



J. Sambal

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 Special Examination - November 2024
SEMESTER III

Class : II UG
Major: Physical Education

Time: 3 Hrs.
Max. Marks: 100

23BPEC09 :Fitness training and nutrition

Course Outcome:

- CO1: Familiarise the student with fitness education and training.
CO2: Develop skills to establish daily fitness prescription for the clients.
CO3: Acquaint student with principles of sports nutrition.
CO4: Understand the relationship between fitness training and nutrition.
CO5: Construct individualized nutrition plan for specific events.

PART – A

10 x 1 = 10

Choose the correct answer

1. Balance diet consists high sources of CO2K1
 - a. Protein
 - b. Fruits
 - c. Fats
 - d. All the components in balanced
2. Which one of the following is macronutrient? CO1K1
 - a. Fats
 - b. Carbohydrate
 - c. Roughage
 - d. Protein
3. The main sources of the protein are CO2K1
 - a. Fish, meet&eggs
 - b. Green vegetables
 - c. Wheat & rice
 - d. Sunlight & water
4. Which of the following is NOT a function of an ecosystem? CO2K1
 - a. Energy flow
 - b. Nutrient cycling
 - c. Population control
 - d. Weather forecasting
5. Which of the following is not a form of carbohydrate? CO3K1
 - a. Multiple
 - b. Simple
 - c. Complex
 - d. Allot these
6. Which fruit is a good source of potassium? CO3K1
 - a. Apple
 - b. Orange
 - c. Kiwi
 - d. Banana
7. Which of the following method helps best in maintaining a healthy body weight? CO4K2
 - a. Leading a healthy life style
 - b. Missing at least one meal in aday
 - c. Eating snacks frequently but no meal
 - d. Reducing calories drastically in a food eaten
8. A person with a BMI of 17 will be considered as CO4K2
 - a. Normal
 - b. Over weight
 - c. Under weight
 - d. Obesity
9. Vitamins and minerals are CO5K2
 - a. Malnutrient
 - b. Macronutrient
 - c. micronutrient
 - d. None of the above
10. A substance needed by the body for growth,energy,repair and maintain is called CO5K2
 - a. Carbohydrate
 - b. Nutrient
 - c. Calories
 - d. Fatty acid

PART – B

5 x 6 = 30

Answer ALL Questions

Answer should not exceed 400 words or two pages

- | | | | |
|-----|----|---|-------|
| 11. | a. | Explain the basic and advanced conditioning fitness exercise | CO1K2 |
| | | (or) | |
| 11. | b. | Elucidate the fitness education and principles of fitness | CO1K4 |
| 12. | a. | Explain the anaerobic energy system | CO2K4 |
| | | (or) | |
| 12. | b. | Elaborate the aerobic energy system. | |
| 13. | a. | Short notes on the nutritional among deficiencies among person | CO3K5 |
| | | (or) | |
| 13. | b. | Illustrate the various strengthen exercise and stretching exercise | CO3K6 |
| 14. | a. | Explain the classification of macronutrients and Definition of
Macronutrient | CO4K2 |
| | | (or) | |
| 14. | b. | Illustrate the carbohydrate loading for endurance performance | CO4K2 |
| 15. | a. | Explain the fluids needs during physical activity | CO5K4 |
| | | (or) | |
| 15. | b. | Short notes on Functions and sources of micronutrients | CO5K4 |

PART – C

5 x 12 = 60

Answer the following

Answer should not exceed 800 words or four pages

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|-----|----|---|-------|
| 16. | a. | Enumerate the Components of Fitness | CO1K4 |
| | | (or) | |
| 16. | b. | Explain the importance of warm up and cool down | CO1K2 |
| 17. | a. | Describe about the exercise impacts metabolism, Adaptation to exercise | CO2K2 |
| | | (or) | |
| 17. | b. | Explain Three energy system | CO2K4 |
| 18. | a. | Enumerate the exercise guideline and program design for various age
group | CO3K4 |
| | | (or) | |
| 18. | b. | Explain the fitness and exercise prescription for specially challenged | CO3K5 |
| 19. | a. | Illustrate the Functions and sources of macronutrients | CO4K1 |
| | | (or) | |
| 19. | b. | Explain Consumption of Macronutrients during and after exercise | CO4K2 |
| 20. | a. | Definition of the micronutrient and explain the classification of
micronutrients | CO5K4 |
| | | (or) | |
| 20. | b. | Enumerate the Consumption of Micronutrients during and after exercise | CO5K5 |