

**B.Sc DEGREE EXAMINATION, APRIL 2019**  
**III Year V Semester**  
**Sports Nutrition**

**Time : 3 Hours**

**Max.marks :75**

**Section A** (10 × 2 = 20) Marks

Answer any **TEN** questions

1. Define Sports Nutrition.
2. Write a note on ATP-CP.
3. What is the storage form of carbohydrate in the body?
4. Define Energy balance.
5. Give any two health risks associated with excess protein intake in sports person.
6. Comment on Anorexia Nervosa.
7. What do you mean by Body composition.
8. Write about Stitch.
9. What food will you give for power sports.
10. Give the Nutritional requirement for ageing athlete.
11. Define Ergogenic aids.
12. Write about WADA.

**Section B** (5 × 5 = 25) Marks

Answer any **FIVE** questions

13. Write about Energy pathway.
14. Give the role of Carbohydrates Before and After Exercise?
15. Explain the Role of Antioxidants for Athletes.
16. Write about making weight and rapid weight loss strategies.
17. Describe any two Eating disorders and its effect on Sports performance.
18. Write about Post Event Meal planning during sports event.
19. Brief about the use of Performance enhancing substances among athletes.

**Section C** ( $3 \times 10 = 30$ ) Marks

Answer any **THREE** questions

20. Give the components of Energy Expenditure-Energy balance.
21. Explain in detail about the effect of dehydration in exercise performance and fluid guidelines before and after exercise.
22. Write about the body composition analysis and its importance.
23. Give the Nutritional guidelines for disabled athlete and diabetic athlete.
24. Enumerate on different types of protein supplements, BCAA, Caffeine, HMB.

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