Name: **Enrolment No:**	

UPES

End Semester Examination, May 2024

Course: Sports Nutrition — **Semester: IV**

Program: Int BMSc Nutrition and Dietetics — **Duration: 3 Hours**

Course Code: HSND2008 — **Max. Marks: 100**

Instructions: Read all the questions carefully

S. No.	Section A Short answer questions/ MCQ/T&F (20Qx1.5M= 30 Marks)	Marks	COs
Q 1	…… is the commonest method to assess body composition	**1.5**	**CO1**
Q 2	The measurement of TBW is based on the principle of	**1.5**	**CO1**
Q 3	..... is the most widely used field method of body composition assessment.	**1.5**	**CO2**
Q 4	DEXA method is based on a 3-C model that divides the body into ....., ... and	**1.5**	**CO2**
Q 5	Name any two physical work capacity tests.	**1.5**	**CO4**
Q 6	What is the role of antioxidants?	**1.5**	**CO3**
Q 7	What is SUL?	**1.5**	**CO2**
Q 8	Are EAR and RNI the same? True/False	**1.5**	**CO4**
Q 9	Name three AAAs.	**1.5**	**CO4**
Q 10	What are time-release supplements?	**1.5**	**CO3**
Q 11	What is the primary role of electrolytes in sports nutrition? A) Provide energy B) Build protein C) Maintain fluid balance D) Increase oxygen uptake	**1.5**	**CO1**
Q 12	What is the glycemic index (GI)? A) A measure of a food's ability to raise blood lipid levels B) A measure of how quickly and how much a food raises blood sugar levels C) A measure of how food affects the body's electrolyte balance	**1.5**	**CO1**

	D) None of the above		
Q 13	Calcium is essential for: A) Blood clotting B) Muscle contractions C) Nerve transmission D) All of the above	**1.5**	**CO2**
Q 14	What is NRV?	**1.5**	**CO2**
Q15	Differentiate between essential and non-essential amino acids	**1.5**	**CO4**
Q 16	Give two examples of resistance exercises.	**1.5**	**CO3**
Q 17	What is good cholesterol?	**1.5**	**CO2**
Q 18	Define an Athlete.	**1.5**	**CO4**
Q 19	Define Agility.	**1.5**	**CO4**
Q 20	What are free radicals?	**1.5**	**CO3**
Section B (4Qx5M=20 Marks)			
Q 1	What is the assumption on which the BIA method is based? Why is it preferred over other methods?	**5**	**CO2**
Q 2	How does our body store carbohydrates, protein, and fat?	**5**	**CO3**
Q 3	Briefly explain the 'Train low' protocols.	**5**	**CO4**
Q 4	Describe how high doses of supplements can be harmful with the help of suitable examples.	**5**	**CO1**
Section C (2Qx15M=30 Marks)			
Q 1	What are the dangers of Dehydration? Briefly explain the fluid replacement guidelines for pre-event, during the event and post-event.	**15**	**CO4**
Q 2	Write energy balance equations. Briefly explain the steps of the weight loss strategy.	**15**	**CO2**
Section D (2Qx10M=20 Marks)			
Q 1	Discuss various myths and facts regarding Diets for Sport.	**10**	**CO3**
Q 2	Classify nutritional ergogenic aids. Discuss potential side effects of carbohydrate loading and excess protein intake.	**10**	**CO2**