

**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 EXAMINATIONS NOVEMBER - 2022

SEMESTER - III

20PNDCT3008 - Performance Nutrition

Total Duration : 2 Hrs 30 Mins.

Total Marks : 60

Section A

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

1. Discuss on the domains of Nutritional assessment in athletes.
2. Explain DEXA in body composition measurement.
3. Describe the relationship between protein intake and sports performance.
4. Illustrate on the nutrients that are of most concern for the vegetarian athlete.
5. Define athlete anemia? Write a note on the type of athletes at highest risk for iron deficiency?
6. Why is thermoregulation important for athletes? How does hydration affect thermoregulation?
7. List down the Nutritional ergogenic aids.
8. Discuss on the dietary factors that could cause gastrointestinal distress in an athlete.

Section B

Part A

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

9. Illustrate how energy metabolism change during exercise. Discuss how nutrition affect sports performance.
10. How does carbohydrate diet affect physical endurance? Explain the importance of fuelling before during and after exercise.
11. Explain the importance and need for micronutrients in sports.
12. Discuss the nutritional concerns for female athletes. Enumerate the nutrition requirement of diabetic athlete and athletes with disabilities.

Part B

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

13. Classify sports foods. What are the recent sports foods available in the market?

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