M.Sc. DEGREE EXAMINATION,NOVEMBER 2019
II Year III Semester
Performance Nutrition

Time : 3 Hours **Max.marks :75**

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

Answer any **TEN** questions

1. What is fatigue? Why does fatigue develop during anaerobic exercise?
2. Define glycemic index of foods.
3. What is the protein requirement for different sports activity?
4. What is meant by carbohydrate loading?
5. Define the role of antioxidants for athletes.
6. What is atkins diet?
7. List down the effect of dehydration in exercise performance.
8. Define thermogenesis.
9. What are meal replacement products?
10. Write the fluid requirements: before, during after exercise.
11. Suggest diets for athletes with diabetes.
12. List the points to be considered for aging athletes.

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

Answer any **FIVE** questions

13. How is energy produced? Discuss on the ATP-PC system.
14. How is carbohydrate loading beneficial for athletes?
15. Enumerate on the strategies for permanent weight loss among athletes.
16. Write a note on the different types of sports drink.
17. Why are athletes more likely to develop eating disorders?
18. Discuss on female athlete triad.
19. What is the desirable body fat percentage for athletes? Enlist the dangers for women with very low body fat.

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

Answer any **THREE** questions

20. What are ergogenic aids? Write on the different types of ergogenic aids used by athletes for performance.
21. What is the relationship between antioxidants and exercise? What are the best sources of antioxidant?
22. Explain in detail the requirements during stem, fracture and injury.
23. Discuss the carbohydrate requirements before and after exercise.
24. Elaborate on nutrition issues for travelling athletes and athletes with gastrointestinal disorders.

M.Sc. DEGREE EXAMINATION,NOVEMBER 2019
II Year III Semester
Performance Nutrition

Time : 3 Hours **Max.marks :75**

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

Answer any **TEN** questions

1. What is fatigue? Why does fatigue develop during anaerobic exercise?
2. Define glycemic index of foods.
3. What is the protein requirement for different sports activity?
4. What is meant by carbohydrate loading?
5. Define the role of antioxidants for athletes.
6. What is atkins diet?
7. List down the effect of dehydration in exercise performance.
8. Define thermogenesis.
9. What are meal replacement products?
10. Write the fluid requirements: before, during after exercise.
11. Suggest diets for athletes with diabetes.
12. List the points to be considered for aging athletes.

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

Answer any **FIVE** questions

13. How is energy produced? Discuss on the ATP-PC system.
14. How is carbohydrate loading beneficial for athletes?
15. Enumerate on the strategies for permanent weight loss among athletes.
16. Write a note on the different types of sports drink.
17. Why are athletes more likely to develop eating disorders?
18. Discuss on female athlete triad.
19. What is the desirable body fat percentage for athletes? Enlist the dangers for women with very low body fat.

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

Answer any **THREE** questions

20. What are ergogenic aids? Write on the different types of ergogenic aids used by athletes for performance.
21. What is the relationship between antioxidants and exercise? What are the best sources of antioxidant?
22. Explain in detail the requirements during stem, fracture and injury.
23. Discuss the carbohydrate requirements before and after exercise.
24. Elaborate on nutrition issues for travelling athletes and athletes with gastrointestinal disorders.