

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. Define ATP-CP pathway.
3. What is Carbohydrate loading?
4. What is the storage form of carbohydrate in the body?
5. Define BMI with formula.
6. What is Anorexia Nervosa?
7. Define Stitch.
8. Write two points about Post Event meal.
9. Define Ergogenic Aid.
10. Briefly explain role of protein supplements during exercise.
11. Write about two methods used for body composition analysis.
12. Write about Energy bars.

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

Answer any **FIVE** questions

13. Explain in detail about Energy Expenditure in body mechanism.
14. Explain role of antioxidants in sports performance.
15. Write some points about weight loss strategies among sports persons.
16. Explain about pre event meal planning during sports event.
17. Explain in detail the role of HMB, Caffeine and glycerol in performance sports activity.
18. List and explain about the effect of dehydration on sports performance.
19. Explain about guidelines followed for Diabetic athlete.

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

Answer any **THREE** questions

20. Explain in detail about energy pathways.
21. "Aminoacids as Ergogenic aids"-Explain
22. Explain about Prevalence of Eating Disorders,prevention,education among sports persons.
23. Explain in detail about nutrition guidelines for Disabled athlete and Travelling athlete.
24. Enumerate Rules and Regulations of WADA.

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