



Murugan

**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. Recognised by UGC Under Section 12B  
Coimbatore - 641 043, Tamil Nadu, India

**Continuous Internal Assessment Test I- February 2023**

**Semester II**

**Class :IBSC Physical Education**

**Time : 2 Hours**

**Major/Branch :**

**Max. Marks: 60**

**21BPEI02–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.

**Part A**

**6 x 1 = 6**

**Choose the Correct Answer**

1. Which of the given has the highest calorie value per unit?  
(a) Vitamins(b) Proteins(c) Fats(d) Carbohydrates CO4 K1
2. Among the given nutrients milk is a poor source of CO2 K3  
a)Calcium b)Protein c)Carbohydrate d) Vitamin C
3. Which one of the following is an example of a food high in carbohydrates CO1 K2  
a) Fish b) Bananas c) Meat d)Eggs
4. What do sports drink after CO1 K3  
a. Replace lost fluid b. Supply Glucose  
c. Sodium and Electrolytes d.All the above
5. Which of the following provide most of energy for muscles use in CO2 K3  
the early minutes of activity?  
a.Fat b.Protein c.Glycogen d. B&A
6. Which of the following is a water-soluble vitamin and hence is required to be taken everyday? CO3 K2  
a)Vitamin D b)Vitamin C c)Vitamin K d)Vitamin A

**PartB**

**Answer should not exceed 200 words or One Page**

**3 X 6 = 18**

- 7.a. What is carbo loading?  
(or)
- b. Signify the role of calcium and iron in the body.
8. a. Write a note on nutritional agencies CO4K1  
(or)
- b. Write about the classification of Proteins?
9. a. Write a note on basal metabolism CO4K5  
(or)
- b. Write a note on dehydration

**Part D**

**Answer should not exceed 700 words or four pages**

**3X 12 = 36**

10. a) Describe the Need and Importance of Sports Nutrition CO3K1  
(or)
- b) Explain about the role of nutrition in Physical Education
11. a) Write a detailed notes on classification of nutrients? CO3K1  
(or)
- b) Draw a neat diagram of Food Pyramid and Diet planning Chart
- 12..a) How would you classify carbohydrates? Explain giving examples of each. CO2K4  
(or)
- .b) What are Vitamins ? Classify Vitamins and show their significance in our diet.

\*\*\*\*\*