

**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

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. 5+5
(ii) Explain the factors affecting the utilization of fuel during different forms of exercise.
8. What is aerobic capacity? Write a note on: 4+3+3
(i) its assessment
(ii) factors affecting it.
9. Write notes on: 5+5
(i) Role of antioxidants in sportspersons diet
(ii) Glycemic index of food and its significance in sportspersons' daily diet.

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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