

B.Sc. DEGREE EXAMINATION, APRIL 2020
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 fuel does the body burn first?
2. What is energy balance?
3. How does carbohydrate loading work?
4. What does too much protein do to your kidneys?
5. What triggers the breakdown of fat during exercise?
6. What is antioxidant?
7. What is IBW?
8. What is Anorexia Nervosa?
9. What is BCAA?
10. What is the purpose of WADA?
11. List out any four prevention factors for eating disorders.
12. What is Ergogenic effect?

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

Answer any **FIVE** questions

13. Explain the three energy pathways used during exercise?
14. Explain the protein requirements for exercise.
15. Explain the role of fats after exercise.
16. Why is body composition important in physical fitness?
17. Explain the different types of protein supplements.
18. Explain the role of protein during exercise.
19. Explain Female Athlete Triad.

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

Answer any **THREE** questions

20. Elaborate the metabolic response and muscle adaptation to exercise?
21. Discuss the role of carbohydrates before, during and after exercise.
22. Explain Thermoregulation of in detail.
23. Describe the types of eating disorders and risk factors in detail.
24. Elaborate on sports foods for optimal function and performance of an athlete.