

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

**BSc DEGREE EXAMINATION MAY 2017
(Fifth Semester)**

Branch - NUTRITION FOOD SERVICE MANAGEMENT & DIETETICS

CORE ELECTIVE-I 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 What is coordination time and reaction time?
- 2 List any four skill related fitnesses.
- 3 State the principles behind exercise.
- 4 What is the health benefit of doing exercise?
- 5 What type of meal is suggested during sports performances?
- 6 List down the different types of sports.
- 7 How can you calculate fluid deficit in sports person?
- 8 What are the important electrolytes required by a sports person?
- 9 What do you mean by Ergogenic foods?.
- 10 List four foods used to replace potassium loss.

SECTION - B (25 Marks)

Answer **ALL** Questions

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

- 11 a Explain the importance of health related fitness.

OR

- b Brief an cardiovascular endurance.

- 12 a What are the benefits of doing exercise?

OR

- b What is the effect of exercise on body composition?

- 13 a Discuss on the factors affecting fuel utilization.

OR

- b Give a short note on the energy derived from carbohydrates, proteins and fats.

- 14 a Write about the impact of fluids on exercise and performance.

OR

- b Discuss on the fluids to be given post game and during performance. ■

- 15 a Detail on the food supplements given for improving performance in sports.

OR

- b What is the role of antioxidants in sports field?

SECTION - C (30 Marks)

Answer any **THREE** Questions

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

- 16 Elucidate on the importance of assessment of cardio vascular endurance.
- 17 Elaborate an aerobic and anaerobic exercise.
- 18 Enumerate on the macro and micro nutrient guidelines for sports.
- 19 Discuss in detail on the fluid and electrolyte requirements for a sports person and their impact on exercise and performance.
- 20 Comment on “Gender Perspectives in sports nutrition”.

Z-Z-Z

END