

**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. Enlist the Factors influencing choice of Fuels.
2. Explain the process and importance of carbo loading.
3. Describe briefly about the different techniques of body composition analysis.
4. Suggest nutritional guidelines for travelling athletes.
5. Enumerate Antidoping rules and regulations.
6. Discuss briefly about the essential function of micronutrients for sportsman.
7. Write about the nutritional requirement for athletic diabetes.