

Class : I B.Sc

Max .Marks: 60

Major : Physical Education

Total hours : 2 hrs

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

Circle the Correct Answer

5X 1 = 5

1. Which one of the following is an example of a performance enhancing drug? CO2 K3
a.Steroid b.Alcohol c.Carbohydrate d.Paracetamol
2. Which one of the following is an example of a food high in carbohydrates CO1 K2
a) Fish b) Bananas c) Meat d)Eggs
- 3.What do sports drink after CO1 K3
a. Replace lost fluid b. Supply Glucose
c. Sodium and Electrolytes d.All the above
4. Which of the following provide most of energy for muscles use in the early minutes of activity? CO2 K3
a.Fat b.Protein c.Glycogen d. B&C
5. The energy for all forms of muscle contraction is provided by: CO3 K1
a. ATP b. ADP c. phosphocreatine d. oxidative phosphorylation

Part – B

Answer the following in two or four lines

5 X 2 =10

- 6.Define Amenorrhea CO4 K3
- 7.Define Ergogenic aid CO1 K4
- 8.Define Balanced Diet CO2 K4
- 9.Define Diet CO4 K1
- 10.Define Glucose CO5 K2

Part – C
Answer the following

Answer in two pages or do not exceed 200 words

3X5=15

- 11.a. What are the functions of water in the body? CO4 K4
- Or
- 11.b. Enumerate heat disorders CO2 K3
- 12.a. Write short note on Disordered eating? CO3 K1
- Or
- 12.b. Write short note Doping? CO4 K3
- 13.a. Elucidate the role of pre, during and post exercise hydration CO5 K3
- Or
- 13.b. Enumerate the Role of sports drinks for performance? CO1 K3

Part – D
Answer the following

Answer in four pages or do not exceed 700 words

2x15 = 30

- 14.a. Tabulate the Types of ergogenic aids? CO4 K1
- Or
- 14.b. Enumerate on water & fluid needs in human body. CO3 K3
- 15.a. Explain about use of proteins and amino acids in building muscles? CO2 K4
- Or
15. b. Explain the Dietary supplements and nutritional ergogenic used in various sport? CO1 K3