

PSG COLLEGE OF ARTS & SCIENCE  
(AUTONOMOUS)

MSc DEGREE EXAMINATION MAY 2025  
(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	The ability to perform a task or move from one point to other in the shortest period of time is called: (a) Power (b) Speed (c) Balance (d) Agility	K1	CO1
	2	A 100 percent perfection at hitting the target refers to the skill component (a) Speed (b) Strength (c) Accuracy (d) Power	K2	CO1
2	3	Name the physical fitness test is used to assess muscular endurance? (a) run walk. (b) flexed arm hang (c) Sit-ups test (d) long distance walk	K1	CO2
	4	What does anaerobic mean? (a) With oxygen (b) An abundance of oxygen (c) The way your body uses oxygen (d) Without oxygen	K2	CO2
3	5	Why is it recommended to consume high-glycemic-index carbohydrates after anaerobic exercise? a) They are low in calories b) They rapidly raise blood glucose levels c) They contain more protein d) They have more vitamins	K1	CO3
	6	How much protein per kilogram of body weight is recommended for endurance athletes to repair damaged tissue? a) 0.8 to 1.0 g b) 2.2 to 2.4 g c) 1.8 to 2.0 g d) 1.2 to 1.4 g	K2	CO3
4	7	What nutrient is particularly important for protecting muscle damage and helping with tissue repair? a) Vitamin A b) Vitamin B c) Vitamin C d) Vitamin E	K1	CO4
	8	What substance is often found in energy drinks that helps with increased sporting performance? a) Sodium b) Vitamin B12 c) Vitamin C d) Vitamin K	K2	CO4
5	9	For what primary purpose do athletes drink chocolate milk after exercise? a) Increased calorie intake b) Weight gain c) Faster muscle recovery and rehydration d) Improved mental alertness	K1	CO5
	10	What is an important consideration for dietary protein intake in athletes? a) Timing before, during, and after physical activity b) Eating only plant-based proteins c) Taking minimal protein supplements d) Avoiding all animal products	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.	Classify the different domains of fitness.	K2	CO1
		(OR)		
	11.b.	Infer on balance and speed of physical fitness.		
2	12.a.	Discuss the effect of exercise on skeletal and muscular system.	K3	CO2
		(OR)		
	12.b.	Identify how the fat mobilize during exercise.		
3	13.a.	Identify the international guidelines for physical activity.	K3	CO3
		(OR)		
	13.b.	Select the different management techniques to reduce the stress.		
4	14.a.	Analyze the fuel utilization among the female athlete.	K4	CO4
		(OR)		
	14.b.	Compare the nutrients utilization among the aerobic or anaerobic exercise.		
5	15.a.	List the importance of cool down and stretching before gymnastic.	K4	CO5
		(OR)		
	15.b.	Analyze the requirement of water before and during exercise.		

**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	Evaluate the different skill oriented component.	K4	CO1
2	17	Explain different type of exercise with example.	K4	CO2
3	18	Analyze the nutrient needed during pregame meal.	K4	CO3
4	19	Discuss the dietary guidelines for FAT.	K4	CO4
5	20	Plan a menu based on the nutrient needed after exercise and explain it.	K4	CO5

Z-Z-Z END