



WEST BENGAL STATE UNIVERSITY
B.Sc. Honours 5th Semester Examination, 2021-22

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

10×4 = 40

1. Discuss about the importance of carbohydrate dense meal during and after event. 5+5
2. Explain your understanding about aerobic and anaerobic energy system of the body. 5+5
3. Explain the adverse effects of dehydration in athletes. Explain the guidelines for proper hydration for athletes. 6+4
4. State your understanding about carbohydrate loading and significance of electrolyte balance in case of endurance performance. 5+5
5. Discuss about the protein requirements during different type of exercises. Explain about various factors that affect protein requirements in athletes. 5+5
6. Mention the importance of calcium and iron for sportspersons. What is sports anemia? 3+3+4
7. (i) Write a note on energy requirement for different types of sporting events. 5+5
(ii) Explain the factors affecting the utilization of fuel during different forms of exercise.
8. What is aerobic capacity? Write a note on:
(i) its assessment
(ii) factors affecting it. 4+3+3
9. Write notes on:
(i) Role of antioxidants in sportspersons diet
(ii) Glycemic index of food and its significance in sportspersons' daily diet. 5+5

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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