



Mavin

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 April 2022

SEMESTER II

Class: I B.Sc

Time: 3 Hrs.

Major: Physical Education

Max Marks: 60

21BPEI02–DSE II-Sports Nutrition

Course Outcomes:

CO1. Demonstrate knowledge of a healthy diet for physical performance and demonstrate an ability to utilize this knowledge to complete a self-diet critique

CO2. Learn to judge nutritional requirements based on a food item: calories, quantity of protein, fat, carbohydrates, vitamins, minerals, antioxidants and more

CO3. Know the health benefits of combining healthy nutrition with Fitness and physical activity

CO4. Understanding of numerous ergogenic aids and distinguish those that have been scientifically proven to enhance performance

CO5. Relate roles of nutrition in physical performance, recovery and adaptations to exercise.

CO6. Undertake a basic dietary assessment and relate to the needs of the individual.

Part – A

Circle the Correct Answer

6x 1 = 6

1. Vitamin B is called CO3K2
a. Folic Acid b. Citric Acid c. Acidic Acid d. Alkaline
2. Rich sources of Vitamin B are CO5K1
a. Liver b. fresh liver oils c. green leafy vegetables d. egg yolk
3. What is the ideal time to take food before the competition period? CO2K2
a. 1 to 2 hrs b. 2 to 3 hrs c. 3 to 4 hrs d. Half Day
4. Vitamins, minerals and proteins in suitable amounts are given to body by CO4K3
a. Whole grain food b. fatty fish c. Plant oil d. Nuts
5. Osteoporosis the word related in CO1K4
a. tissue b. muscle c. bone d. fiber
6. The Sunshine Vitamin is called CO3K2
a. vitamin a b. vitamin b c. vitamin c d. vitamin d

PART – B

Answer should not exceed 400 words or One Page

3X 6 = 18

- 7.a. List out the types of ergogenic aids CO1K2
(or)
- 7.b. What is Doping? CO3K2
- 8.a. Explain about Psychological Aids CO1K3
(or)
- 8.b. Enumerate ergogenic commonly used by endurance athletes CO2K3
- 9.a. Enumerate ergogenic commonly used for power sports CO2K3
(or)
- 9.b. What is Nutritional Aid ? CO4K3

Part – C

Answer any One and do not exceed 600 words

3X12 = 36

- 10.a. Explain Female Athlete Triad CO3K4
- (or)
- 10.b. Write about role of sports drinks in sports performance? CO1K3
- 11.a. Explain Balanced diet and recommendations CO3K1
- (or)
- 11.b. What is performance diet using protein for body builders? CO1K3
- 12.a. Write about vitamins and minerals supplements? CO6K2
- (or)
- 12.b. Explain the types of Pharmaceutical Aids CO5K1
