

(7 pages)

Reg. No. : .....

**Code No. : 10653 E      Sub. Code : CEPE 61**

B.Sc. (CBCS) DEGREE EXAMINATION,  
APRIL 2024

Sixth Semester

Physical Education

Major Elective – SPORTS NUTRITION

(For those who joined in July 2021-2022)

Time : Three hours

Maximum : 75 marks

PART A — (10 × 1 = 10 marks)

Answer ALL questions.

Choose the correct answer :

1. Which of the following is NOT a basic component of sports nutrition?
- (a) Hydration
  - (b) Carbohydrates
  - (c) Weightlifting supplements
  - (d) Protein

2. What is the primary purpose of nutritional supplements in sports nutrition?
- (a) To replace balanced meals entirely
  - (b) To enhance nutrient intake when dietary needs cannot be met through food alone
  - (c) To cure chronic diseases
  - (d) To decrease physical performance
3. Which nutrient is crucial for maintaining proper hydration levels in the body and facilitating various metabolic processes?
- (a) Carbohydrates      (b) Fats
  - (c) Proteins              (d) Water
4. What is the role of vitamins in the body?
- (a) Providing energy
  - (b) Building muscle mass
  - (c) Regulating metabolic processes
  - (d) Providing structural support
5. What does the glycemic index of a food indicate in relation to sports nutrition?
- (a) Its fat content
  - (b) Its carbohydrate content
  - (c) Its protein content
  - (d) Its impact on blood sugar levels

Page 2      **Code No. : 10653 E**





6. How does the percentage of energy derived from foods differ between athletes and sedentary individuals?
- (a) Athletes derive a higher percentage of energy from minerals.
  - (b) Athletes derive a higher percentage of energy from proteins.
  - (c) Athletes derive a higher percentage of energy from carbohydrates
  - (d) Athletes derive a higher percentage of energy from vitamins.
7. Carbohydrate loading is a technique primarily used to:
- (a) Increase muscle strength
  - (b) Decrease endurance
  - (c) Enhance glycogen stores
  - (d) Improve flexibility
8. Which of the following is an advantage of using ergogenic aids?
- (a) Decreased risk of side effects
  - (b) Enhanced recovery time
  - (c) Reduced need for physical training
  - (d) Increased susceptibility to injuries

Page 3 Code No. : 10653 E

9. When designing a weight loss program, what should be considered essential?
- (a) Extreme calorie restriction without considering nutritional balance
  - (b) Quick-fix solutions promising rapid weight loss
  - (c) Individualized plans tailored to dietary preferences and lifestyle
  - (d) Ignoring the need for behavioral changes and habit formation
10. What are some effective tips for controlling body weight?
- (a) Avoiding regular physical activity
  - (b) Relying solely on fad diets for weight management
  - (c) Tracking food intake and staying mindful of portion sizes
  - (d) Eliminating all carbohydrates from the diet

PART B — (5 × 5 = 25 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 250 words.

11. (a) Define sports nutrition and its primary focus.
- Or
- (b) List and briefly explain basic components of sports nutrition.

Page 4 Code No. : 10653 E

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12. (a) Briefly explain balance diet.

Or

- (b) Describe the importance of water in the diet of humans.

13. (a) Discuss the concept of glycemic index in relation to sports nutrition.

Or

- (b) Provide an elucidation of the importance of energy requirements in the context of sports and physical activities.

14. (a) Explain the principle of carbohydrate loading in sports nutrition.

Or

- (b) Describe the different types of ergogenic agents commonly used by athletes.

15. (a) Outline the role of exercise in successful weight loss management.

Or

- (b) Explain the principles of weight control.

Page 5 Code No. : 10653 E

PART C — (5 × 8 = 40 marks)

Answer ALL questions, choosing either (a) or (b).

Each answer should not exceed 600 words.

16. (a) Describe the importance of knowing about malnutrition for athletes' nutrition.

Or

- (b) Discuss the factors to consider when developing a nutrition plan for athletes.

17. (a) Describe the meaning, classification and functions of Fats.

Or

- (b) Discuss on nutritive value of various foodstuffs.

18. (a) Discuss the potential impact of dietary supplements on athletic performance and health.

Or

- (b) Discuss the recommended proportions of carbohydrates, fats, and proteins in the diet of athletes.

Page 6 Code No. : 10653 E

