



Muniruk.

**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's Degree Arrear Examination – May 2024**  
**II Semester**

**Batch : 2022 Batch Arrear**  
**Major : Physical Education**

**Time: 3 Hours**  
**Max. Marks: 100**

**21BPEI02- DSE –II Sports Nutrition**

**PART A**  
**Choose the Correct Answer**

**10 x 1 = 10**

1. Which of the following is a salient feature of balanced diet? CO2K2  
a. It should be in definite proportion      b. It contains all the essential nutrients  
c. It makes our tummy full                      d. It should contain more fats
2. Rich sources of Vitamin B are CO3K1  
a. Liver                      b. fresh liver oils      c. green leafy vegetables      d. egg yolk
3. Which of the following is not an element of carbohydrate? CO1K2  
a. Carbon                      b. Nitrogen                      c. Hydrogen                      d. Oxygen
4. Proteins are turned into which acids by our digestive system? CO2K3  
a. Ascorbic acid      b. Hydrochloric acid      c. Lactic acid                      d. Amino acid
5. Which of the following do not have nutritive properties? CO3K2  
a. Carbohydrate                      b. Fat                      c. Protein                      d. Water
6. For optimum health, what percentage of body weight should be fats in men? CO1K3  
a. 15                      b. 30                      c. 10                      d. 20
7. Which amongst these is a Pitfall of dieting? CO3K3  
a. Skipping meal                      b. Reducing energy food  
c. Drinking lot of water                      d. Taking food supplements
8. Which of the following is NOT a typical dietary supplement form? CO2K1  
a. Injection                      b. Pills                      c. Oil                      d. Powder
9. Which one of the following is an example of a food high in carbohydrates CO3K1  
a. Fish                      b. Bananas                      c. Meat                      d. Eggs
10. A kilojoule is best defined as: CO6K2  
a. measure how much weight is lost after exercise  
b. measures the amount of energy in food  
c. measures the amount of calories in food  
d. measures how much sweat we lose during exercise

**Part B**

**5 x 6 = 30**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 11.a. Explain the Need and Importance of Sports Nutrition CO1K3  
(or)
- 11.b. What is Called Nutritious Diet? CO3K2
- 12.a. List of Nutrient Recommendations : RDA, DRI, DV & AI CO1K2  
(or)
- 12.b. Write short note on Balanced diet? CO2K3

- |                                                                       |       |
|-----------------------------------------------------------------------|-------|
| 13.a. Explain the functions of Carbohydrate                           | CO3K3 |
| (or)                                                                  |       |
| 13.b. Explain the functions of Protein                                | CO2K3 |
| 14.a. Enumerate the functions of Water in body                        | CO4K3 |
| (or)                                                                  |       |
| 14.b. Write the role of vitamins and minerals in human body?          | CO4K2 |
| 15.a. List out the types of Diet                                      | CO3K1 |
| (or)                                                                  |       |
| 15.b. Write various nutrient recommendation for different age groups? | CO5K2 |

**Part C**

**5 x 12 = 60**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

- |                                                                           |       |
|---------------------------------------------------------------------------|-------|
| 16.a. Write about types of Carbohydrates?                                 | CO3K1 |
| (or)                                                                      |       |
| 16.b. Write about sources and types of Protein?                           | CO2K3 |
| 17.a. Write detail note on Heat Disorders ?                               | CO3K4 |
| (or)                                                                      |       |
| 17.b. Brief note on Ergogenic Aids and its types                          | CO4K1 |
| 18.a. Write about Food Guide Pyramid with suitable recommendations?       | CO3K4 |
| (or)                                                                      |       |
| 18.b. Give detail note on Eating Disorders                                | CO2K1 |
| 19.a. Write about home made sports drinks and give your favorite examples | CO5K3 |
| (or)                                                                      |       |
| 19.b. Write about Consumption of Nutrient during and after Exercise?      | CO6K2 |
| 20.a. Explain Fat and Sources of Fat                                      | CO1K3 |
| (or)                                                                      |       |
| 20.b. What is Carbohydrate Loading?                                       | CO1K3 |

\*\*\*\*\*