



Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University under Category 'A' by MHRD, Estd. u/s 3 of UGC Act 1956)

Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B

Coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Examination – August 2020

VI Semester

Class : III UG
Major : Food Science and Nutrition

Time : 2 Hours
Max. Marks: 50

15BFNC26 Nutrition for Health and Fitness

Part A Choose the Correct Answer

10 x 1 = 10

- All are body building foods except
a. egg b. milk c. meat d. butter
- An example of anaerobic exercise is
a. yoga b. weight lifting c. walking d. situps
- Meat is a good source of
a. iron b. calcium c. copper d. potassium
- Lactic acid system uses
a. glucose b. fructose c. galactose d. mannose
- Energy requirement for a weight lifter is _____ Kcal/Kg.
a. 100 b. 90 c. 80 d. 70
- Aerobic exercise strengthens
a. mind b. soul c. body d. heart
- Chemical that creates a sense of well being and reduce the feeling of stress is
a. anti depressive drugs b. Food c. fat d. endomorphins
- International Day of Yoga
a. 20 June b. 21 June c. 22 June d. animal droppings
- Total energy requirement for wrestling is
a. 5000 Kcal b. 6000 Kcal c. 7000 Kcal d. 8000 Kcal
- Energy source which used for sprint activities is
a. glucose b. ATP c. fat d. protein

Part B

3 x 6 = 18

Answer any **Three** questions

Each answer should not exceed 400 words or two pages

11. Inter relate Health, Physical fitness and Wellness.
12. Mention the benefits of physical fitness training.
13. Explain the role of Vitamin D and calcium in maintaining bone health.
14. Draw and explain about my Pyramid, suggested by WHO (2006).
15. Briefly explain functional trainer.
16. How do aerobic exercises help in cardio vascular endurance?
17. Write a note on anaemia and physical activities.
18. Faulty eating habits lead to anaemia- Justify the statement.
19. Explain the physiological changes taking place at high altitude.
20. How will an employee in a food industry maintain personal hygiene?

Part C

2 x 11 = 22

Answer any **Two** questions

Each answer should not exceed 800 words or four pages

21. Explain briefly the nutritional management for health, fitness and wellness.
22. Enumerate the challenges faced in maintaining wellness.
23. Write a detailed note on the role of physical activity on skeletal and neurological control.
24. Elaborate on the role of macronutrients on promotion of health and prevention of disease.
25. Discuss cardio vascular endurance in detail.
26. Brief out two commonly used instruments for lower body exercise.
27. Enumerate the role of life style modification on hyper tension.
28. Explain the impact of physical activity on prevention of Diabetes mellitus.
29. Explain in detail on stress management techniques.
30. Explain in depth the role of exercise on pulmonary rehabilitation.