

KANYASHREE UNIVERSITY

M.Sc. 3rd Semester Examination-2023

Subject: Food & Nutrition

Course-DSE (I)

Sports Nutrition

Full Marks-40

Time-2.00 Hours

Group A

[Answer any four of the following]

5×4=20

1. Discuss about the hydration planning of an athlete pre and during exercise. [5]
2. What do you know about glycogen loading? How it is done? [5]
3. What do you know about female athlete triad? Classify exercise. Which type of exercise depends greatly on anaerobic metabolism? [2+2+1]
4. “Over supplementation of protein may be harmful for an athlete?” - Justify it. [5]
5. Discuss about oxidative stress in an athlete during strenuous exercise. [5]
6. Why athletes are provided with sodium and potassium infused water during sports? [5]
7. What are the two eating disorders observed in athletes? Define athletic anaemia. [3+2]

Group B

[Answer any two of the following]

10×2=20

1. Explain the energy substrates for different activities in an athlete. [10]
2. Discuss briefly the neuromuscular and cardiovascular changes in an athlete. [5+5]
3. Illustrate the harmful effects of anabolic steroid on athlete. [10]
4. Give a detailed idea about protein turnover in athletes. [10]
