

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.

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

SEMESTER - V

17UNDCT5A10 - SPORTS NUTRITION

Total Duration : 3 Hrs	Total Marks : 75
MCQ : 30 Mins	MCQ : 15
Descriptive : 2 Hrs.30 Mins	Descriptive : 60

Section B

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

1. What is physiological fuel value? How is it different from gross fuel values?
2. Explain the role of carbohydrates in sports nutrition.
3. Describe the essential function of vitamins and minerals for athletes.
4. Write the guidelines of intake of water before and after exercise.
5. Write short note on Ideal body weight.
6. Enumerate the different types of protein supplements used in athletics.
7. Describe the components of energy expenditure in fuel metabolism.
8. Explain the Importance of Body composition.

Section C

Answer any **THREE** questions ($3 \times 10 = 30$ Marks)

9. Describe the importance of Nutrition in sports personnel.
10. Elaborate the Micro and Macro Nutrients in sports Nutrition.
11. Enumerate the fat supplementation and exercise supplements that increase fat oxidation.
12. Explain the weight management in Sports Nutrition.
13. Describe the overview of supplementation and sports foods.