



Sambal

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 (now MoE)
Re-accredited with A++ Grade by NAAC. CGPA 3.65/4, Category I by UGC
Coimbatore - 641 043, Tamil Nadu, India

Continuous Internal Assessment Test II – March 2026
II Semester

Class : I BPEd

Time: 2 hours

Major : Physical Education

Maximum Marks: 60

23BPDE2B

DSE – II Sports Nutrition and Weight Management

Course Outcomes:

1. Restate the role of nutrients and caloric requirements
2. Sketch the basic classification, functions and utilization of nutrients.
3. Point out diet for various competitions and nutrient supplements for performance.
4. Evaluate the factors affects weight management and solutions for obesity.
5. Design caloric requirements for various sports and age groups

Part - A

6 x 1 = 6

Choose the Correct Answer

1. An endurance athlete experiences frequent muscle cramps and fatigue during training. Which micronutrient deficiency is most likely responsible? CO3K2
a. Vitamin A b. Iron & calcium. c. sodium and potassium d. Vitamin C
2. An athlete consumes a heavy fatty meal immediately before competition. What is the most likely impact on performance? CO3K3
a. Improved endurance b. faster digestion c. gastrointestinal discomfort d. increased hydration
3. Which amongst these is a Pitfall of dieting? CO3 K3
a. Skipping meal b. Reducing energy food c. Drinking lot of water d. Taking food supplements
4. Which statement best challenges a common myth about obesity? CO4K4
a. Obesity is always caused by genetics alone b. Obesity results only from lack of exercise
c. Obesity is influenced by multiple factors d. Obesity cannot be prevented
5. Body Mass Index (BMI) is primarily used to assess CO4K3
a. Muscle strength b. body fat distribution c. Weight status relative to height d. bone density
6. Which of the following best evaluates the effectiveness of a performance supplement CO4K4
a. Popularity among athletes b. Scientific evidence and safety approval
c. Advertising claims d. Price of the supplement

Part - B

3 x 6 = 18

Answer ALL Questions

Each answer should not exceed 400 words or two pages

7. a. Explain the role of micronutrients in enhancing athletic performance CO3 K2
(or)
7. b. Analyse the importance of a balanced diet for athletes during training and competition CO3K3
8. a. Evaluate the importance of a pre-game meal in sports performance CO3K2
(or)
8. b. Discuss the nutritional strategies before, during, and after competition CO4K2
9. a. Explain the importance of hydration in sports performance. What are the recommended fluid intake guidelines for athletes? CO3K4
(or)
9. b. What are the differences between simple and complex carbohydrates, and how do they impact energy levels during physical activity? CO4K3

Part - C

3 x 12 = 36

Answer ALL questions

Each answer should not exceed 800 words or four pages

10. a. Critically analyse the concept of carbohydrate loading and its role in endurance performance CO3K5
(or)
10. b. Evaluate the effectiveness and risks of performance supplements in sports nutrition CO3K2
11. a. Explain the concept of weight management and analyse the factors influencing body weight in athletes CO3K2
(or)
11. b. Discuss the concept of BMI, obesity, its health hazards, and preventive measures CO3K2
12. a. Elucidate the reasons for weight increase among college students CO3K2
(or)
12. b. Enumerate the role of exercise in weight management CO3K2