



Murugesu

Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University Estd. u/s 3 of UGC Act 1956, Category 'A' by MHRD)

Re-accredited with 'A++' Grade by NAAC. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Examination – July 2022 II Semester

Class : I UG
Major : Physical Education

Time : 3 Hours
Max. Marks: 100

21BPEI02 DSE II - Sports Nutrition

Course Outcomes:

1. Demonstrate knowledge of a healthy diet for physical performance and establish daily calorie requirement and design diet plan.
2. Evaluate energy and essential nutrients requirements and its utilization for performance and health
3. Describe the composition of common sports drinks and cryogenics aids and discuss how these can be used appropriately and safely before during and exercise
4. Evaluate the factors affects weight management and solutions for obesity.
5. Design caloric requirements for various sports and age groups.

Part A

Choose the Correct Answer

10 x1 = 10

1. Sports nutrition helps to CO1K1
 - a. Keeps The Body Hydrated
 - b. Provides The Energy To The Body
 - c. It Boosts the Performance
 - d. All the Above
2. RDA means CO2K2
 - a. Recommended dietary allowance
 - b. Rich dietary allowance
 - c. Rate dietary allowance
 - d. Reference dietary allowance
3. A diet rich in _____ requires lesser amount of water in comparison to diet rich in proteins and fats CO3K2
 - a. Vitamins
 - b. Minerals
 - c. Carbohydrates
 - d. Calcium
4. Water soluble vitamins are CO2K3
 - a. Vitamin B & C
 - b. Vitamin A
 - c. Vitamin E & K
 - d. Vitamin D & C
5. Heat stroke is caused by CO2K2
 - a. Dehydration
 - b. Drinking alcohol
 - c. Chronic illness like heart disease
 - d. All the above
6. Water carries _____ CO1K1
 - a. Nutrients to our cell
 - b. Oxygen to our cell
 - c. Energy to our cell
 - d. CO₂ to the body
7. Ergogenic aid helps to CO3K3
 - a. Enhance energy production
 - b. Used for recovery
 - c. Enhance Performance
 - d. All the above
8. Doping is refers to CO2K3
 - a. Prohibited drugs
 - b. Prohibited medications
 - c. Both A&B
 - d. None of the above
9. Vitamins are made up of CO2K2
 - a. Organic substances
 - b. Inorganic substance
 - c. Compound substance
 - d. Simple Substance
10. How Many amino acids make up a protein? CO1K1
 - a. 10
 - b. 20
 - c. 30
 - d. 50

Part B

5 x 6 = 30

Answer ALL questions

Each answer should not exceed 400 words or two pages

- 11.a. Give the meaning and importance of sports nutrition. CO2K2
(or)
- 11.b. What are the basic nutrients required for sports person – Explain. CO1K1
- 12.a. List down the functions of carbohydrates and explain its importance. CO2K2
(or)
- 12.b. Write short notes on proteins and fat. CO2K3
- 13.a. Explain the classification of vitamins and minerals. CO3K2
(or)
- 13.b. Why we consume fluids during physical activity? Give the appropriate reason. CO2K3
- 14.a. Write the meaning, definition and types of ergogenic aid. CO3K2
(or)
- 14.b. Write short notes on doping and its disadvantages. CO1K3
- 15.a. Write a short note on balanced diet. CO2K2
(or)
- 15.b. Explain the role of vitamins and minerals for the sports performance? CO2K3

Part C

5 x 12 = 60

Answer ALL questions

Each answer should not exceed 800 words or four pages

- 16.a. Briefly explain the role and importance of nutrition for the sports person. CO2K3
(or)
- 16.b. Draw a neat diagram of diet plan chart and food guide pyramid and explain it. CO3K3
- 17.a. What is the require amount of carbohydrates and protein during and after exercises? CO4K3
(or)
- 17.b. Write the classification of carbohydrates and fat. CO2K1
- 18.a. Explain about the heat stroke and their causes and prevention. CO3K3
(or)
- 18.b. Briefly explain about role of pre, during and post exercise hydration methods. CO3K4
- 19.a. Why the dietary supplements and nutritional ergogenics aids used by endurance athletes. CO4K2
(or)
- 19.b. What are the dietary supplements prescribed for female athletes and briefly explain it? CO4K4
- 20.a. Explain in detail about the use of sports drinks during performance. CO3K2
(or)
- 20.b. What is diet, prepare a diet guideline to follow before, during and after training period. CO4K4
