

Roll.No.

20UNDCT5010

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 2025

SEMESTER - V

20UNDCT5010 - 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 benefits of fitness training.
2. Explain the importance of ideal body weight and composition.
3. Classify the components of energy expenditure and explain briefly.
4. Illustrate and explain the structure of pulmonary system.
5. Describe the role of fat as a fuel for exercise.
6. Classify the types of eating disorder and list the effect on sports performance.
7. Describe the factors influencing choice of fuel for muscle and exercise.
8. Ascertain the effect of dehydration in sports performance.

Section C

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

9. Explain the components of physical fitness in detail with examples.
10. Relate the role of antioxidants in improving the performance and recovery of athletes.
11. Associate the role of sports foods with improving athletic performance.
12. Compute the net ATP yield from glycolysis and relate it to energy production during exercise.
13. Determine the role of macronutrients before and after exercise.
