

2019

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.*

Answer *all* questions.

1. Explain the Guidelines of Nutrition for Weight Loss and Weight Gain. 8+7

Or,

Write in detail the role of nutrition in throwing Events (Athletics), Long distance Events (Athletics) and Bodybuilding. 5+5+5
2. What is Glycemic Index? Write in detail about simple and complex carbohydrates. 5+5+5

Or,

Write an essay on role of protein on sports performance. 15
3. Discuss about Obesity as a health hazard in India. Describe ways and means to reduce belly fat. 10+5

Or,

How to reduce body weight using diet control measures? 15
4. Write short notes on *any two* : 7½×2
 - (a) Balance between caloric intake and expenditure
 - (b) Basal Metabolic Rate
 - (c) Balanced Diet
 - (d) Role of Exercise in weight management.
5. Choose from alternatives and write the correct answer (*any ten*) : 1×10
 - (a) Weight loss is the result when
 - (i) Energy Intake is more than Energy Expenditure
 - (ii) Energy Intake is less than Energy Expenditure
 - (iii) Energy Intake is equal to Energy Expenditure
 - (iv) None of the above.

Please Turn Over

- (b) Which of the following is not a source of Vitamin A?
(i) Orange (ii) Common salt (iii) Carrot (iv) Sugar.
- (c) Intake of which of the following should be controlled in diet?
(i) Sugar (ii) Salt (iii) Vitamins (iv) All of these.
- (d) Which of the following vitamins is produced with the help of Sun rays?
(i) Vitamin A (ii) Vitamin B (iii) Vitamin C (iv) Vitamin D.
- (e) Amino Acids are building blocks of
(i) Carbohydrates (ii) Proteins (iii) Fats (iv) Lactic acids.
- (f) Red meat is harmful because it is high in following kind of fat
(i) Saturated Fats (ii) Unsaturated Fats (iii) Omega 3 Fats (iv) Omega 6 Fats.
- (g) Which formula is used to measure BMI?
(i) $\frac{\text{Weight (kg)}}{\text{Height (m)}}$ (ii) $\frac{\text{Height (m)}}{\text{Weight}^2 (\text{kg}^2)}$ (iii) $\frac{\text{Height (cm)}}{\text{Weight}^2 (\text{kg})^2}$ (iv) $\frac{\text{Weight (kg)}}{\text{Height}^2 (\text{m}^2)}$
- (h) Obesity is mainly caused by
(i) Lack of physical activity
(ii) Excess of food intake
(iii) Both of the above
(iv) None of the above.
- (i) Atkins Diet, Ketogenic Diet, Paleo Diet are based on principle of reducing intake of
(i) Carbohydrate (ii) Protein (iii) Fats (iv) Fiber.
- (j) Balanced Diet contains
(i) Protein (ii) Vitamin (iii) Carbohydrates (iv) All of these.
- (k) Each gram of Fat provides _____ kcal energy.
(i) 4 (ii) 6 (iii) 9 (iv) 11.
- (l) Which among the following does not supply energy?
(i) Unsaturated Fats
(ii) Complex Carbohydrates
(iii) Vitamin A
(iv) Whey Protein.
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