

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 - NOV'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. Define and high light on the scope of Sports nutrition.
2. Explain carbohydrate loading, and its importance among athletes?
3. Apply the fluid requirement guidelines before, during and post exercise.
4. Describe how can an athlete effectively manage and prevent cramps, GI stress, and electrolyte imbalances during competition.
5. What are some common sports supplements, and what is their intended use?
6. Prepare the general guidelines for pre-event and post-event meals.
7. Interpret the factors influencing the choice of fuel during competition.
8. Ascertain on fat as a source of energy for athletes.

### **Section C**

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

9. Explain how does physical activity influence the choice of fuels used during aerobic versus anaerobic exercise, and what are the physiological factors that contribute to muscle fatigue.
10. Predict the impact of excessive protein intake on health and how it might affect an athlete's performance and overall well-being.
11. Determine vitamins contribution to athletic performance and recovery that are crucial for athletes.
12. Compute the nutritional requirements of a Diabetic athlete.
13. Assess the benefits and potential risks associated with the use of anabolic steroids and other performance-enhancing substances in sports.

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