## 2023

## 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. Elaborate the concept of Nutrition and Sports Nutrition. Discuss the factors to be considered for developing a nutritional plan for a young athlete.

5+10

Or,

Why is nutritional knowledge essential for a physical education teacher? Discuss the importance of nutritional plan for budding athletes in relation to sports performance. 5+10

2. Why is protein considered as body building nutrient? Discuss the role of carbohydrate and fat as source of energy during sports.

6+9

Or,

What are micronutrients? Discuss the source and function of following micronutrients in human body:

- (a) Vitamin-D
- (b) Sodium
- (c) Iodine

(d) Calcium. 3+12

3. What is BMR? Mention its average value for an adult male and female. How do you assess health risk of a person considering his/her BMI value? Discuss the different hazards of obese persons.

3+2+4+6

Or,

Explain the concept of Energy Balance in respect to weight management. Discuss the role of diet and exercise for the weight management programme in detail.

6+9

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

 $7\frac{1}{2} \times 2$ 

- (a) Balanced diet and athletic diet
- (b) Nutritional plan for sporty child
- (c) Causes of obesity and its solution
- (d) Myths about weight loss.

Please Turn Over

5.	Select	the correct option for each of the	e following and write the same on your answer-script (any ten): $1 \times 10$
	(a) E	BMI of an adult obese person us	ually be
		(i) less than $25.00 \text{ kg/m}^2$	(ii) in between 25 to 30 kg/m $^2$
		(iii) more than 30 kg/m <sup>2</sup>	(iv) in between 18.5 to 25 kg/m $^2$ .
	(b)	The Harris-Benedict formula ma	
		(i) BMI	(ii) BMR
		(iii) BPL	(iv) BDR.
	(c)	The nutrient which is essential for	producing thyroid hormones is
		(i) Fat	(ii) Iron
		(iii) Iodine	(iv) Vitamin B <sub>12</sub> .
	(d)	Vitamin-C is required to protect f	12
		(i) Beriberi	(ii) Pellagra
		(iii) Night-blindness	(iv) Scurvy.
	(e) The disease that can crop up in women as a result of 'Fe' deficiency is		
		(i) Rickets	(ii) Marasmus
		(iii) Anaemia	(iv) Kwashiorkor.
	(f)	The category of the following foo	d which is considered as essential for healthy diet is
		(i) fruits and vegetables	(ii) milk or milk products
		(iii) protein food like fish/meat/e	gg (iv) All of these.
	(g)	One of the following which corprogramme is	sidered as positive energy balance for weight management
		(i) daily intake of calories is mo	re than expenditure
		(ii) daily expenditure of calories	
		(iii) daily expenditure and intake	of calories are same
	4.	(iv) None of the above.	
	(h)	IOSS IS	ich is adopted in weight management programme for the weight
		(i) neutral energy balance	(ii) positive energy balance
	(*)	(iii) negative energy balance	(iv) None of these.
	(1)	The nutrient that mostly used to b	
		<ul><li>(i) Carbohydrate</li><li>(iii) Fat</li></ul>	(ii) Protein
		(m) rat	(iv) Vitamin.

- (j) The category of foods which considered as good source of the vitamins and minerals are (ii) fast food and ice-creams (i) rice and lentils (iv) energy drinks and cold drinks. (iii) fresh fruits and vegetables The component which is essential in diet for easy digestion, but not to get the calories — (i) Complex protein (ii) Saturated fat (iv) Fibre. (iii) Simple carbohydrate (l) A boiled egg contains
- - (i) maximum carbohydrate and minimum protein
  - (ii) maximum protein and minimum carbohydrate
  - (iii) maximum fat and minimum protein
  - (iv) maximum carbohydrate and maximum protein.