

# **SREE CHAITANYA MAHAVIDYALAYA**

**B.SC (H)-SEMISTER –V; INTERNAL EXAMINATION 2021-22**

**PAPER NAME-SPORTS NUTRITION**

**PAPER CODE-FNTADSE01**

**Answer script to be sent with in 01 hour after exam at**

**[buladey75@gmail.com](mailto:buladey75@gmail.com)**

**F.M-08**

**TIME: 30MINS**

**Answer any four from the following: (4x2) = 8**

1. What is pregame meal?
2. What is carbohydrate loading?
3. What is sports anaemia?
4. Write about the RDA of protein.
5. Why water is so important during athletics performance?
6. Which kind of amino acid is important during athletics performance?