

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

**BSc DEGREE EXAMINATION DECEMBER 2022
(Fifth Semester)**

Branch – **NUTRITION, FOOD SERVICE MANAGEMENT AND DIETETICS**

DISCIPLINE SPECIFIC ELECTIVE – I: PERFORMANCE NUTRITION

Time: Three Hours

Maximum: 75 Marks

SECTION-A (10 Marks)

Answer ALL questions

ALL questions carry EQUAL marks (10 x 1 = 10)

- 1 Activity is bodily movement produced by _____
 (i) Bone (ii) Skeletal muscle
 (iii) Nerve impulse (iv) Cardiac muscle.
- 2 Amount of blood pumped by the heart in one beat is called _____
 (i) Output (ii) Gain volume
 (iii) Stroke volume (iv) Loss volume.
- 3 Cardiorespiratory exercise that requires an intensity level above ____ per cent of maximal capacity.
 (i) 60 (ii) 70 (iii) 80 (iv) 90
- 4 A combination of aerobic activities that contribute to overall fitness is called ____
 (i) Single training (ii) Double trait
 (iii) Cross training (iv) Multiple training.
- 5 Trans fatty acid is not present in ____
 (i) Crackers (ii) Cookies
 (iii) French fries (iv) Fruit cakes
- 6 Recommended amount of fibre intake is about _____ gm per day.
 (i) 10 (ii) 20 (iii) 30 (iv) 40.
- 7 Omega 6 fatty acid is present in ____
 (i) Butter (ii) Corn (iii) Gingelly (iv) Almond
- 8 Photo chemicals are important to fight ____
 (i) Infection (ii) Fever (iii) Cancer (iv) Ulcer
- 9 Haemorrhaging is due to deficiency of ____
 (i) Vitamin A (ii) Vitamin K (iii) Vitamin C (iv) Vitamin E
- 10 This nutrient also acts as an antioxidant.
 (i) Vitamin C (ii) Beta carotene (iii) Vitamin E (iv) Selenium.

SECTION - B (35 Marks)

Answer ALL Questions

ALL Questions Carry EQUAL Marks (5 x 7 = 35)

- 11 a Prepare the components of fitness.
 OR
 b Classify Sports with suitable examples.
- 12 a Choose the effect of different types of exercise on cardiac cycle.
 OR
 b Describe on body composition assessment methods.

Cont...

- 13 a Explain Glycogen resynthesis and carbohydrate loading.
OR
b How Protein is metabolised during endurance exercise and resistance Exercise?
- 14 a Produce Nutrition Strategies boost immune function.
OR
b Bring out the importance of Fluid balance and prevention of dehydration.
- 15 a Analyse Pregame and Post-game meals.
OR
b Describe MCT diet and Antioxidant rich diet.

SECTION - C (30 Marks)

Answer any **THREE** Questions

ALL Questions Carry **EQUAL** Marks

(3 x 10 = 30)

- 16 Examine on Sports Organizations.
- 17 Produce the effects of training on lungs.
- 18 Enumerate the factors affecting fat oxidation while doing intense activities.
- 19 Elaborate on eating disorders of Athletes.
- 20 Enumerate on any four meals applicable for sports woman.

Z-Z-Z

END