



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 of Physical Education Degree Examination – May 2024
II Semester

Class: I B.P.Ed.

Time : 3 Hours
Max. Marks: 100

23BPDE2B Discipline Specific Elective (DSE) - II:
Sports Nutrition and Weight Management

Course Outcomes:

- CO1: Categories the role each micro and macro nutrient has on physical activity and athletic performance
CO2: Understand the basic classification, functions and utilization of nutrition
CO3: Plan diet requirements for competitions and nutrient supplements for performance
CO4: Evaluate the factors affect weight management and solutions related to common co-morbidities
CO5: Identity and discuss specific nutritional issues associated with various sports in different age groups

Part A
Choose the Correct Answer

10 x 1 = 10

1. Which of the following food components give energy to our body?
a. Protein b. Vitamins c. Carbohydrates d. Minerals CO1 K1
2. In nutrition, what is the meaning of a calorie?
a. a unit of energy b. a unit of nutrients c. a unit of power d. a unit of work CO1 K2
3. Egg is the rich source of
a. Protein b. Vitamins c. Carbohydrates d. Minerals CO2 K1
4. Building blocks of the tissue
a. Protein b. Vitamins c. Carbohydrates d. Minerals CO2 K2
5. The instrument used to measure the body fat
a. Goniometer b. Ergometer c. Skinfold Caliper d. All the above CO3 K1
6. _____ is a dietary strategy used by athletes to increase glycogen stores in their muscles and liver. CO3 K2
a. Fat loading b. Protein loading
c. Carbohydrate loading d. Nutrition loading
7. BMI formula?
a. Height in Meters square/weight in kilograms
b. Weight in kilograms/ height in Meters square
c. Height in centimetressquare/weight in kilograms
d. Weight in grams square/height in Meter CO4 K1
8. Obesity does not cause
a. Infertility b. Cancer c. Diabetes d. Ischemic heart disease CO4 K2
9. Eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight. CO5 K1
a. Diet b. Balanced diet c. Food d. Nutrients
10. Obesity is an abnormal or excessive accumulation of fat that poses a health risk. CO5 K2
a. UNESCO b. UNICEF c. UGC d. WHO

Part B **5 x 6 = 30**
Answer ALL questions
Each answer should not exceed 400 words or two pages

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| 11.a. Indicate the factors that should be considered during the nutritional plan.
(or) | CO1 K2 |
| 11.b. Interpret the caloric requirement for various sports persons. | CO1 K2 |
| 12.a. Explain the significance of vitamins during sports.
(or) | CO2 K3 |
| 12.b. Determine the causes of Heat stroke. | CO2 K3 |
| 13.a. Analyze the importance of the pre-game meal.
(or) | CO3 K4 |
| 13.b. Evaluate the mineral supplements for sports performance. | CO3 K4 |
| 14.a. Measure your Body Mass Index with the formula.
(or) | CO4 K5 |
| 14.b. Justify the solutions for overcoming obesity. | CO4 K5 |
| 15.a. Design a weight management program for sporty children.
(or) | CO5 K6 |
| 15.b. Generalize the importance of calorie calculation for the sports person. | CO5 K6 |

Part C **5 x 12 = 60**
Answer ALL questions
Each answer should not exceed 800 words or four pages

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| 16.a. Interpret the role of nutrition in sports with necessary examples.
(or) | CO1 K3 |
| 16.b. List out and explain the nutritional guidelines for the athletes. | CO1 K3 |
| 17.a. Explain the classification of nutrition.
(or) | CO2 K4 |
| 17.b. Point out the sources of nutrients. | CO2 K4 |
| 18.a. Summarize the importance of a balanced diet.
(or) | CO3 K5 |
| 18.b. Measure the significance of carbohydrate loading for the athletes. | CO3 K5 |
| 19.a. Generalize the factors that affect the weight management.
(or) | CO4 K6 |
| 19.b. Express the characteristics of various types of obesity. | CO4 K6 |
| 20.a. Design a weight loss diet plan for sedentary people.
(or) | CO5 K6 |
| 20.b. Integrate balanced diet for Indian school children. | CO5 K6 |
