

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.(CND)- END SEMESTER EXAMINATIONS APRIL-2023

SEMESTER - V

20UNDCT5010 - SPORTS NUTRITION

Total Duration : 2 Hrs 30 Mins.

Total Marks : 60

Section B

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

1. Classify and explain the physical fitness components.
2. What are stressors? How would you cope stress? List the techniques.
3. Classify the fuel sources for anaerobic and aerobic metabolism.
4. Explain the metabolic response to exercise.
5. Illustrate the carbohydrate nutrition requirement during various stages of exercise.
6. What is thermo regulation? Discuss the effect of dehydration in sports performance
7. How would you interpret the fluid guidelines at different stages of exercise.
8. Ascertain the types of eating disorders and their effect on sports performance. justify their prevention.

Section C

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

9. Discuss the cardio vascular regulation and integration during exercise.
10. Justify the importance of ideal body weight and determinants of body composition in an athlete.
11. Explain the micro nutrients at different stages of exercise.
12. Discuss the types of eating disorders that are prevalent and their effect on sports performance.
13. Justify the importance of body composition in athletes.
