

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

BSc DEGREE EXAMINATION DECEMBER 2017
(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 vascular endurance.
- 2 What is agility?
- 3 List any 4 aerobic sports.
- 4 What is sports anemia?
- 5 Discuss Glycogen load (GL).
- 6 Define visualization.
- 7 How do you replace the electrolyte losses?
- 8 • Write any two importance of liver glycogen.
- 9 Define antioxidant.
- 10 Give any two role of pre-game meal.

SECTION - B (25 Marks)

Answer ALL Questions

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

- 11 a Discuss the importance of fitness and wellness in day today life.
OR
b Discuss any two body composition measurement techniques in short.
- 12 a Elaborate on effect of exercise on respiratory system.
OR
b Discuss the physiology of weight loss process.
- 13 a Bring out the factors influencing the fuel utilization in performance.
OR
b Discuss the types of sport.
- 14 a State the importance of pre-event hydration.
OR
b Write on the types of sport drinks.
- 15 a Discuss the role of ergogenic aids in sports.
OR
b What are antioxidants and give their sources?

SECTION - C (30 Marks)

Answer any THREE Questions

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

- 16 Explain skill related sports fitness in detail.
- 17 Discuss the metabolic changes in exercise on macronutrient metabolism.
- 18 Discuss GI in detail with formula. Explain the factors affecting G1 of the foods. Write 4 examples of high GI and low GI foods.
- 19 Give the ACSM guidelines for fluids with types of sports drinks.
- 20 Write your views on gender perspective in sports in India and western world.

Z-Z-Z

END