

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*): 7½×2
- (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

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