



**WEST BENGAL STATE UNIVERSITY**  
B.Sc. Honours 5th Semester Examination, 2021-22

**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

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|----|--|-------|
| 1. | Discuss about the importance of carbohydrate dense meal during and after event.  | 5+5   |
| 2. | Explain your understanding about aerobic and anaerobic energy system of the body.  | 5+5   |
| 3. | Explain the adverse effects of dehydration in athletes. Explain the guidelines for proper hydration for athletes.  | 6+4   |
| 4. | State your understanding about carbohydrate loading and significance of electrolyte balance in case of endurance performance.  | 5+5   |
| 5. | Discuss about the protein requirements during different type of exercises. Explain about various factors that affect protein requirements in athletes.                           | 5+5   |
| 6. | Mention the importance of calcium and iron for sportspersons. What is sports anemia?   | 3+3+4 |
| 7. | (i) Write a note on energy requirement for different types of sporting events.<br>(ii) Explain the factors affecting the utilization of fuel during different forms of exercise. | 5+5   |
| 8. | What is aerobic capacity? Write a note on:<br>(i) its assessment<br>(ii) factors affecting it.   | 4+3+3 |
| 9. | Write notes on:<br>(i) Role of antioxidants in sportspersons diet<br>(ii) Glycemic index of food and its significance in sportspersons' daily diet.                              | 5+5   |

**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.*

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