

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)
BSc DEGREE EXAMINATION DECEMBER 2019
(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 State the objectives of Fitness.
- 2 Define Cardiovascular endurance.
- 3 Mention the types of exercises with suitable examples.
- 4 State the principles of exercise.
- 5 Name the different types of sports.
- 6 Why antho cyanidin is important to athlete?
- 7 Point out the role of electrolytes in performance nutrition.
- 8 Suggest any four natural sports drinks to prevent dehydration.
- 9 What are ergogenic foods?
- 10 Name any four nutrient supplements for the sports person.

SECTION - B (25 Marks)

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

- 11 a Comment on muscular flexibility and strength.
OR
b What is the ideal body composition for athlete?
- 12 a Highlight the benefits of exercise.
OR
b Explain the physiology of weight loss and weight gain.
- 13 a How will you plan a “carbohydrate loading”-for a long distance runner?
OR
b Describe “Sports anaemia”.
- 14 a Bring out the importance of water balance for sports person.
OR
b Outline the electrolyte requirements for the sports person.
- 15 a *Sketch out the importance of food supplements for sports athlete.*
OR
b How do you narrate “Gender perspectives” in sports nutrition?

SECTION - C (30 Marks)

Answer any **THREE** Questions
ALL Questions Carry **EQUAL** Marks (3 x 10 = 30)

- 16 How will you analyze “Skill related fitness” in sports nutrition?
- 17 Highlight the metabolic changes in various systems of the body during exercise.
- 18 How will you plan pre game, post game and during performance meal pattern for a adolescent girl engage in hockey.
- 19 Elucidate on the fluid recommendations for the sports person.