

Name:	
Enrolment No:	

UPES

End Semester Examination, May 2023

Course: Sports Nutrition
 Program: Int.(B.Sc.+M.Sc.(N&D))
 Course Code: HSND2008

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

Instructions: Read question carefully. All the best

SECTION A

S. No.	MCQ's /Fill in the blanks/ T&F (1.5 marks each)	30 Marks	CO
1	Define the term Euhydration.	1.5	CO1
2	The most common method used in the medical facility for hydrating people is administering fluids through an IV or intravenous line. a) True b) False	1.5	CO1
3	Full form of MPS:-	1.5	CO1
4	Body temperature regulation, muscle function, nerve impulses, waste removal, metabolism, heart rate, and blood pressure all are not dependent on hydration. a) True b) False	1.5	CO1
5	Name any two symptoms of dehydration.	1.5	CO2
6	What in Hyponatremia?	1.5	CO2
7	Dehydration or hypohydration is generally a condition where body water is not deficit of 2% BW. a) True b) False	1.5	CO2
8	For every liter of sweat that evaporates, you lose around 600 Kcal. a) True b) False	1.5	CO2
9	Name any two events where weight categories are referred.	1.5	CO2
10	Body weight/composition comprises of_____.	1.5	CO3
11	Two most common ways for weight loss are _____ and _____.	1.5	CO3
12	Amenorrhoea is _____.	1.5	CO3

13	What happens to the body during rapid weight loss by dehydration? Name any two prominent effects.	1.5	CO3
14	What are the two ways to increase body weight?	1.5	CO1
15	Full form of RED-S: -	1.5	CO1
16	Athletes desiring weight gain follow a regimen that includes increasing energy intake by ~ 300-500 kcal/day. a) True b) False	1.5	CO1
17	A healthy weight gain goal is about ½ to 1 pound each _____.	1.5	CO1
18	State any two factors which effect weight loss.	1.5	CO1
19	Ghrelin is not the primary satiety hormone. a) True b) False	1.5	CO2
20	Leptin is a hunger hormone. a) True b) False	1.5	CO2
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	How are nutrients and performance corelated?	5	CO1
2	What are ergogenic aids? Is it safe to consume them.	5	CO2
3	What is competition nutrition?	5	CO3
4	What is the difference between hypotonic, isotonic and hypertonic? How does sports drink impact tooth enamel?	5	CO3
SECTION C 30 marks			
Q	Two case studies 15 marks each sub-sections	30 Marks	CO
1	Case Study 1 (Word limit- 100-150 each question) Nutrition can help enhance athletic performance. An active lifestyle and exercise routine, along with eating well, is the best way to stay healthy.Eating a good diet can help provide the energy you need to finish a race, or just enjoy a casual sport or activity. You are more likely to be tired and perform poorly during sports when you do not get enough:As a sports nutritionist: - a) Do athletes suffer from eating disorders? State few examples to support your statement. (5 marks)	15	CO2

	<p>b) How is young female athlete requirement and situation different from older female athlete. (5 marks)</p> <p>c) How important is hydration in sports? State different ways to stay hydrated during and post event. (5 marks)</p>		
2	<p>Case Study 2 (Word limit- 100-150 each question)</p> <p>Sports nutrition plays a key role in optimising the beneficial effects of physical activity, whether you're a bodybuilder, a professional athlete in training or exercising to improve your mental and physical health. Making informed decisions with your nutrition and hydration can result in improved performance, injury prevention and quicker recovery but it's difficult to know where to start with so much conflicting information readily available.</p> <p>a) What are the different ways to assess fitness? (5 marks)</p> <p>b) What is a physical activity pyramid? Explain any two approaches to stay fit (5 marks)</p> <p>c) What is the protein and carbohydrate related to the performance of an athlete?</p>	15	CO1
	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 energy balance equation? What are the different weight gain strategies followed by the athletes?	10	CO3
2	What are the components of fitness? What is the importance of training and nutrition for athletes.	10	CO2