

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 - NOV' 2024

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. Describe the various techniques of measuring body composition.
2. Illustrate a nutrition plan for a team sport.
3. Apply the importance of antioxidants in sports person.
4. Analyse on carbohydrate loading for an athlete.
5. Review the anaerobic energy system.
6. Decipher the factors affecting fluid intake.
7. Write notes on sports foods.
8. Recommend a nutritional requirement for a vegetarian athlete.

Section C

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

9. Explain in detail nutritional assessment for athletes.
10. Relate the role of protein and fat in athletes.
11. Elaborate on importance of hydration of athletes in competitive performance.
12. Evaluate the role of ergogenic aids.

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

13. Discuss in detail the nutrient requirement for diabetic athlete.
