

**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 sources of energy for the muscles?
2. What are the components of energy expenditure?
3. Define dehydration.
4. What are the functions of Vitamin-D and Iron in an athlete?
5. Define Anorexia.
6. Define body composition.
7. What is power sports and endurance sports?
8. Define pre-event and post event meal.
9. Define ergogenic aids.
10. What are anabolic steroids?
11. Define carbohydrate loading.
12. What is ergogenic aids?

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

Answer any **FIVE** questions

13. Brief on the factors that influence the choice of fuel during exercise.
14. Explain the role of fat as a source of fuel during exercise.
15. Explain the importance of body composition and how is it analysed?
16. Brief on the management of nutrition for an athlete who is diabetic.
17. Explain the antidoping rules and regulations.
18. Explain the importance of fluid intake before, during and after exercise.
19. Brief on the foods required for power sports and endurance sports.

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

Answer any **THREE** questions

20. Elaborate on the energy pathway for exercise and what is the metabolic response to exercise.
21. Explain in detail the role of carbohydrates before, during and after exercise and the role of antioxidants.
22. Elaborate on the eating disorders its types, risk factors, effect on sport performance, treatment and prevention.
23. Explain in detail about pre- event and post- event meal and why is electrolyte balance important?
24. Explain in detail about sports foods its types and protein supplements.

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