



**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 – July 2020**  
**II Semester**

**Class : I UG**  
**Major : Physical Education**

**Time : 3 Hours**  
**Max. Marks : 100**

**18BPEI02 DSE - II Sports Nutrition**

**Part A**  
**Choose the Correct Answer**

**10 x 1 = 10**

1. Vitamin B is called  
a. Folic Acid                      b. Citric Acid                      c. Acidic Acid                      d. Alkaline
2. What is the name of acid is present in banana?  
a. Citric Acid                      b. Malic Acid                      c. Jolic Acid                      d. Alkaline
3. What is the normal temperature of body?  
a. 87F                                  b. 97F                                  c. 98.6F                                  d. 98.9F
4. Monosaccharide is called  
a. protein                              b. fat                                      c. carbohydrates                      d. minerals
5. Which of the following nutrients that build body and repair tissues?  
a. Carbohydrate                      b. Protein                              c. Fat                                      d. All the Above
6. What is the ideal time to take food before the competition period?  
a. 1 to 2 hrs                              b. 2 to 3 hrs                              c. 3 to 4 hrs                              d. Half Day
7. Osteoporosis the word related in  
a. tissue                                  b. muscle                                  c. bone                                      d. fiber
8. The head quarters of World Anti-doping Agency (WADA) is located in  
a. Monreal, Canada                      b. Delhi,India                              c. Tokyo,Japan                              d. Beijing, china
9. The Sunshine Vitamin is called  
a. vitamin a                              b. vitamin b                              c. vitamin c                              d. vitamin d
10. 1gm fat provide \_\_\_\_\_calories per gram.  
a. 9Kcl                                      b. 8Kcl                                      c. 7Kcl                                      d. 4Kcl

**Part B**

**5 x 6 = 30**

**Answer ALL questions**

**Each answer should not exceed 400 words or two pages**

- 11.a. Write a short note on Sport Nutrition.  
(or)  
11.b. Write recommendations of diet planning.
- 12.a. Write the Sources of Protein and fat.  
(or)  
12.b. State the rule of Consumption of Carbohydrate and fat.
- 13.a. Write any three Vitamins and their uses.  
(or)  
13.b. Write fluid needs during physical activity.
- 14.a. Write a short note on osteoporosis.  
(or)  
14.b. Write a short note on Amenorrhea.
- 15.a. Write a short note on Balanced diet for Athlete.  
(or)  
15.b. Write the need and importance of pregame meal.

**Part C**

**5 x 12 = 60**

**Answer ALL questions**

**Each answer should not exceed 800 words or four pages**

- 16.a. Explain the role of nutrition in the field of sports.  
(or)  
16.b. Explain the factors in sports nutrition.
- 17.a. Explain source of carbohydrates, fat and their functions in the body.  
(or)  
17.b. Explain the utilizations of carbohydrates, protein and fat during exercise.
- 18.a. Explain the functions of water in the body.  
(or)  
18.b. Explain body temperature, heat stroke, and their effects in the body.
- 19.a. Explains types of ergogenic aids.  
(or)  
19.b. Explain nutritional ergogenic aids and doping.
- 20.a. Explain the need and importance of balanced diet for athletic performance.  
(or)  
20.b. Explain diet procedure during and after the competition.

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