



Muniraj

**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 of Physical Education Degree Examination – July 2020  
II Semester**

Class: I B.P.Ed.

Time : 3 Hours  
Max. Marks: 100

**21BPDE2B Discipline Specific Elective (DSE-II): Sports Nutrition  
and Weight Management**

**Course Outcomes:**

- CO1: Restate the role of nutrients and caloric requirements  
CO2: Sketch the basic classification, functions and utilization of nutrients.  
CO3: Point out diet for various competitions and nutrient supplements for performance.  
CO4: Evaluate the factors affects weight management and solutions for obesity.  
CO5: Design caloric requirements for various sports and age groups.

**Part A**

10 x 1 = 10

**Choose the Correct Answer**

1. Which nutrients give 9 calories in 1 gm? CO2 K2  
a. Protein b. Fat  
c. Carbohydrates d. Vitamins
2. Most of the colorful vegetables contains. CO1 K1  
a. Vitamin A b. Vitamin C  
c. Vitamin B d. Vitamin E
3. The best source of HDL is: CO2 K3  
a. Omega 3 b. Omega 6  
c. Omega 9 d. Saturated fat
4. What effects your weight? CO1 K2  
a. Genetics b. BMR  
c. Nutrition d. All the above
5. The calorie/kilograms daily energy requirement is highest for CO3 K3  
a. Infants b. Children  
c. Elderly d. Pregnancy
6. It is better to exercise: CO4 K2  
a. Before a meal b. After a meal  
c. Atleast 2 hours either side of a meal d. When you will or can do it
7. Weight loss and /or changes in body composition can be monitored with: CO3 K3  
a. A scale b. Skinfold measurements  
c. Girth measurements d. All of above
8. Foods to eat while trying to lose or maintain weight include: CO4 K2  
a. Nothing for breakfast b. High fiber plant foods  
c. Processed meals d. Both b and c
9. How many amino acids are essential for the Human Body? CO4 K2  
a. 7 b. 11  
c. 9 d. 20
10. Which vitamin is essential for making calcium in body? CO4 K2  
a. Vitamin A b. Vitamin B  
c. Vitamin C d. Vitamin D

**Part B**

**5X6=30**

**Answer ALL questions**

**Answer should not exceed 400 words or two pages**

- 11.a. Explain the factors to be consider for developing nutrition plan. CO2 K2  
(or)
11. b. Briefly explain the daily calories requirement and expenditure. CO4 K4
12. a. Briefly explain the utilization of nutrients during exercises. CO2 K3  
(or)
12. b. Explain the heat stroke and its causes. CO4 K4
13. a. What is the importance of fluids in sports and exercises? CO1 K2  
(or)
13. b. Explain the role of protein in performance diet. CO2 K3
14. a. Explain the concept of weight management in modern Era. CO4 K5  
(or)
14. b. Briefly explain the causes and solutions for overcoming obesity. CO4 K4
15. a. Explain the daily calories intake and expenditure. CO5 K3  
(or)
- 15.b. Define balanced diet with maintaining a healthy life style. CO4 K5

**Part C**

**5X12=60**

**Answer ALL questions**

**Answer should not exceed 800 words or four pages**

- 16.a. What do you understand by the term "sports nutrition"? Describe the role of nutrition in sports. CO2 K2  
(or)
16. b. Explain basic nutritional guidelines for Indians with special reference to sports persons. CO2 K3
- 17.a. Give the classification and function of fats. CO3 K3  
(or)
- 17.b. Enumerate functions and sources of minerals. CO5 K4
- 18.a. Enumerate the role of vitamins and minerals supplements for performance. CO2 K3  
(or)
- 18.b. Briefly explain pre-game meal, before during and after training and competitions. CO3 K4
- 19.a. Explain obesity, Discuss the role of diet and exercise in weight management. CO4 K4  
(or)
- 19.b. Discuss the myths associated with weight reduction. Enumerate the factors affecting weight management. CO4 K5
- 20.a. Discuss about the role of diet and exercise in weight management. CO5 K3  
(or)
20. b. Explain the design for diet plan and exercise schedule for weight gain and lose. CO4 K5

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