

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)
BSc DEGREE EXAMINATION DECEMBER 2018
(Fifth Semester)

Branch - **NUTRITION, FOOD SERVICE MANAGEMENT & DIETETICS**

CORE ELECTIVE -1: PERFORMANCE NUTRITION

Time : Three Hours

Maximum : 75 Marks

SECTION-A (20 Marks)

Answer **ALL** questions

ALL questions carry **EQUAL** marks (10 x 2 = 20)

- 1 Define fitness and list the types of fitness.
- 2 Define coordination time and reaction time.
- 3 Define aerobic exercise with suitable examples.
- 4 List the exercise that helps in weight loss.
- 5 Classify Sports.
- 6 Define Carboloadng.
- 7 Write the ACSM fluid guidelines for endurance sports.
- 8 Give an account on sports drinks.
- 9 What is cryogenic acids?
- 10 List the supplements that helps in muscle toning.

SECTION - B (25 Marks)

Answer **ALL** Questions

ALL Questions Carry **EQUAL** Marks (5 x 5 = 25)

- 11 a List the objectives and importance of fitness.
OR
b Explain the importance of assessment of body composition and methods of strength training exercise.
- 12 a Describe the principles and benefits of exercise.
OR
b Explain the physiology of weight loss and weight gain.
- 13 a Explain the factors affecting fuel utilization during exercise.
OR
b Explain the importance of pre game meal.
- 14 a Discuss the significance of fluids during exercise.
OR
b Give an account on the effects of dehydration.
- 15 a Explain the significance of antioxidants for sports performance.
OR
b Discuss the gender perspectives in sports nutrition.

SECTION - C (30 Marks)

Answer any **THREE** Questions

ALL Questions Carry **EQUAL** Marks (3 x 10 = 30)

- 16 Elaborate on skill related fitness.
- 17 Discuss the effect of exercise on body composition and metabolism.
- 18 Explain the nutritional guidelines for endurance sports.
- 19 Describe the fluid guidelines before, during and after performance/sports.
- 20 Detail the importance of food sunnlement? fnr imnrm/inrr