

**D.K.M COLLEGE FOR WOMEN (AUTONOMOUS) VELLORE-1**  
**DEPARTMENT OF FOODS AND NUTRITION**  
**SPORTS NUTRITION**

**Class: III B.Sc**

**Subject Code: 15CNF5E**

**Unit-I (2 Marks)**

1. Define the meaning of Sports Nutrition
2. Define Aerobic
3. Define Anaerobic
4. What is during Exercise?
5. What is post Exercise?
6. Give level of Energy Substrate for Intensive activity (any two)

**(5 Marks)**

1. Differentiate aerobic and anaerobic activities
2. How the nutritional requirements are different from normal active person
3. What are the nutritional status to be consider in during exercise and post exercise
4. Discuss in short about the energy substrate for various activities

**(10 Marks)**

1. Give Recommended Dietary Allowances for Athletes
2. Give the nutritional consideration for both sports and normal person
3. Explain nutrition prior to exercise, post and during exercise

**Unit-II (2 Marks)**

1. What is carbohydrate?
2. What is glycogen Resynthesis?
3. What are Carbohydrate Stores?
4. Define Carbohydrate Loading
5. Give carbohydrate composition for Pre-exercise

**(5 Marks)**

1. Brief the different places of carbohydrate store
2. Why the Carbohydrates are considered as main energy sources for sports and exercise
3. Elaborate glycogen resynthesis
4. Write the advantages and disadvantages of Aerobic and Anaerobic Exercise system
5. Explain process and effects of Carbohydrate loading involved in exercise
6. Explain about Carbohydrate composition for pre-exercise, during and recovery period

**(10 Marks)**

1. Explain in detail about macro nutrients and carbohydrate stores
2. Discuss about- 1. Aerobic and Anaerobic metabolism 2. Glycogen resynthesis
3. Write in details about carbohydrate loading
4. Discuss about Carbohydrate composition for pre, during and recovery period

**Unit-III (2 Marks)**

1. What is fat?
2. Define fat oxidation
3. What are the places of fat stores in body?
4. Give meaning of fat metabolism regulation
5. List the factors affecting fat oxidation
6. What is fasting and fat ingestion?

**(5 Marks)**

1. Explain on four factors affecting fat oxidation
2. How fat acts as exercise fuel? Explain
3. What are factors that affect protein turnover? Explain it.
4. Highlight the importance of protein supplements for athletes

**(10 Marks)**

1. Enumerate regulation of fat metabolism during sports activity

2. Discuss about factors affecting fat oxidation
3. Give a brief note on- Fat as sports fuel- How?

#### **Unit-IV (2 Marks)**

1. Define Proteins for exercise
2. List out factors affecting protein turnover
3. Define amino acid
4. What are protein supplements?
5. Give any four roles of amino acids in sports

#### **(5 Marks)**

1. Explain in short on types of sports supplements
2. Explain endurance and resistance exercise
3. Explain role of antioxidants in sports health
4. Give brief note on protein and amino acid requirements in sports and exercise
5. Describe factors affecting protein turnover

#### **(10 Marks)**

1. Discuss on protein requirement while pre, during and post exercise
2. Explain in brief on protein and amino acid requirements
3. Explain on factors affecting protein metabolism while exercising
4. Write in general role of protein in muscle mass improvements
5. Give role of supplements to a sports person

#### **Unit-V (2 Marks)**

1. What are micro nutrients?
2. Define ergogenic aids
3. What is dehydration?
4. What is hyper-hydration?
5. Define eating disorder in sports
6. Give general principles of sports nutrition

7. Define harms of dehydration
8. Define hydrate guidelines
9. List out commercial sports drink in India
10. Define sports anemia
11. Define fasting
12. Define role of amino acid in sports nutrition
13. Give role of anti-oxidant
14. What is sports fluid balance?
15. Define chronic dieting

#### **Unit-V (5 Marks)**

1. Discuss the importance of fluid and electrolyte balance among high intensity sports person
2. Explain chronic dieting and eating disorder
3. Write the importance of micronutrients on sports
4. Write the symptoms and prevention of dehydration
5. Give the brief note on hyper-hydration and sports drink
6. Explain heat illness
7. Explain Ergogenic aids and effectiveness of sports performance
8. Enumerate the importance of micronutrients during exercise
9. Write the role of anti-oxidants
10. Brief the role of nutrients during sports injuries
11. Write in details on Sports anemia
12. Give note on ergogenic aids

#### **(5 Marks)**

1. Explain in brief on exercise induced oxidative stress
2. Explain brief on role of anti-oxidants in exercise
3. Plan a sample day's diet for 100meters runner
4. Discuss about dietary supplement and ergogenic aids
5. Discuss about chronic dieting and eating disorder
6. Write a brief note on role of good nutritional status during injuries
7. Write about importance of micronutrients on sports diet
8. Give uses of dietary supplements and ergogenic aids

9. Explain on brief the importance, symptoms and prevention of dehydration and hyper-hydration
10. Give general discussion on prevention of eating disorder and its effects