

PSG COLLEGE OF ARTS & SCIENCE
(AUTONOMOUS)

MSc DEGREE EXAMINATION MAY 2018
(Third Semester)

Branch – CLINICAL NUTRITION AND DIETETICS

CORE ELECTIVE-II HEALTH & FITNESS

Time: Three Hours

Maximum: 75 Marks

SECTION -A (30 Marks)

Answer ALL questions

ALL questions carry EQUAL Marks (5 x 6 = 30)

- 1 a Explain the principle of hydrostatic weighing and BOD – POD techniques of body composition assessment.
OR
b Define physical fitness. What are the objectives of maintaining physical fitness?
- 2 a How does aerobic and anaerobic exercises affect skeletal, cardiovascular and respiratory activity?
OR
b Define energy balance. How to achieve energy balance through physical activity?
- 3 a Write short note on ergogenic aids in sports.
OR
b Explain on high altitude nutrition.
- 4 a Explain the association between oxidative stress and antioxidants.
OR
b List the foods that may increase oxidative stress and foods that counteract the oxidative stress.
- 5 a How does the psychoactive and vasoactive substances affect health?
OR
b List the adverse effects of smoking and alcohol and drug addiction on sports performance.

SECTION -B (45 Marks)

Answer any THREE questions

ALL questions carry EQUAL Marks (3 x 15 = 45)

- 6 a Differentiate WHR and waist height ratio.
b How are they related to physical fitness and health?
- 7 Explain the role of carbohydrate, protein and fat during aerobic and anaerobic exercises.
- 8 Write briefly on pre carbohydrate loading and significance of fluid intake for sports personnel.
- 9 Explain the role of stress management techniques in oxidative stress during exercise.
- 10 Explain the consequences of drugs misuse and abuse.
Differentiate addiction and dependence. What are the laws regulating / governing drug addiction in sports?