

**M.Sc. DEGREE EXAMINATION, APRIL 2020**  
**II Year III Semester**  
**Performance Nutrition**

**Time : 3 Hours**

**Max.marks :75**

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

Answer any **TEN** questions

1. Define Metabolism. Mention its types.
2. What is an ATP?
3. What is Glycaemic Index?
4. What is the requirement of protein for athletes?
5. Write a short note on oxidative nutrients.
6. How does weight gain affect an athlete?
7. Define thermoregulation.
8. Write a short note on Female Athlete Triad.
9. How does the nutrition for a child athlete differ from that of an aging athlete?
10. What issues will a travelling athlete face?
11. What are Ergogenic Aids? Mention the types.
12. Difference between Power and Endurance Sports.

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

Answer any **FIVE** questions

13. Difference between Aerobic and Anaerobic systems.
14. What is the requirement for Carbohydrates in Pre and Post Exercises?
15. How does exercise induce oxidative stress?
16. What is the effects of dehydration and rehydration on a sports performance?
17. Write in detail note on Gastro Intestinal disorders for athletes.
18. Write a brief note on Thermoregulation.
19. What is the special requirement in nutrients for a vegetarian Athlete?

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

Answer any **THREE** questions

20. Write in detail the Aerobic production of Energy in human body.
21. What is the requirement of proteins and fats in exercises?
22. What are the methodologies for body composition assessment? Mention the importance.
23. Write Fluid and Electrolyte balance in detail.
24. How will the nutrition need for the following special cases? a. Athletes with diabetes, b. Athletes with disabilities, c. Young Athlete.

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