WEST BENGAL STATE UNIVERSITY
B.Sc. Honours 5th Semester Examination, 2020, held in 2021

FNTADSE01T-FOOD AND NUTRITION (DSE1/2)

SPORTS NUTRITION

Time Allotted: 2 Hours   Full Marks: 40

The figures in the margin indicate full marks.
Candidates should answer in their own words and adhere to the word limit as practicable.
All symbols are of usual significance.

Answer any *four* questions from the following   10×4 = 40
All parts of a question should preferably be answered together

1. Write short notes on any *two* of the following: 5×2 = 10

    (a) Respiratory quotient

    (b) Endurance exercise

    (c) Planning of meal spacing in athletes.

2. Explain the following terms (any *two*):   5×2 = 10

    (a) Carbohydrate loading

    (b) Resistance training

    (c) Aerobic exercise.

3. Write a note on importance of   5+5

    (a) Fluid replacement during exercise.

    (b) Importance of electrolyte balance in endurance performance.

4. Explain the guiding principle for planning a pre-competition meal. Plan a pre-competition meal following the principle.   5+5

5. (a) Mention the role of antioxidants in combating exercise induced oxidative stress.   5+5

    (b) Mention the role of fat as a fuel for exercise.

6. Explain the significance of taking carbohydrate during and after exercise performance.   10

7.   What do you mean by fatigue? How can you prevent it?   5+5

8.   What is aerobic capacity? How can you suggest improving it?   5+5

9.   What is sports nutrition? Explain the significance of Vitamin B complex and   4+3+3
     calcium in sports persons.

N.B. : *Students have to complete submission of their Answer Scripts through E-mail / Whatsapp to their own respective colleges on the same day / date of examination within* 1 *hour after end of exam. University / College authorities will not be held responsible for wrong submission (at in proper address). Students are strongly advised not to submit multiple copies of the same answer script.*

——×——