

PSG COLLEGE OF ARTS & SCIENCE  
(AUTONOMOUS)

BSc DEGREE EXAMINATION MAY 2025  
(Sixth Semester)

Branch – NUTRITION, FOOD SERVICE MANAGEMENT & DIETETICS

**MAJOR ELECTIVE COURSE – II PERFORMANCE NUTRITION**

Time: Three Hours

Maximum: 50 Marks

**SECTION-A (5 Marks)**

Answer ALL questions

ALL questions carry EQUAL marks

(5 x 1 = 5)

- 1 State a measure of free movement in a person's joints.  
(i) Cardiovascular Endurance (ii) Flexibility  
(iii) Muscular Strength (iv) Muscular Endurance
- 2 Find a common method, to assess cardiac output of a closed circulatory system in humans  
(i) Direct oxygen breathing (ii) Indirect oxygen rebreathing  
(iii) Direct CO<sub>2</sub> breathing (iv) Indirect CO<sub>2</sub> rebreathing
- 3 Select nutrient that provides the preferential energy fuel during high – intensity anaerobic exercise.  
(i) Fat (ii) Carbohydrate  
(iii) Vitamins (iv) Protein
- 4 Indicate the vitamin involved in synthesis of Cholesterol  
(i) Pantothenic acid (ii) Folic acid  
(iii) Pyridoxine (iv) Ascorbic acid
- 5 Identify the pre event meal for evening competition  
(i) Egg white (ii) fresh fruit  
(iii) Grilled chicken sandwich (iv) smoothie

**SECTION - B (15 Marks)**

Answer ALL Questions

ALL Questions Carry EQUAL Marks

(5 x 3 = 15)

- 6 a Describe on health related Total Fitness.  
OR  
b Produce the functions of SAI.
- 7 a Bring out the chronic effects of Exercise.  
OR  
b How do you assess bone density?
- 8 a Explain the importance of carbohydrates in Energy metabolism.  
OR  
b Prepare the factors affecting protein turnover during endurance exercise.
- 9 a Produce the role of B complex vitamins in the body.  
OR  
b Describe on dietary supplements.
- 10 a Narrate Post game meal.  
OR  
b Summarize any two sports drink.

Cont...

**SECTION -C (30 Marks)**

Answer ALL questions

ALL questions carry EQUAL Marks

(5 x 6 = 30)

- 11 a Compare the benefits of yoga with benefits of weight training.  
OR  
b Distinguish between power events and Non – power events.
- 12 a Elucidate the significance of DEXA in body composition assessment.  
OR  
b Analyze neuro muscular responses to Exercise.
- 13 a Point out Nutritional considerations for Intense Aerobic exercise.  
OR  
b Analyze Glycogen re-synthesis during sports competition.
- 14 a Identify nutrition strategies to boost immune function.  
OR  
b Summarize the treatment given for a young female athlete with the triad.
- 15 a Discuss on protein rich meal.  
OR  
b Highlight the significance of Antioxidant rich diet.

Z-Z-Z

END