



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

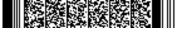
- I. Answer any nine of the following questions. Each question carries 2 marks:
 - (a) What is body mass index?
 - (b) What are lipids?
 - (c) What is the basic unit of carbohydrates?
 - (d) What is meant by Regulatory Food?
 - (e) Dehydration.
 - (f) HDL.
 - (g) Fat Soluble Vitamins.
 - (h) Carbohydrates.
 - (i) Calorie.
 - (j) Lipogenic Genes.
 - (k) Enzymes.
 - (l) Sucrose.
 - (m) Active Warming up.
 - (n) Dieting.

 $(9\times 2=18)$

- 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 aesethic body.
 - (e) Spot reduction.

Turn over





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

 $(6 \times 4 = 24)$

- 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.

 $(3 \times 6 = 18)$

- 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?

 $(2 \times 10 = 20)$

