

Avinashilingam Institute for Home Science and Higher Education for Women

Continuous Internal Assessment I - February 2019

Class : I B.Sc

Max .Marks: 60

Major : Bachelor of Physical Education

Total hours : 2 hrs

18BPE102–DSE II-Sports Nutrition

Part – A

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.
6. Undertake a basic dietary assessment, and relate to the needs of the individual.

Circle the Correct Answer

5X 1 = 5

1. A substance needed by the body for growth, energy, repair and maintenance is called
a. nutrient b. carbohydrate c. calorie d. fatty acid
CO1K1
2. A diet high in saturated fats can be linked to which of the following?
a. kidney failure b. bulimia c. anorexia d. cardiovascular disease
CO3K2
3. A mineral that the body needs to work properly is _____.
a. calcium b. silver c. gold d. lead
CO1K3
4. According to the MyPyramid food guidance system, a person should obtain most of their fat from
a. beef, chicken, and fish b. vegetables oils, nuts, and fish c. fats, oils, and sweets
d. milk, yogurt, and cheese
CO4K4
5. A(n) _____ is a unit of energy that indicates the amount of energy contained in food. CO1K1
a. label b. food guide pyramid c. calorie d. basket

Part – B

Answer the following in two or four lines

5 X 2 = 10

6. Define Nutrition
7. Write about Vitamins?
8. What are macro nutrient?
9. Define Water
10. Define balanced diet

Part - C

Answer the following

Answer in two pages or do not exceed 200 words

3X5=15

- 11.a. Write down the role and functions of nutrients during exercises ?Or
- 11.b. Explain importance of sports nutrition ?
- 12.a. Write short note on vitamins ?Or
- 12.b. Write short note on Balanced diet?
- 13.a. Write the about carbohydrate loading?Or
- 13.b. Enumerate calorie requirement and energy expenditure

Part - D

Answer the following

Answer in Four pages or do not exceed 700 words

2x15 = 30

- 14.a. Write the role of vitamins and minerals in human body?Or
- 14.b. Enumerate heat stroke and it causes
15. a. Explain food guide pyramid and its uses? Or
15. b. Explain the Dietary supplements and nutritional ergogenic used in various sport?