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EC 202

II Semester B.P.Ed. Degree Examination, September 2022
PHYSICAL EDUCATION
(New Syllabus)
Sports Nutrition and Weight Management

Time : 3 Hours

Max. Marks : 70

Instructions : 1) Answer *all* the questions.

2) *Each* answer shall **not** exceed **6** pages.

1. a) Define sports nutrition. Explain the role of nutrition in sports. **15**

OR

b) Explain the factors to consider for developing a nutrition plan.

2. a) What is carbohydrates ? Explain its classifications and functions. **15**

OR

b) Define vitamins. Explain its classification and functions.

3. a) Define weight management. Explain the factors affecting weight management. **15**

OR

b) What is obesity ? Describe causes and solutions for overcoming obesity.

4. a) Design diet plan for a sports person and exercise schedule for weight gain and loss. **15**

OR

b) What is balanced diet ? Calculate daily calorie intake and expenditure for a 70 kgs of body weight sports person.

5. Write short notes on **any two** of the following : **(2×5=10)**

a) Protein

b) Hydration during exercise

c) Body mass index

d) Healthy life style.
