

**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 - VI**

**20UFMCT6013 - Sports Nutrition**

**Total Duration : 2 Hrs 30 Mins.**

**Total Marks : 60**

**Section A**

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

1. Define sports nutrition and explain the benefits of physical activity.
2. Explain the muscular fatigue in exercise metabolism.
3. Classify macro and micro nutrients in sports nutrition.
4. Illustrate ideal body weight management in sports nutrition.
5. Illustrate the different types of protein supplements sports.
6. Prepare the pre event and post event meals.
7. Describe the types of physical activity for athletes'.
8. Ascertain the factors influencing choice of fuels in personnel.

**Section B**

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

9. Explain the classification of exercise and give an account of yoga benefits.
10. Predict the energy pathways in exercise metabolism.
11. Determine the health risks with excessive intake of protein for athletes.
12. Classify the types of eating disorders and what are the risk factors to be faced for sports personnel.
13. Evaluate the overview of supplements and sports foods.

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