

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 - 2024

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. Describe the benefits of physical activity.
2. Elucidate the thermoregulation and exercise in the heat.
3. Relate the role of Yoga and its benefits in Health and Disease.
4. Discuss the Health risks with excessive protein intake.
5. Explain Pre event and post event meals.
6. Show the role of fluid importance before and after exercises.
7. Illustrate on Body composition analysis and its importance.
8. Justify the applications of Herbal Supplements.

### **Section C**

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

9. Describe the Energy metabolism during aerobic and anaerobic exercise.
10. Relate the role carbohydrates before, during and after exercises.
11. Justify the essential function of vitamins and minerals for athletes.
12. Relate the role of Nutrition for Child and ageing athlete.
13. Appraise on Supplements & Ergogenic aids.

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