

**PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)**

**MSc DEGREE EXAMINATION DECEMBER 2018
(Third Semester)**

Branch - **CLINICAL NUTRITION AND DIETETICS**

CORE ELECTIVE : II - HEALTH AND FITNESS

Time: Three Hours

Maximum: 75 Marks

SECTION -A (30 Marks)

Answer **ALL** questions

ALL questions carry **EQUAL** Marks (5 x 6 = 30)

- 1 a Explain the motivational strategies in physical fitness.
OR
b Enumerate WHR, WH_tR and state the standard values for men and women.
- 2 a Explain PAL.
OR
b State the various types of exercises and its benefits on health.
- 3 a Discuss on 'carbohydrate loading'.
OR
b List out the recommended ergogenic aids for sports persons.
- 4 a Enumerate the management techniques for stress.
OR
b What are Antioxidants? And explain its types with sources.
- 5 a Bring out the research reports related to the health issues of coffee consumptions.
OR
b Comment on 'exercise and sleep apnea'.

SECTION -B (45 Marks)

Answer any **THREE** questions

ALL questions carry **EQUAL** Marks (3 x 15 = 45)

- 6 Describe the body composition assessment in detail.
- 7 Highlight the role of macronutrients during the exercise period.
- 8 Write an essay on 'space nutrition'.
- 9 State the role of specific antioxidants in the prevention of oxidative stress of the trained athletes.
- 10 Discuss the ill effects of smoking, alcoholism and drug addiction on health with special emphasis to nutrition.