

**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 NOVEMBER-2022

SEMESTER - V

20UNDCT5010 - Sports Nutrition

Total Duration : 2 Hrs 30 Mins.

Total Marks : 60

Section A

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

1. Define fitness. Compare cardiac exercise and cardiac control.
2. Draw the structure and illustrate the function of pulmonary organ.
3. Describe on muscle adaptation to exercises.
4. Explain the components of energy expenditure.
5. Enumerate the potential health risk of consuming excessive protein.
6. Describe carbohydrate loading.
7. Enlighten on fluid intake before, during and after exercises.
8. Brief on the types of nutritious food eaten by athletes.

Section B

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

9. Explain the stress management techniques.
10. Illustrate the various metabolic changes that happen during exercise.
11. Describe the role contributed by the major nutrients during exercise.
12. Relate the statement anti-oxidant and athlete performance.
13. Justify the reasons as to how eating disorders could have an impact on sports performance and how can it be prevented?

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