

Continuous Internal Assessment I - April 2021

Class : I B.Sc

Max .Marks: 30

Major : Bachelor of Physical Education

Total hours : 2 hrs

18BPEI02–DSE II-Sports Nutrition

Course Outcomes:

1. Demonstrate knowledge of a healthy diet for physical performance and demonstrate an ability to utilize this knowledge to complete a self-diet critique
2. Learn to judge nutritional requirements based on a food item: calories, quantity of protein, fat, carbohydrates, vitamins, minerals, antioxidants and more
3. Know the health benefits of combining healthy nutrition with Fitness and physical activity
4. Understanding of numerous ergogenic aids and distinguish those that have been scientifically proven to enhance performance
5. Relate roles of nutrition in physical performance, recovery and adaptations to exercise.
6. Undertake a basic dietary assessment and relate to the needs of the individual.

Part – A

Circle the Correct Answer

6x 1 = 6

1. Which one of the following is an example of a food high in carbohydrates CO3K1
a.Fish b. Bananas c.Meat d. Eggs
2. Which of the following is NOT a typical dietary supplement form? CO2K1
a. Injection b. Pills c. Oil d. Powder
3. Which one of the following would be a good method of exercise to improve your stamina CO2K1
a. yoga b. pilates c. sprinting d. aerobics
4. Prevention of heat is attributed to the
a. rate of digestion b. rate of reaction c. rate of heat production d. rate of heat gained
5. Rich sources of Vitamin B are CO3K1
a. Liver b. fresh liver oils c. green leafy vegetables d. egg yolk
6. 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

Answer the following

Answer any Two and do not exceed 300 words

2X6 = 12

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| 7. Elucidate role of carbohydrates? | CO2K3 |
| 8. Write short note on Balanced diet? | CO3K1 |
| 9. Write the role of vitamins and minerals in human body? | CO4K2 |
| 10. Enumerate the functions of Water in body. | CO2K1 |

Part – C

Answer any One and do not exceed 600 words

1X12 = 12

Answer in Four pages or do not exceed 700 words

2x15 = 30

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| 11. Explain diet plan during and after the sports event. | CO3K1 |
| 12. Explain the Food Guide Pyramid and Nutritious Diet in detail. | CO6K3 |