

B.Sc. DEGREE EXAMINATION, ODD SEMESTER 2020
III Year V Semester
Sports Nutrition

Max.marks :25

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

1. Explain the three energy pathways used during exercise?
2. Explain the protein requirements for exercise.
3. Explain the role of fats after exercise.
4. Why is body composition important in physical fitness?
5. Explain the different types of protein supplements.
6. Elaborate on Carbohydrate loading.
7. Describe types of eating disorders.