

# KANYASHREE UNIVERSITY

M.Sc. 3<sup>rd</sup> Semester Examination-2024

Subject: Food & Nutrition

Course- DSE I

Sports Nutrition & Space Nutrition

Full Marks-40

Time-2.00 Hours

## GROUP - A

(Answer **any four** of the following)

(5×4=20)

1. Briefly explain any two methods of estimation of energy expenditure of sports persons. [5]
2. What is aerobic exercise and anaerobic exercise? Give examples. Write down the physiology of energy system in our body. [3+2]
3. What is osteoporosis? Explain the preventive strategies for osteoporosis. [2+3]
4. What do you mean by exercise intensity? Classify and give examples of exercises depending upon their intensities. [2+3]
5. Write a short note on protein supplement. [5]
6. Briefly explain four space foods and give examples. What do you mean by protein turnover? [4+1]
7. Write a short note on the regulation of fat metabolism. [5]

## GROUP – B

(Answer **any two** of the following)

(10× 2=20)

1. What is carbohydrate loading? Write down the role of carbohydrate as an energy source for sports persons. [4+6]
2. How does intensity, duration, training status and carbohydrate feeding affect fat oxidation in athletes? What do you know about fasting and fat ingestion in sports persons? [8+2]
3. How will you maintain the fluid balance in a sports person? Why is it important to maintain the fluid balance in an athlete? What is the importance of sports drinks? [4+3+3]
4. Write down the role of B complex vitamins in the athletes. What do you mean by exercise induced oxidative stress? Why osteoporosis is common in sports persons? [4+3+3]

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