



**Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University) Coimbatore-641 043**

Bachelor's Degree Examination – April/May 2019

Semester II

**Class : I UG
Major : Physical Education**

Time : 3 hours

Max. Marks: 100

18BPEI02 - DSE-II Sports Nutrition

SPORTS NUTRITION

PART-A

10 X 1 = 10

Circle the Correct Answer

1. Which of these provide more than double the energy provided by carbohydrates or proteins in human body ?
a) Vitamins b)Fats c) Minerals d) Starch
2. Structural component of haemoglobin is _____
a) Iron b) Calcium c) Magnesium d) Phosphorus
3. Which nutrient is a key for supplying the body with energy ?
a) Carbohydrates b) Proteins c) Fat d) Fibre
4. Percentage of water in human body ?
a) 80 b) 75 c) 70 d) 65
5. Which of these food contains complex carbohydrates?
a) Potatoes b) Fruit juice c) Sugar d) Bread
6. Best source of Omega 3-fatty acids ?
a) Pork b) Sardines c) Corn oil d) Wheat Products
7. Amino acids are the building blocks of _____
a) Lipids b) Carbohydrates c) Nucleic acids d)Proteins
8. Lack of dietary fiber causes _____.
a) Constipation b) Rickets c) Dysentery d) Kwashiorkor
9. Which of these following drinks is the most dehydrating ?
a) Coffee b) Water c) Alcohol d) Sugar sweetened soda
10. Highly branched chain of glucose units results in _____.
a) Glycogen b) Starch c) Cellulose d) Galactose



Part-B

Answer should not exceed 200 words or one page

5 X 6 = 30

- 11a. What are the various measures of body weight?
(or)
- 11b. Draw a model food guide pyramid.
- 12a. State the functions & sources of carbohydrates?
(or)
- 12. b. Determine energy needs for endurance female athletes by using the Resting Energy Expenditure for the age of 35yrs, weighs 175 pounds?
- 13a. What energy system are utilized during sprint activities?
(or)
- 13. b. What are the importance of carbohydrates to the sprinters?
- 14a. When is the ideal time to consume carbohydrate prior to training or competition?
(or)
- 14. b. Write a short notes on female Athlete Traid?
- 15a. What are the types of sports drinks and explain it?
(or)
- 15. b. Explain meal plans for various calorie levels?

Part-C

Answer the following

Answer should not exceed 1200 words or one page

5 X 6 = 30

- 16. a. Elucidate on Meaning, definition & need & importance of Sports nutrition.
or
- 16.b. Discuss the role of nutrition in the field of Sports?
- 17. a. List out & explain the classification of Vitamins.
or
- 17. b. Write in detail about hydration and nutritional guidelines for a marathon runner.
- 18. a. Explain the Causes for heat stroke and its ill effects.
Or
- 18.b. What is the calorie requirement for sprinters? Give pre-competition guidelines for a sprinter.
- 19. a. What can athletes do prior, during and post competition to prevent dehydration?
or
- 19.b. Explain – Ergogenic aids and write on Doping.
- 20. a. Justify the role of Vitamins & mineral supplements to increase Sports performance.
Or
- 20.b. Enumerate on Balance Diet and draw a model chart.