

2024

SPORTS NUTRITION AND WEIGHT MANAGEMENT

Paper : EC-202

Full Marks : 70

The figures in the margin indicate full marks.

*Candidates are required to give their answers in their own words
as far as practicable.*

1. Define Sports Nutrition. State the guideline of basic nutrition. How does sports nutrition play the role of a game changer in performance of sports? 3+5+7

Or,

Write the difference between diet and nutrition. What should be the plan of diet for long distance runners and the athletes of throwing events? 3+12

2. What are the different types of nutrient and what should be their right proportion in a diet? Prepare a dietary regime for a women athlete for pre, during and post phase of training. 3+3+9

Or,

Write down the importance of micro-nutrients in diet for sportsperson. What are the causes of dehydration? Discuss the role of water and electrolytes intake during sports event performance. 4+4+7

3. What is BMI and how body weight and health status of an adult person can be interpreted through BMI norm? Discuss the management of body weight of an obese person to achieve and maintain normal BMI. (2+3)+10

Or,

What are the factors that affect weight management? Discuss the hazards of obesity in our society. Prepare a schedule for weight gain for non-sportsperson population. 4+6+5

4. Write notes on *any two* of the following : 7½×2
- (a) Macro Nutrients
 - (b) Protein and sports performance
 - (c) Daily calorie intake and expenditure
 - (d) Myth of spot weight reduction.

Please Turn Over

5. Select the correct option for each of the following and write the same on your answer-script (*any ten*) :
1×10

- (a) Food used to supply energy during sports event by muscle are
- (i) Protein and Vitamins
 - (ii) Vitamins and Minerals
 - (iii) Fibre and Phytochemical
 - (iv) Carbohydrate and Fat.
- (b) The nutrients that provide 'protection against diseases' are
- (i) Carbohydrates and Fats
 - (ii) Fat and Fibre
 - (iii) Vitamins and Minerals
 - (iv) None of these.
- (c) One of the following which is the indigestible portion of our diet essential to the health of the digestive system is
- (i) Vitamins
 - (ii) Protein
 - (iii) Fats
 - (iv) Fibre.
- (d) How much calories can be obtained from one gram of Fat?
- (i) 9 Cal
 - (ii) 4 Cal
 - (iii) 2 Cal
 - (iv) 6 Cal.
- (e) The process of energy production from the food stuff is called
- (i) Digestion
 - (ii) Ingestion
 - (iii) Absorption
 - (iv) Metabolism.
- (f) The number of essential amino acids is
- (i) 7
 - (ii) 5
 - (iii) 8
 - (iv) 9.
- (g) The major role of Vitamin-K in human body is
- (i) Energy production
 - (ii) Anti-inflammatory
 - (iii) Clotting of blood
 - (iv) Formation of bone.
- (h) Deficiency of which mineral may cause Anaemia?
- (i) Iodine (I)
 - (ii) Chlorine (Cl)
 - (iii) Sodium (Na)
 - (iv) Iron (Fe).
- (i) The disease caused by Vitamin-A deficiency is
- (i) Night blindness
 - (ii) Rickets
 - (iii) Both (i) and (ii)
 - (iv) None of these

- (j) The nutrient responsible for muscle growth and repair is
- (i) Carbohydrate
 - (ii) Protein
 - (iii) Fat
 - (iv) Fibre.
- (k) Excess accumulation of adipose tissue in body may leads to
- (i) Obesity
 - (ii) Malnutrition
 - (iii) Tuberculosis
 - (iv) All of these.
- (l) For calculation of Energy Expenditure, TDEE stands for
- (i) Technical Dietary Energy Expenditure
 - (ii) Total Dietary Energy Expenditure
 - (iii) Terminal Dietary Energy Expenditure
 - (iv) Total Daily Energy Expenditure.
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