

B.Sc. DEGREE EXAMINATION, NOVEMBER 2018
III Year V Semester
Core Major - Paper X
SPORTS NUTRITION

Time : 3 Hours

Max.marks :75

Section A ($10 \times 2 = 20$) Marks

Answer any **TEN** questions

1. Define Sports nutrition.
2. What are the components of energy expenditure?
3. Define energy balance.
4. Comment on any two health risks associated with excess protein intake for a sports person.
5. What is carbohydrate loading?
6. What is sports anemia?
7. Define exertional heat stroke.
8. What is somatotyping?
9. Name the types of eating disorder.
10. Define the term ergogenic aids.
11. What are energy gels?
12. Define muscle fatigue.

Section B ($5 \times 5 = 25$) Marks

Answer any **FIVE** questions

13. Give an account of cardiopulmonary adaptation to exercise.
14. Explain the requirement of protein for strength/power athletes.
15. Brief on fat mobilization and use during exercise.
16. Discuss the effect of dehydration on exercise performance.
17. State the reasons to assess body composition.
18. What is WADA? Elaborate on anti -doping rules and regulations.
19. Give five examples of supplements which have proven benefit and 5 supplements which are harmful to athletes.

Section C ($3 \times 10 = 30$) Marks

Answer any **THREE** questions

20. Explain different systems of energy used in sports activity.
21. Discuss how glycogen resynthesis can be increased during post exercise period.
22. Give a detailed note on fluid guidelines- before, during and after the exercise.
23. Discuss on safe weight loss strategies for participants in all sports and physical activities.
24. Write a detailed note on the ergogenic effects of anabolic steroids and creatine.

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