

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 EXAMINATIONS APRIL-2022

SEMESTER - VI

20UFMCT6013 - SPORTS NUTRITION

Total Duration : 3 Hrs.

Total Marks : 60

Section A

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

1. Ascertain the benefits of yoga in health and disease prevention.
2. Interpret the metabolic response to exercise.
3. Discuss the fluid guidelines before, during and after exercise.
4. Explain the effect of eating disorders on sports performance.
5. Suggest recovery foods for athletes.
6. Comment on the protein requirement for exercise and identify health risks of excessive protein intake.
7. Compute the components of energy expenditure.
8. Compile the anti-doping rules and regulations given by WADA.

Section B

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

9. Examine the types of physical activity and infer its benefits.
10. Appraise the factors determining muscular strength and comment on adaptation of skeletal muscles to exercise training.
11. Analyse the role of carbohydrates before, after and during exercise.
12. Recommend making weight and weight loss strategies.
13. Assess the benefits and limitations of different types of supplements used by sports personnel.
