

Bachelor of Arts Examination - 2025

Department of Physical Education

1st Year, 2nd Semester

Subject Code: EC-202

Sports Nutrition and Weight Management

Time: Three Hours

Full Marks: 70

Mention the Question number clearly before writing the answer

GROUP: - A

Answer **any three** questions:

15×3=45

1. What is meant by Nutrition and Sports Nutrition? Explain any two guidelines of basic nutrition. Discuss about the relationship between nutrition and sports. 4+4+7=15
2. Give the meaning of Carbohydrates and mention its sources. State the types of carbohydrates with specific examples. Explain the role of carbohydrates during exercise. 5+5+5=15
3. Define macronutrients and micronutrients with suitable examples. Mention the types of proteins and their fundamental intake guidelines by ICMR. Describe role of proteins in sports. 5+6+4=15
4. Write in detail about the various Sports Drink. Explain the impact of sports drinks and water for a sports player. 5+10=15
5. Differentiate between macro minerals and micro minerals with at least two examples. What are the fat soluble vitamins? Tabulate the fat-soluble vitamins giving their scientific name, sources and deficiencies. 5+1+9=15

GROUP: - B

Write short notes on **any two** of the following:

7.5×2=15

- 6) Give a balanced diet for an adult man and an infant.
- 7) Differentiate between an Athletic Diet and Balanced Diet.
- 8) Obesity and weight management
- 9) Factors influencing nutritional requirements

GROUP: - C**10. Write the correct option (any ten):**

1×10=10

- i. Mark the incorrect statement in reference to Sports Nutrition:
- Nutrition and sports nutrition are same
 - Sports nutrition revolves around energy and recovery of an athlete.
 - Hydration plays a very important role.
 - Nutrition is player specific
- ii.is a common reason for Rickets
- Vitamin B12 deficiency
 - Vitamin A deficiency
 - Vitamin C deficiency
 - Vitamin D deficiency
- iii. Folate rich diet is required mainly for.....
- Obese persons
 - Lactating Mothers
 - Pregnant Mothers
 - Infants
- iv.and.....fall under the category of legumes.
- lentil and watermelon
 - peanuts and soya bean
 - bean and bread
 - peas and papaya
- v.and.....are sources of proteins.
- Soya beans and lentils
 - Bananas and green vegetables
 - Papaya and Guava
 - Butter and Cheese
- vi.is an antinutirent.
- Oxalate
 - Phytate
 - Lectin
 - All of the them
- vii.is an essential amino acid.
- leucine
 - serine
 - glutamic acid
 - glutamine
- viii. BMI 35 to less than 40 kg/m² is :
- Type 2 Diabetes
 - Class 3 Obesity
 - Class 2 Obesity
 - Class 2 Obesity

- ix.and.....are healthy options today.
- a. Sedentary behaviour and proper diet
 - b. Active lifestyle and high sugar diet
 - c. Sedentary lifestyle and fiber based diet
 - d. Active lifestyle and fiber diet
- x. BMI between 25.0kg/m^2 to 30.0kg/m^2 is considered as.
- a. Obese
 - b. Overweight
 - c. Healthy
 - d. Underweight
- xi. According to ICMR guidelines the one should get at least.....hours of sleep
- a. 10-12 hours
 - b. 6-8 hours
 - c. 4-6 hours
 - d. 7-9 hours
- xii. Match the following:
- | | | |
|--------------------|---|--------------|
| I. Micronutrient | - | A. Minerals |
| II. Macronutrient | - | B. Potassium |
| III. Macro mineral | - | C. Iodine |
| IV. Micro mineral | - | D. Lipid |

Codes:

	I	II	III	IV
a)	A	D	C	B
b)	C	D	B	A
c)	D	C	A	B
d)	A	D	B	C
