

D.K.M. COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE-1**SEMESTER EXAMINATIONS****NOVEMBER - 2018****15CNF5E****ELECTIVE II : SPORTS NUTRITION****Time : 3 Hours****Max. Marks : 75****SECTION – A (10 x 2 = 20)****Answer ALL the questions.**

1. Define Sports Nutrition.
2. Describe nutrition during exercise.
3. What are the benefits of carbohydrates for physical activity?
4. Write about carbohydrate stores in body.
5. How fats improve sports performance? Justify.
6. Brief on fat stores in body.
7. List out the protein requirements for men athlete.
8. What does protein turnover mean?
9. State the importance of micronutrients for sports men.
10. What is sports anaemia?

SECTION – B (5 x 5 = 25)**Answer any FIVE of the following questions.**

11. Explain the role of carbohydrates in glycogen re-synthesis.
12. Distinguish nutrition considerations for sports person and normal active person.
13. Write note on effect of fasting and fat ingestion.
14. Brief on protein supplement for sports person.
15. Illustrate the effects of chronic dieting and eating disorder.
16. Discuss about CHO Loading and CHO composition for pre exercise.
17. Describe the symptoms of dehydration and hyper hydration.
18. Give an account of nutrition during major injuries.

SECTION – C (3 x 10 = 30)**Answer ALL the questions.**

19. (a) How carbohydrates act as a fuel for aerobic and anaerobic metabolism? Explain.
(Or)
(b) Enumerate on energy substrate for activities of different intensity and duration.
20. (a) Explain the factors affecting fat oxidation in terms of intensity, duration and training.
(Or)
(b) Discuss about protein requirement and metabolism during endurance exercise.
21. (a) Write in detail about vitamin, mineral and antioxidant supplement for sports person.
(Or)
(b) Explain the importance of fluid balance in sports and exercise.