

Maximum



Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with A++ Grade by NAAC. Recognized by UGC Under Section 12B
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment II - June - 2022

Class: I BPEd

Time: 2 Hrs

Marks: 60

21BPDE2B 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

6x1=6

Circle the right answer

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 amongst these is a Pitfall of dieting? CO3K3
a. Skipping meal b. Reducing energy food
c. Drinking lot of water d. Taking food supplements
4. Which of the following is NOT a typical dietary supplement form? CO2K1
a. Injection b. Pills c. Oil d. Powder
5. Which one of the following is an example of a food high in carbohydrates? CO3K1
a. Fish b. Bananas c. Meat d. Eggs
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 the sweat we lose during exercise

PART – B

Answer should not exceed 400 words or One Page

3X 6 = 18

7. a. Write short note on Balanced diet? CO2K3
b. Enumerate the functions of Water in body CO4K3
8. a. Give detail note on female athlete troid CO2K1
b. What is obesity and overweight and state its ill effects ? CO5K3
9. a. Write about the concept of BMI? CO1K4
9. b. Write short note on Common Myths about Weight Loss? CO2K2

Part – C

Answer any One and do not exceed 600 words

3X12 = 36

10. a. Enumerate on the nutritional pattern to be followed before, during and after competition. CO2K1
b. Write the short notes on weight managements and its techniques? CO2K2
11. a. Explain the types of obesity and Health risks associated with obesity CO3K2
b. Give a model weight management program for sporty child CO1K4
12. a. Write about the role of diet and exercise in weight management CO3K1
b. Design a model diet plan and exercise schedule for weight loss CO2K4
