

24101022



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Reg. No.....

Name.....

B.P.Ed. DEGREE EXAMINATION, JUNE 2024

Second Semester

Core Course—SPORTS NUTRITION AND WEIGHT MANAGEMENT

(2023 Admission Regular/2022, 2021 Admission Supplementary/2018-2020 Admission
Mercy Chance)

Time : Three Hours

Maximum Marks : 80

I. Answer any *nine* of the following questions. Each question carries 2 marks :

- (a) What is body mass index ?
- (b) What are lipids ?
- (c) What is the basic unit of carbohydrates ?
- (d) What is meant by Regulatory Food ?
- (e) Dehydration.
- (f) HDL.
- (g) Fat Soluble Vitamins.
- (h) Carbohydrates.
- (i) Calorie.
- (j) Lipogenic Genes.
- (k) Enzymes.
- (l) Sucrose.
- (m) Active Warming up.
- (n) Dieting.

(9 × 2 = 18)

II. Write short notes on any *six* of the following. Each question carries 4 marks :

- (a) Demerits of dieting.
- (b) Merits of exercise.
- (c) Wait gaining diet plans.
- (d) Concept of an aesthetic body.
- (e) Spot reduction.

Turn over





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- (f) Genetics and body weight.
- (g) Daily diet.
- (h) Proportionate body building.

(6 × 4 = 24)

III. Explain any *three* of the following questions. Each question carries 6 marks :

- (a) Role of minerals in diet.
- (b) Effect of exercise in maintaining body weight.
- (c) Life risk and obesity.
- (d) Nutritional support to sports persons.
- (e) Combination of food to increase calorific value.

(3 × 6 = 18)

IV. Write any *two* essays from the following questions. Each question carries 10 marks :

- (a) Role of protein in weight management.
- (b) Classification of food.
- (c) Role of minerals in diet.
- (d) What are the factors to be considered for developing a nutrition plan ?

(2 × 10 = 20)

