

2025

SPORTS NUTRITION AND WEIGHT MANAGEMENT

Course : 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. Discuss nutrition and sports nutrition. Explain the Importance of different nutrients and their usage for athlete preparation. 5+10

Or

Explain the key factors to be considered for developing a nutritional plan. Prepare a diet chart for a female student pursuing the BPEd programme of study considering the daily requirement of 2000 Calories. 5+10

2. Discuss the importance of protein in a sports diet. Explain the importance of carbohydrate and fat in diet for better sports performance. 5+10

Or

What are micronutrients? Discuss importance of Vitamins and Minerals for female athletes in relation to their health. 3+12

3. Define obesity and describe the health and social hazards of obesity. Discuss the factors to be considered for the weight management programme of an obese person. (2+8)+5

Or

Explain the concept of energy balance in respect to weight management programme. Calculate TDEE of a young Football player of 25 years age ($BMR=38 \text{ Cal/hr/m}^2$) having height of 1.50 m and body weight of 65 kg ($BSA=1.60 \text{ m}^2$) who undergoes three hour of training per day (rate of energy expenditure for football playing is 7.2 Cal/min). 5+10

7½×2

4. Write notes on the following (*any two*) :

- (a) Diet for weight gain and weight loss
- (b) Guidelines of basic nutrition
- (c) Myths of sopt reduction
- (d) BMI and Obesity.

Please Turn Over

5. Answer the following MCQs by choosing the correct option from the given alternatives for each question and write it on your answer script (*any ten*) : 1×10

(a) Which macronutrient is the primary source of energy during high-intensity exercise?

- (i) Protein
- (ii) Fat
- (iii) Carbohydrate
- (iv) Fiber.

(b) What is the recommended daily protein intake for normal adult person?

- (i) 0.8 g/kg body weight
- (ii) 1.2-2.0 g/kg body weight
- (iii) 3.0-4.0 g/kg body weight
- (iv) None of these.

(c) Which mineral is most important for bone health?

- (i) Fe
- (ii) Ca
- (iii) Mg
- (iv) Cu.

(d) What is the most important factor in long-term weight management?

- (i) Crash dieting
- (ii) Regular physical activity
- (iii) Skipping meals
- (iv) Detox diets.

(e) What is a healthy rate of weight loss per week?

- (i) 1-2 kg
- (ii) 3-4 kg
- (iii) 5 kg
- (iv) 0.1 kg.

(f) What is the role of electrolytes in sports nutrition?

- (i) Provide energy
- (ii) Enhance muscle size
- (iii) Maintain fluid balance and prevent cramps
- (iv) Improve sleep.

(g) Which of the following is a complete protein source?

- (i) Rice
- (ii) Lentils
- (iii) Eggs
- (iv) Wheat.

(h) What nutrient is most important for oxygen transport in the blood?

- (i) Calcium
- (ii) Iron
- (iii) Zinc
- (iv) Magnesium.

(i) What is considered as the normal BMI range for adults?

- (i) 10-15 kg/m²
- (ii) 16-18 kg/m²
- (iii) 18.5-24.9 kg/m²
- (iv) 25-30 kg/m².

- (j) What is the main function of fat in an athlete's diet?
- (i) Building muscle
 - (ii) Providing short-term energy
 - (iii) Providing long-term energy and hormone production
 - (iv) Increasing hydration.
- (k) How soon after exercise should athletes consume carbohydrates for optimal recovery?
- (i) Immediately to 2 hours later
 - (ii) 6 hours later
 - (iii) Before sleep
 - (iv) The next day.
- (l) The thermic effect of food (TEF) is to generate
- (i) calories stored as fat
 - (ii) calories burnt during digestion
 - (iii) calories burnt while sleeping
 - (iv) calories from carbohydrates.
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