



*K. Sambath*

# 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, CGPA 3.65/4, Category 1 by UGC,

Coimbatore-641 043, Tamil Nadu, India)

Continuous Internal Assessment II OCT – 2024

Semester -III

Class: II Bsc

Major: Physical Education

Max Marks: 60

Duration: 2hours

## 23BPEC09 Fitness Education and Nutrition

### Course Outcomes:

1. Familiarize the student with fitness education and training
2. Develop skills to establish daily fitness prescription for the clients
3. Acquaint student with principles of sports nutrition
4. Understand the relationship between fitness training and nutrition
5. Construct individualized nutrition plan for specific events

### Part –A

Answer all the questions

1x6=6

1. Energy giving food is  
(a) food containing protein (b) food containing minerals  
(c) food containing carbohydrates (d) More than one of the above  
CO3K1
2. your body needs vitamins and minerals because  
(a) they give body energy (b) help carryout metabolic reactions  
(c) insulate the body's organs (d) withdraw heat from the body  
CO1K2
3. A mineral that the body needs to work properly  
a) Calcium b) Silver c) Gold d) Lead  
CO3K3
4. which of the following is an example of micronutrient  
(a) fat (b) protein (c) vit c (d) carbohydrate  
CO2K2
5. micronutrient malnutrition leads to  
(a) goiter (b) diabates (c) PEM (d) obesity  
CO1K3
6. the mineral found in hemoclobin is  
(a) sodium (b) protein (c) calcium (d) iron  
CO1K4

### Part B

Each answer should not exceed 400 words or two pages

3x6=18

7. (a). define and principles of sports nutrition and balanced diet.  
(Or)  
(b). Short notes on strengthen and stretching exercise  
CO3K2
- 8 (a). define macro nutrients and functions  
(Or)  
(b). consumption of macronutrient during and after exercise  
CO2K3
- 9 (a). define micronutrient and classification of micronutrition  
(Or)  
(b). consumption of micronutrient during and after exercise  
CO2K4
- CO3K1
- CO3K2

### Part C

Each answer should not exceed 800 words or two pages

3x12=36

- 10(a). need, importance and basic components of nutrients  
(Or)  
(b) nutritional deficiency among sportsman  
CO2K3
  - 11 (a). functions of Micronutrition in our body and sources  
(Or)  
(b). carbohydrate loading for endurance performance  
CO2K2
  - CO3K2
  - CO4K3
- 12 (a). functions of Macronutrition in our body and sources of macronutrient  
(Or)  
(b). explain the fitness and exercise prescription for specially challenged  
CO4K3
  - CO2K3

Incharge staff: Mrs.R.Muniswari

Total no of paper : 32