

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

**Max.marks :25**

Answer any **FIVE** questions ( $5 \times 5 = 25$ ) Marks

1. Difference between Aerobic and Anaerobic systems.
2. What is the requirement for Carbohydrates in Pre and Post Exercises?
3. How does exercise induce oxidative stress?
4. What is the effects of dehydration and rehydration on a sports performance?
5. Write in detail note on Gastro Intestinal disorders for athletes.
6. Write a brief note on Thermoregulation.
7. What is the special requirement in nutrients for a vegetarian Athlete?