


Name:	 UPES UNIVERSITY WITH A PURPOSE
Enrolment No:	

UNIVERSITY OF PETROLEUM AND ENERGY STUDIES
End Semester Examination, May 2021

Course: Nutrition for Health and Fitness
Program: M.Sc (Nutrition and Dietetics)
Course Code: HSND7008

Semester: IInd
Time: 03 hrs.
Max. Marks: 100

Instructions: Read question carefully.

SECTION A

S. No.	MCQ's /Fill in the blanks/ T&F (1.5 marks each)	30 Marks	CO
1	The range of motion through a joint is known as what? a. Stretching b. Flexibility c. Agility d. Balance	1.5	CO1
2	Handgrip and trunk lift are strength test. a. True b. False	1.5	CO1
3	Endurance a. A person's ability to exercise continuously for extended periods without having to use the restroom b. A person's ability to exercise continuously for extended periods without being hungry c. A person's ability to exercise continuously for extended periods without needing to think d. A person's ability to exercise continuously for extended periods without tiring	1.5	CO1
4	Strength a. The quality or state of being smart b. The quality or state of being strong c. The quality or state of being silly d. The quality or state of being tired	1.5	CO1
5	The ability of muscles to exert force on an object. a. Strength b. Power c. Speed d. Endurance	1.5	CO2
6	Cardiorespiratory Endurance is a. the body's ability to push or pull with all its force b. the ability to move a joint through its full range of motion c. the ability of the heart and lungs to supply oxygen to the body d. the body's response to a flexibility program	1.5	CO2

7	_____ is the condition of being physically fit and healthy.	1.5	CO2
8	Athlete who exercise strenuously for more than 60 to 90 minutes every day may need to increase the amount of _____.	1.5	CO2
9	The _____ ranks food and fluids by how 'carbohydrate-rich' they are and how quickly they affect the body's blood sugar levels.	1.5	CO3
10	It is recommended that meals just before exercise should be high in carbohydrates and known not to cause _____.	1.5	CO3
11	_____ is an important part of a training diet and plays a key role in post-exercise recovery and repair.	1.5	CO3
12	Overhydration can impair athletic performance and, in extreme cases, may lead to collapse and even death. a. True b. False	1.5	CO3
13	Foods rich in unrefined carbohydrates, like wholegrain breads and cereals, should form the basis of the diet a. True b. False	1.5	CO4
14	Lung cancer is short-term effect of smoking. a. True b. False	1.5	CO4
15	Fatigue a. Extreme laziness, typically resulting from doing nothing b. Extreme tiredness, typically resulting from mental or physical exertion or illness c. Extreme tiredness, typically resulting from watching television all day d. Extreme moodiness, typically resulting from not eating	1.5	CO4
16	Vo2 max is indication of cardiovascular fitness a. True b. False	1.5	CO4
17	Push-ups indicate muscular strength a. True b. False	1.5	CO5
18	Muscular endurance can be assess by 5 RM test. a. True b. False	1.5	CO5
19	_____ is used to measure the flexibility of the joint.	1.5	CO5
20	Straight leg raise is used to check flexibility. a. True b. False	1.5	CO5

SECTION B (5 marks each question)

Q	Short Answer Type Question (5 marks each) Scan and Upload 4 questions 5 marks. Word limit (100-120)	20 Marks	CO
1	Explain the factors that affect fuel Utilization?	5	CO1
2	Highlight the effect of specific nutrients on work performance and physical fitness.	5	CO2

3	Define Health and fitness. How it is important for non-sports person as well as sports person?	5	CO3
4	Discuss the benefits of physical activity. How can any individual get benefitted by it?	5	CO4
SECTION C 30 marks			
Q	2 questions 15 marks each subsections	30 Marks	CO
1	(Word limit- 100-120 each question) a. What are the factors affecting physical fitness? (5 marks) b. Discuss about the components of fitness. (5 marks) c. What is the significance of proper nutrition in fitness? (5 marks)	15	CO3
2	(Word limit- 100-120 each question) a. Discuss about the major healthy lifestyle changes. (5 marks) b. What are the objectives of fitness assessment? (5 marks) c. Nutrition, exercise, physical fitness and health inter – relationship. (5 marks)	15	CO5
SECTION- D 20 marks			
Q	Long Answer type Questions Scan and Upload (10 marks each) Word limit 200-250	20 Marks	CO
1	What is the significance of Pre-competition, during competition and post competition meal? Explain in detail the guidelines followed while planning these meals for an athletes.	10	CO1
2	Hydration plays an important role in sports and fitness. Explain the different advantages of hydration and how it could be achieved.	10	CO4