

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

MSc DEGREE EXAMINATION DECEMBER 2024
(Third Semester)

Branch – CLINICAL NUTRITION AND DIETETICS

MAJOR ELECTIVE COURSE – I FITNESS AND SPORTS NUTRITION

Time: Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer ALL questions

ALL questions carry EQUAL marks

(10 × 1 = 10)

Module No.	Question No.	Question	K Level	CO
1	1	Health-related physical fitness components include (a) Agility and speed (b) Muscular endurance and muscular strength (c) Balance and coordination (d) Power and speed	K1	CO1
	2	A 100 percent perfect on at hitting the target refers to the skill component. (a) Speed (b) Strength (c) Accuracy (d) Power	K2	CO1
2	3	Which of the following activities improves aerobic endurance the most? (a) Stretching (b) Weightlifting (c) Swimming (d) Archery	K1	CO2
	4	Which physical fitness test is used to assess cardiovascular endurance? (a) Push- ups test (b) Sit and reach test (c) Sit-ups test (d) Cooper run test	K2	CO2
3	5	Which type of exercise uses glycolysis to break down sugars without oxygen? a) Aerobic exercise b) Anaerobic exercise c) Yoga d) Pilates	K1	CO3
	6	What is the primary purpose of recovery supplements taken by athletes? a) Enhance muscle repair and growth b) Increase hydration c) Reduce body fat d) Improve mental health	K2	CO3
4	7	How much protein intake per kilogram of body weight is recommended for those looking to maximize resistance training gains? a) 0.8 g/kg b) 1.2 g/kg c) 1.6 g/kg d) 2.2 g/kg	K1	CO4
	8	What is an essential component in post-exercise nutrition for rehydration? a) Fiber b) Electrolytes c) Vitamin D d) Omega-3 fatty acids	K2	CO4
5	9	What beverage has been shown to be more effective than sports drinks for post-exercise recovery? a) Herbal tea b) Almond milk c) Chocolate milk d) Flavoured water	K1	CO5
	10	How does creatine benefit well-trained athletes? a) Lowers blood pressure b) Increases exercise performance and strength c) Reduces body fat d) Enhances flexibility	K2	CO5

Cont...

SECTION - B (35 Marks)Answer **ALL** questions**ALL** questions carry **EQUAL** Marks

(5 × 7 = 35)

Module No.	Question No.	Question	K Level	CO
1	11.a.	Outline the objectives and definition of physical fitness.	K2	CO1
	(OR)			
	11.b.	Compare the cardiovascular and muscular endurance.		
2	12.a.	Choose which type of exercise will improve the cardio and respiration.	K3	CO2
	(OR)			
	12.b.	Identify the energy system rest and during aerobic exercise.		
3	13.a.	Identify the nutrition problem of athlete.	K3	CO3
	(OR)			
	13.b.	Illustrate on fluid and electrolyte that needed for the sports person for better performance.		
4	14.a.	Classify the different methods of FAT assessment.	K4	CO4
	(OR)			
	14.b.	Compare the nutrient requirement for children for their normal growth.		
5	15.a.	List the importance of warming up before the event.	K4	CO5
	(OR)			
	15.b.	Analyze the nutrient needed for the male hockey player.		

SECTION -C (30 Marks)Answer **ANY THREE** questions**ALL** questions carry **EQUAL** Marks

(3 × 10 = 30)

Module No.	Question No.	Question	K Level	CO
1	16	Compare the different health oriented component for physical fitness with suitable examples.	K4	CO1
2	17	Analyze the aerobic and anaerobic exercise and brief on any two exercises in each type.	K4	CO2
3	18	Evaluate the nutrition problem for athlete.	K4	CO3
4	19	Illustrate the nutrition issue faced by the athletes.	K4	CO4
5	20	Plan a menu and nutrient needed for the swimmers after her performance.	K4	CO5

Z-Z-Z END