

B.Sc. DEGREE EXAMINATION, APRIL 2020
III Year V Semester
Sports Nutrition

Time : 3 Hours

Max.marks :75

Section A ($10 \times 2 = 20$) Marks

Answer any **TEN** questions

1. Define – oxygen debt
2. Name the factors which influence the choice of fuels during exercise?
3. How much protein is required for athletes?
4. Define water intoxication.
5. Mention the functions of electrolytes.
6. Define-endurance sports.
7. What are BCAA?
8. Define Ergogenic aids.
9. How can we calculate ideal body weight?
10. Bulimia nervosa-define.
11. What is VO₂Max?How it can be measured?
12. Anabolic steroids.

Section B ($5 \times 5 = 25$) Marks

Answer any **FIVE** questions

13. Write short notes on Lactate threshold.
14. Explain the process and importance of carbo loading.
15. Describe briefly about the different techniques of body composition analysis.
16. Suggest nutritional guidelines for travelling athletes.
17. Enumerate Antidoping rules and regulations.
18. Discuss briefly about the essential function of micronutrients for sportsman.
19. Write about the nutritional requirement for athletic diabetes.

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

Answer any **THREE** questions

20. Describe the different energy pathways and metabolic adaptations to exercise.
21. What are the effects of dehydration? Discuss about the fluid guidelines before, during and after exercise.
22. Discuss elaborately about eating disorders- types, prevalence, effect on sports performance and treatment.
23. Explain the importance of pre-event and post event meal for endurance sports in detail.
24. Discuss about the different types of protein supplements used in sports.

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