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**FNS 554**



**IV Semester M.Sc. (CBCS) Degree Examination, September/October 2022**  
**FOOD SCIENCE AND NUTRITION**  
**Sports Nutrition**

Time : 3 Hours

Max. Marks : 70

1. Write short notes on **any five** of the following (**not** exceeding **2** pages **each**). **(5×3=15)**
    - a) Management of fitness and health.
    - b) Nutrients supporting physical activity.
    - c) Carbohydrate loading.
    - d) Ergo genic aids.
    - e) Fluid and electrolyte balance in sports.
    - f) Exercise and physical fitness.
    - g) Ill effects of drugs.
    - h) Carbohydrate requirement for heavy weight lifters.
  
  2. Write explanatory notes on **any five** of the following (**not** exceeding **3** pages **each**). **(5×5=25)**
    - a) Management of weight control regime.
    - b) Importance of pre and post-game meals.
    - c) Sports drinks and sports bars.
    - d) Nutritional guidelines for Ideal Body composition.
    - e) Guidelines for selection of Ergo genic aids.
    - f) Impact of alcohol and drug use on sports performance.
    - g) Commercial food supplements.
    - h) Diet for high energy requirements.
  
  3. Answer **any three** of the following (**not** exceeding **5** pages **each**). **(3×10=30)**
    - a) Elaborate on ideal body composition for different sports events.
    - b) Explain the uses of different nutra genic and ergo genic aids in sports.
    - c) Explain the dietary requirement for stress, fractures and injuries.
    - d) Discuss on mobilization of fuel stores during exercise.
    - e) Discuss on drugs and rehabilitation techniques and nutrient requirement.
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