance. CO4K3
- 12(a). Summarize of the Utilization of macro and micro nutrients. CO4K3  
(or)
- 12(b). Interpret of how consumption of micronutrients during and after exercise. CO2K3

Incharge staff: Mrs.R.Muniswari

Total no of paper : 18