

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

**BSc DEGREE EXAMINATION MAY 2018
(Fifth Semester)**

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

CORE ELECTIVE – I : 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 Describe Cardiovascular fitness.
- 2 What is endurance?
- 3 List any 4 anaerobic sports.
- 4 What is Bone loss?
- 5 Discuss Glycemic index.
- 6 Define VO₂ max.
- 7 How do you replace the potassium losses?
- 8 Write note on importance carbo-loading in an anaerobic sport.
- 9 What are the types of Sport drink?
- 10 Discuss a post-game meal.

SECTION - B (25 Marks)

Answer **ALL** Questions

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

- 11 a Discuss the importance of skill related fitness.
OR
- b Discuss any two body composition measurement techniques in short.
- 12 a Elaborate on effect of exercise on circulatory system.
OR
- b Discuss the types of sports with suitable examples.
- 13 a Explain the intensity and duration of exercise in relation to the choice of fuel.
OR
- b Discuss the role of any 3 micronutrients in sport.
- 14 a State the hazards of dehydration.
OR
- b Write on the types of Sport drinks.
- 15 a What are the ergogenic aids? Discuss its importance.
OR
- b How antioxidants are important in sports?

SECTION - C (30 Marks)

Answer any **THREE** Questions

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

- 16 Explain body composition techniques in detail.
- 17 Write a note on protein and fat metabolism during exercise.
- 18 Discuss the intake of CHO in relation to pre, during and post event.
- 19 Give the ACSM guidelines for fluids with types of sports drinks.
- 20 Write on benefits and hazards of food supplements.