

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.(NFSMD) - END SEMESTER EXAMINATIONS APRIL-2023

SEMESTER - VI

21UFMCT6013 - Sports Nutrition

Total Duration : 2 Hrs 30 Mins.

Total Marks : 60

Section B

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

1. Explain the factors that affect the physical fitness.
2. Describe the role of carbohydrate loading on the performance of endurance events.
3. Classify the methods used for assessing body composition of a sports person.
4. Define pre-event meal (2-4 hours pre-event). Prepare a menu according to the goals of pre-event meal.
5. Interpret the factors that determine muscular strength.
6. Infer on the role of antioxidants in reducing free radical levels. Give any 5 food sources.
7. Determine relative energy deficit and consequences of RED in sports.
8. Brief the special diet considerations for vegetarian athlete.

Section C

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

9. Describe yoga practices and its benefits in the health and disease condition.
10. Relate the carbohydrate utilization during exercise and factors involved in muscular fatigue.
11. Infer on the importance of fluid and electrolytes before and during exercise regimen. What types of sports drinks available during and after a sports event?
12. Classify the eating disorders. Discuss the impact of eating disorders on sports performance.
13. Plan a diet for a female athlete suffering from GI stress and preparing for an endurance athletic event. Describe the changes in diet for pre-event and post-event meal.
