

SHRIMATHI DEVKUNVAR NANALAL BHATT VAISHNAV COLLEGE FOR WOMEN  
(AUTONOMOUS)

(Affiliated to the University of Madras and Re-accredited with 'A+' Grade by NAAC)  
Chromepet, Chennai — 600 044.

M.Sc. END SEMESTER EXAMINATION APRIL/NOV - 2021

SEMESTER - III

20PNDCT3008 - Performance Nutrition

<b>Total Duration : 3 Hrs</b>	<b>Total Marks : 75</b>
MCQ : 30 Mins	MCQ : 15
Descriptive : 2 Hrs.30 Mins	Descriptive : 60

Section B

Answer any **SIX** questions ( $6 \times 5 = 30$  Marks)

1. Importance of body composition and sports performance.
2. Discuss the factors affecting energy requirements of athletes.
3. Explain a) Glycaemic index b) Glycaemic load c) carbohydrate loading.
4. What factors affect protein requirements?
5. Write note on sports anaemia.
6. Explain fluid and electrolyte requirements of athletes.
7. Discuss on the nutrition requirements of vegetarian athlete.
8. What are ergogenic aids?

Section C

Part A

Answer any **TWO** questions ( $2 \times 10 = 20$  Marks)

9. Explain the techniques of measuring body composition.
10. Elaborate in detail the carbohydrate requirements for athletes.
11. Explain in detail the sports foods.
12. Discuss the importance of fluid intake before, during and after exercise.

Part B

Compulsory question ( $1 \times 10 = 10$  Marks)

13. Enumerate the dietary needs of special category athletes.