

**D. K. M. COLLEGE FOR WOMEN (AUTONOMOUS), VELLORE-1****SEMESTER EXAMINATIONS****NOVEMBER - 2017****15CNF5E****ELECTIVE II : SPORTS NUTRITION****Time : 3 Hours****Max. Marks : 75****SECTION – A (10 x 2 = 20)****Answer ALL the questions.**

1. List the Aerobic and Anaerobic activities related to sports.
2. Give the general nutritional consideration for a sports person.
3. What is meant by carbohydrate loading?
4. What is Glycogen resynthesis?
5. What is the effect of fasting during sports performance?
6. Why is saturated fat not advised for Athletes?
7. Define Protein Turnover.
8. Why do Athletes eat a lot of protein?
9. What is sports anemia?
10. Give a short note on Cryogenic aids.

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

11. Write about the nutritional consideration of a sports person against a normal active person.
12. Explain the carbohydrate composition while recovering from exercise.
13. Elucidate on Glycogen resynthesis with special reference to sports nutrition.
14. Brief on fat metabolism during exercise.
15. Explain any two factors that affect fat oxidation during exercise.
16. Write about the protein and amino acid requirement of sports persons.
17. What are the important Micronutrients for exercise?
18. Write a note on exercise induced oxidative stress.

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

19. (a) Highlight on the nutritional requirements prior to exercise, during and post exercise.  
(Or)  
(b) Enumerate on the role of carbohydrates as on energy source for sports and exercise person.
20. (a) Explain the role of fat as an energy source for sports and exercise person.  
(Or)  
(b) Elucidate on the Protein Metabolism during endurance exercise and resistance exercise.
21. (a) Highlight on Fluid balance in sports and exercise with special reference to importance symptoms and prevention of Dehydration and Hyperhydration.  
(Or)  
(b) Enumerate on the role of Antioxidants in sports nutrition.