

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 NOVEMBER -2023

SEMESTER - V

**20UNDCCT5010 - Sports Nutrition**

Total Duration : 2 Hrs 30 Mins.

Total Marks : 60

### **Section B**

Answer any **SIX** questions ( $6 \times 5 = 30$  Marks)

1. List the various stress management techniques.
2. Brief on the fuel stores on skeletal muscles.
3. Discuss the role of sodium and potassium in sports performance.
4. Explain carbohydrate loading and its advantages.
5. Discuss how water helps in thermoregulation.
6. Expand WADA and list its functions.
7. Enumerate the factors influencing choice of fuels.
8. Discuss on sports drinks and its benefits.

### **Section C**

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

9. Elaborate on Cardiovascular regulation and integration.
10. Explain in detail the aerobic and anaerobic energy pathways.
11. Appraise on the Fat and Protein requirements before, during and after exercise.
12. Enumerate the antioxidants and its role in exercise.
13. Elaborate the types of eating disorders and its effects on sports performance.

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