



Mavinney

**Avinashilingam Institute for Home Science and Higher Education for Women**  
(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)  
Re-accredited with A++ Grade by NAAC. Recognised by UGC under Section 12B  
Coimbatore - 641 043, Tamil Nadu, India

**Continuous Internal Assessment Test I- February 2024**

**Class: I B.P.Ed.**

**Time: 2 Hrs**

**Major : Physical Education**

**Marks: 60**

**23BPDE2B DSE – II: Sports Nutrition and Weight Management**

**Course Outcomes:**

Restate the role of nutrients and caloric requirements

Sketch the basic classification, functions and utilization of nutrients.

Point out diet for various competitions and nutrient supplements for performance.

Evaluate the factors affects weight management and solutions for obesity.

Design caloric requirements for various sports and age groups.

**Part A**

**6x1=6**

**Choose the correct answer**

1. Which of the following is not considered as the macro nutrient? CO1 K3  
a. carbohydrate    b. fat    c. protein    d. minerals
2. Sugar is classified under CO3 K1  
a. simple carbo    b. Proteins    c. complex carbo    d. Vitamins
3. A kilocalorie is best defined as CO3 K2  
a. Measure how much weight is lost after exercise  
b. Measure the amount of energy in food  
c. Measure the amount of calories in food  
d. Measure how much we lose during exercise
4. Base of pyramid should be CO2 K2  
a. whole grains groups    b. fruit groups    c. vegetable groups    d. milk groups
5. Which one of the following statement regarding a balanced diet is not accurate? CO2 K2  
a. It consists of all essential nutrients in adequate amount  
b. The proportion between different constituent of food is variable  
c. Food should be according the requirement of individual  
d. None of the above
6. Which nutrient insulates and protects inner organs of the body CO1 K3  
a. Carbohydrate    b. Proteins    c. Fats    d. Vitamins

**Part – B**

**3 x6=18**

**Answer the following**

**Answer should not exceed 300 words or two pages**

- 7.a. Define Sports Nutrition and draw athlete's plate and interpret? CO1 K2  
or
- 7.b. Write the short notes on principles of food/nutrition? CO1 K1
- 8.a. What are the animal and plant based sources of proteins CO3 K2  
or
- 8.b. How much protein do athlete needs? CO2 K4
- 9.a. What are the factors to be considered in developing nutrition plan? CO4 K5  
or
- 9.b. Explain carbo-loading. CO4 K1

**Part – C**

**3 x 12=36**

**Answer the following**

**Answer should not exceed 600 words or four pages**

- 10.a. Enumerate the sources of fats and its types. CO3 K2  
or
- 10.b. Elucidate the nutritional guidelines for health and physical performance. CO2 K2
- 11.a. What are macro nutrients and how do they influence athletes performance. CO5 K4  
or
- 11.b. Define amino acids and its importance in food for performance CO4 K2
- 12.a. Describe the history of minerals and its uses in the body. CO3 K1  
or
- 12.b. Discuss in detail the importance of knowledge in nutrition for athletes CO2 K3

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Staff In charge: Dr.R.Saravana prabha

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