

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 - APRIL 2025

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. Explain the benefits of physical activity.
2. Illustrate the fluid consumption guidelines for an athlete.
3. Sketch the importance of pre-event and post event meals with examples.
4. Interpret the nutrition guidelines for diabetic athletes.
5. Describe the effect of carbohydrate loading.
6. Prepare a table to show the sources and role of vitamins on athletic performance.
7. Analyse the dietary requirements for power sports.
8. Justify the need for utilising performance enhancers among athletes.

Section C

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

9. Describe the mechanism of energy metabolism during aerobic and anaerobic exercise.
10. Predict the health risks associated with high protein intake.
11. Ascertain the role of antioxidants on athletic performance.
12. Explain the significance of body composition analyser and the various methods of analysis.
13. Examine the role of various protein supplements on athletic performance.
