

2022

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. What is Sports Nutrition? Enlist the guideline of basic nutrition. Discuss the role of nutrition in Sports. 3+5+7

Or,

What are nutrients? Discuss the role of Macro-nutrients for energy supply during exercise and sports. 6+9

2. Discuss the role of vitamins, mineral and water in nutrition. Write the importance of hydration in relation to exercise. 9+6

Or,

Elaborate the meaning of weight management. Why is it important for modern society? Explain the factors affecting weight management in detail. 3+3+9

3. Discuss obesity in respect of BMI. Enlist the health risks associated with obesity. Discuss the role of dieting and exercise for obesity control. 5+3+7

Or,

Explain the concept of athletic diet and its importance. Prepare a diet chart for a sports woman having weight 56 kg, height 165 cm, spending 2900 Calories every day. 3+3+9

4. Write short notes on the following (*any two*): 7½×2
- (a) Energy balance for weight management
 - (b) Nutritional plan for a sporty child
 - (c) Obesity and its hazards
 - (d) Daily calorie intake and expenditure for weight reduction.

Please Turn Over

5. Answer MCQs from following by selecting the correct option and writing the same on your answer-script (*any ten*): 1×10

- (a) BMR for adult women is
- (i) 28 KCal/hour/sq.cm body surface
 - (ii) 32 KCal/hour/sq.cm body surface
 - (iii) 36 KCal/hour/sq.cm body surface
 - (iv) 40 KCal/hour/sq.cm body surface.
- (b) The Harris-Benedict formula may be used to calculate
- (i) BMI
 - (ii) BMR
 - (iii) BPL
 - (iv) BDR.
- (c) Which nutrient is essential for producing hormone, healthier skin and building up cell membranes?
- (i) Fat
 - (ii) Carbohydrate
 - (iii) Fibre
 - (iv) Vitamin B₁₂.
- (d) Vitamin C is required to protect from
- (i) Beriberi
 - (ii) Pellagra
 - (iii) Night-blindness
 - (iv) Scurvy.
- (e) Daily requirement of Iodine for an adult is
- (i) 100 µg
 - (ii) 120 µg
 - (iii) 150 µg
 - (iv) 200 µg.
- (f) Healthy body fat for adult women is ideally
- (i) 5-8% of body weight
 - (ii) 10-12% of body weight
 - (iii) 20-25% of body weight
 - (iv) 35-40% of body weight.
- (g) Which of the following is considered as negative energy balance for weight management programme?
- (i) Daily intake of calories is more than expenditure.
 - (ii) Daily expenditure of calories is more than intake.
 - (iii) Daily expenditure and intake of calories are same.
 - (iv) None of the above.
- (h) Which of the following conditions is adopted in weight management programme for weight gain?
- (i) Neutral energy balance
 - (ii) Positive energy balance
 - (iii) Negative energy balance
 - (iv) None of the above.
- (i) Which of the following nutrients is mostly used to build and repair muscles?
- (i) Carbohydrate
 - (ii) Protein
 - (iii) Fat
 - (iv) Vitamins.

(3)

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- (j) What is the preferred source of fuel for sports performance?
- (i) Protein and Fat
 - (ii) Fat and Carbohydrates
 - (iii) Vitamins and Minerals
 - (iv) Carbohydrates and Protein.
- (k) Which of the following components is essential in diet for easy digestion, without addition of calories?
- (i) Complex protein
 - (ii) Saturated fat
 - (iii) Simple carbohydrate
 - (iv) Fibre
- (l) The ratio of carbohydrate, fat and protein in healthy diet of adult person should be as
- (i) 4 : 4 : 1
 - (ii) 1 : 1 : 4
 - (iii) 4 : 1 : 1
 - (iv) 1 : 4 : 4.
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