

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 - 2024

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. Explain the factors affecting physical fitness.
2. Enumerate on components of fitness.
3. Short notes on muscular fatigue.
4. Explain the adaptations of skeletal muscles to exercise.
5. Short notes on Carbo hydrate loading.
6. Discuss the health risks with excess protein intake.
7. Explain the essential function of micronutrients in athletes.
8. Short notes on Eating disorders.

### **Section C**

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

9. Describe the fundamental training principles.
10. Explain various energy system-pathways and metabolic response to exercise.
11. Discuss the dietary guidelines of Pre, during and Post game meal plan.
12. Elaborate on fluid requirements and effect of dehydration on sports performance.
13. Discuss on different techniques used for body composition analysis.

\*\*\*\*\*