



**WEST BENGAL STATE UNIVERSITY**  
B.Sc. Honours 5th Semester Examination, 2020, held in 2021

**FNTADSE01T-FOOD AND NUTRITION (DSE1/2)**

**SPORTS NUTRITION**

Time Allotted: 2 Hours

Full Marks: 40

*The figures in the margin indicate full marks.  
Candidates should answer in their own words and adhere to the word limit as practicable.  
All symbols are of usual significance.*

**Answer any *four* questions from the following**  
**All parts of a question should preferably be answered together**

10×4 = 40

1. Write short notes on any *two* of the following: 5×2 = 10
  - (a) Respiratory quotient
  - (b) Endurance exercise
  - (c) Planning of meal spacing in athletes.
  
2. Explain the following terms (any *two*): 5×2 = 10
  - (a) Carbohydrate loading
  - (b) Resistance training
  - (c) Aerobic exercise.
  
3. Write a note on importance of 5+5
  - (a) Fluid replacement during exercise.
  - (b) Importance of electrolyte balance in endurance performance.
  
4. Explain the guiding principle for planning a pre-competition meal. Plan a pre-competition meal following the principle. 5+5
  
5. (a) Mention the role of antioxidants in combating exercise induced oxidative stress. 5+5  
(b) Mention the role of fat as a fuel for exercise.
  
6. Explain the significance of taking carbohydrate during and after exercise performance. 10

7. What do you mean by fatigue? How can you prevent it? 5+5
8. What is aerobic capacity? How can you suggest improving it? 5+5
9. What is sports nutrition? Explain the significance of Vitamin B complex and calcium in sports persons. 4+3+3

**N.B. :** *Students have to complete submission of their Answer Scripts through E-mail / Whatsapp to their own respective colleges on the same day / date of examination within 1 hour after end of exam. University / College authorities will not be held responsible for wrong submission (at in proper address). Students are strongly advised not to submit multiple copies of the same answer script.*

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