

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 - NOV'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. State the benefits of fitness training.
2. Explain about the training for aerobic and anaerobic power.
3. Relate the fat as fuel and exercise.
4. Illustrate the role of antioxidants in exercise and health.
5. Classify the eating disorders with its effect on sports performance.
6. Predict the need and role of physical fitness.
7. Describe on the factors influencing choice of fuels during physical activity.
8. Explain IBW, weight management and body composition.

Section C

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

9. Appraise on the pulmonary function and cardio vascular regulation during exercise.
10. Justify the sources of energy for muscle generation and metabolic response to exercise.
11. Elaborate the role of proteins in all stages of exercise highlighting the health risks with excessive protein intake.
12. Justify the necessity of thermo regulation and effect of dehydration in sports performance.
13. Elucidate on the following
 - a. Types of sports foods
 - b. anabolic steroids
 - c. WADA
