

2021

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. Write down the importance of nutrition in sports. What are the factors that influence a nutritional plan? 7+8

Or,

What do you mean by a balanced diet? Prepare separate food charts according to the requirement of calorie for a sprinter and a long distance runner. 3+6+6

2. Enlist the sources of different vitamins and minerals and describe their effects on the human body. 10+5

Or,

Define Sports Nutrition. Discuss the role of carbohydrate, protein and fat in exercise. 3+4+4+4

3. Explain the roles of diet and exercise for an underweight and an overweight person. 15

Or,

What is the modern concept of weight management and its factors? Explain the necessity and method of maintaining balance between calorie intake and expenditure. 9+6

4. Write short notes on **any two** of the following : 7½×2

- (a) BMR and BMI
- (b) Hydration
- (c) Obesity and its risk factors
- (d) Sources and functions of saturated fat.

5. Select the right option and write on your answer script (**any ten**) : 1×10

- (a) Example of a hydrogenated fat is :
- (i) Butter
 - (ii) Margarine
 - (iii) Olive Oil
 - (iv) Coconut Oil

Please Turn Over

- (b) The nutrient known as sunshine vitamin is :
- (i) Vitamin C
 - (ii) Vitamin A
 - (iii) Vitamin K
 - (iv) Vitamin D
- (c) Which nutrient is essential for producing hormone, healthier skin and builds up of cell membranes?
- (i) Fat
 - (ii) Carbohydrate
 - (iii) Fibre
 - (iv) Vitamin B₁₂
- (d) A good source of Vitamin B₃ is :
- (i) Chicken
 - (ii) Lemon
 - (iii) Beef
 - (iv) Mutton
- (e) Daily requirement of iron for an adult is :
- (i) 10mg
 - (ii) 12mg
 - (iii) 14mg
 - (iv) 16mg
- (f) Optimal body fat for health and fitness for men is :
- (i) 5-10%
 - (ii) 10-15%
 - (iii) 15-20%
 - (iv) 20-25%
- (g) Weight loss will occur first in which area of your body?
- (i) The abdominal area
 - (ii) The hips
 - (iii) In the site of the largest fat store
 - (iv) In the area that you exercised
- (h) Among the following traits, which one plays the greatest role in the potential for obesity?
- (i) Age
 - (ii) Gender
 - (iii) Heredity
 - (iv) Lifestyle
- (i) Which of the following nutrients helps to build and repair muscles?
- (i) Carbohydrate
 - (ii) Protein
 - (iii) Fat
 - (iv) Vitamin
- (j) What is the preferred source of fuel for athletes?
- (i) Protein
 - (ii) Fat and Carbohydrates
 - (iii) Vitamins
 - (iv) Carbohydrates only
- (k) A common source of carbohydrates is :
- (i) Seeds
 - (ii) Fruits
 - (iii) Brown rice
 - (iv) Potatoes
- (l) Anaemia is caused by a lack of which element in your diet?
- (i) Sodium
 - (ii) Calcium
 - (iii) Iron
 - (iv) Zinc
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