

**B.Sc. DEGREE EXAMINATION, NOVEMBER 2019**  
**III Year V Semester**  
**Sports Nutrition**

**Time : 3 Hours**

**Max.marks :75**

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

Answer any **TEN** questions

1. What are the major sources of energy?
2. Explain Negative Energy Balance
3. Define Body composition.
4. What is the Female athlete triad
5. What is Heat stroke
6. List any 3 Sports Drink available in the market
7. Mention the Importance of HMB.
8. What is sports Anaemia?
9. Explain BCAA
10. Mention the importance of Sports drink
11. Explain the term Anabolic steroid
12. What is sports endurance

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

Answer any **FIVE** questions

13. List the factors influence in Choice of fuels.
14. Elaborate Energy pathway.
15. Explain Carbohydrate loading.
16. Enumerate Rapid weight loss strategies.
17. Explain the role of Micro nutrients in exercises.
18. Elaborate WADA
19. Mention the components of energy expenditure..

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

Answer any **THREE** questions

20. Explain cardio pulmonary adaptation to exercises.
21. Explain the Role of carbohydrates before during and after exercises.
22. Enumerate the different types of Eating disorder influencing sports performance..?
23. Discuss the role of Sports food that influencing sports performance.
24. Explain the Fluid guidelines in before during and after exercise.

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