

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.(FSND) END SEMESTER EXAMINATIONS NOVEMBER - 2023

SEMESTER - III

20PNDCT3008 - Performance Nutrition

Total Duration : 2 Hrs. 30 Mins.

Total Marks : 60

Section B

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

1. Brief the factors affecting energy requirements of athletes.
2. Explain the impact of sports anemia in athletic performance.
3. Classify the ergogenic aids based on their effects and usage.
4. Describe the special diet considerations for diabetic athlete.
5. Discuss the importance of fueling before during and after exercise for sports performance.
6. Predict on how antioxidants help to mitigate the impact of exercise-induced free radicals on athletes.
7. Explain the Protein and fat requirements for Vegetarian athletes.
8. Infer on GI stress, symptoms, causes and explain the impact on the athletic performance.

Section C

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

9. Illustrate the nutritional assessment of athletes.
10. Relate the glycemic load and glycemic index of foods in carbohydrate loading for endurance events.
11. Examine the relationship between fluid balance and thermoregulation in athletes.
12. Evaluate the role of various commercial sports foods in the athletic performance.

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

13. Classify the components of female athletic triad (FAT) with a suitable example.
