

PSG COLLEGE OF ARTS & SCIENCE  
(AUTONOMOUS)

BSc DEGREE EXAMINATION DECEMBER 2023  
(Fifth Semester)

Branch – NUTRITION , FOOD SERVICE MANAGEMENT & DIETETICS

DISCIPLINE SPECIFIC ELECTIVE – I:

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 ----- is a power sport  
(i) archery (ii) golf  
(iii) wrestling (iv) shooting
- 2 ----- is used to measure bone mineral density  
(i) Skin-fold thickness (ii) DEXA  
(iii) Bio-electrical Impedance (iv) Body composition analyser
- 3 An example for resistance exercise is-----  
(i) Jumping (ii) Squatting  
(iii) Running (iv) Dancing
- 4 ----- helps to build muscle tissue  
(i) Anabolic Steroids (ii) Carnitine  
(iii) Caffeine (iv) Phosphorus
- 5 ----- can be given for pre-game meal  
(i) Fish (ii) Legumes  
(iii) Red Meat (iv) Banana

SECTION - B (15 Marks)

Answer ALL Questions

ALL Questions Carry EQUAL Marks

(5 x 3 = 15)

- 6 a Show the components of fitness.  
OR  
b Describe endurance training with example.
- 7 a Explain the effect of training on improving the lung capacity.  
OR  
b State the effect of exercise on respiratory system.
- 8 a Outline the significance of carbohydrate loading in sports.  
OR  
b Enumerate the effect of fasting on fat metabolism.
- 9 a How to overcome eating disorders among athletes?  
OR  
b Infer the role of caffeine and steroids in sports.

Cont...

- 10 a Write a note on antioxidant rich meal.  
OR  
b Analyse the role of sports bar in improving the performance.

**SECTION -C (30 Marks)**

Answer ALL questions

ALL questions carry EQUAL Marks

(5 x 6 = 30)

- 11 a Define and Classify sports  
OR  
b Enumerate the functions of Sports Authority of India.
- 12 a Highlight the various cardio exercises and give its significance.  
OR  
b Elucidate the various body composition analysis measurements.
- 13 a How are carbohydrates metabolised for energy during aerobic and anaerobic exercise?  
OR  
b Discuss the impact of endurance and resistance exercises on protein metabolism.
- 14 a What is dehydration? Mention its symptoms. Enumerate the ways to overcome dehydration  
OR  
b Explain the role of minerals and B-vitamins in augmenting the sports performance.
- 15 a Describe the pregame and post game meal pattern.  
OR  
b Elucidate the significance of high energy and protein rich meal for athletes.

Z-Z-Z

END