

Continuous Internal Assessment March – 2019

Class: I BPEd

Time: 2 Hrs

Marks: 60

18BPDE2B DSE – II Sports Nutrition and Weight Management

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

5x1=5

Circle the right answer

1. Good cholesterol Co2 K2
 - a. HDL
 - b. MDL
 - b. LDL
 - d. Triglycerides
2. Irregularity of consuming food Co3 K3
 - a. Bulimia
 - c. Amenorrhea
 - b. Bulimic Nervosa
 - d. Anerxia
3. Electorlytes found in the body fluids and tissues ae Co3 K3
 - a. Sodium, potassium and sulphur
 - b. Sodium, calcuim and zinc
 - c. Sodium, calcium and magnesium
 - d. Sodium, potassium and chloride
4. Obesity is CO4 K4
 - a. Over weight
 - c. moderate weight
 - b. less than normal weight
 - d. more than over weight
5. One of the following will help to reduce the body weight CO5 K3
 - a. fats
 - c. millets
 - b. vitamins
 - d. proteins

Part B

Answer all the questions

5x2=10

Answer in one or two sentences

6. Define fats C02 K1
7. List out two types of vitamins C02 K1
8. Define minerals C01 K1
9. What is balanced nutrition C02 K2
10. How to develop a knowledge towards sports nutrition C03 K3

Part – B

3 x 5 = 15

Answer the following

Answer should not exceed 300 words or two pages

- 11.aa. What are the general recommendations of a pre-game meal. CO3 K2
(Or)
- 13.b. Explain carbo-loading. CO2 K3
14. a. Mention the factors that affects weight management. CO4 K4
(or)
- 14.b. state the formula for BMI and calculate the BMI for person of 80kgs/1.58mts
Person and analyse the health risks. CO3 K3
- 15.a. Write short note on balanced diet. CO2 K2
(or)
- 15.b. suggest few tips to maintain a healthy lifestyle CO4 K3

Part – D

2 x 15=30

Answer the following

Answer should not exceed 800 words or four pages

18. a. Explain the diet before, during and after training and competition CO2 K3
(or)
18. b. Elucidate the role supplements for performance Co2 K2
19. a. Discuss the common myths of weight loss and its illeffects. CO3 K4
19. b. Discuss the causes and solutions for overcoming obesity. CO4 K3

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