

Reg. No.

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**FNS 554**

**IV Semester M.Sc. (CBCS) Degree Examination, September/October 2022**  
**FOOD SCIENCE AND NUTRITION**  
**Sports Nutrition**

Time : 3 Hours

Max. Marks : 70

1. Write short notes on **any five** of the following (**not** exceeding **2** pages **each**).  
**(5×3=15)**
  - a) Management of fitness and health.
  - b) Nutrients supporting physical activity.
  - c) Carbohydrate loading.
  - d) Ergo genic aids.
  - e) Fluid and electrolyte balance in sports.
  - f) Exercise and physical fitness.
  - g) Ill effects of drugs.
  - h) Carbohydrate requirement for heavy weight lifters.
2. Write explanatory notes on **any five** of the following (**not** exceeding **3** pages **each**).  
**(5×5=25)**
  - a) Management of weight control regime.
  - b) Importance of pre and post-game meals.
  - c) Sports drinks and sports bars.
  - d) Nutritional guidelines for Ideal Body composition.
  - e) Guidelines for selection of Ergo genic aids.
  - f) Impact of alcohol and drug use on sports performance.
  - g) Commercial food supplements.
  - h) Diet for high energy requirements.
3. Answer **any three** of the following (**not** exceeding **5** pages **each**).  
**(3×10=30)**
  - a) Elaborate on ideal body composition for different sports events.
  - b) Explain the uses of different nutra genic and ergo genic aids in sports.
  - c) Explain the dietary requirement for stress, fractures and injuries.
  - d) Discuss on mobilization of fuel stores during exercise.
  - e) Discuss on drugs and rehabilitation techniques and nutrient requirement.