

ROLL No.....

NATIONAL COUNCIL FOR HOTEL MANAGEMENT  
AND CATERING TECHNOLOGY, NOIDA  
**ACADEMIC YEAR 2014-2015**

COURSE : 2<sup>nd</sup> Semester of Post Graduate Diploma in  
Dietetics & Hospital Food Service  
SUBJECT : Sports Nutrition  
TIME ALLOWED : 03 Hours MAX. MARKS: 100

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(Marks allotted to each question are given in brackets)

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Q.1. How are exercises classified on the basis of responses?

**OR**

What are physical tests? Briefly describe health related tests.

(10)

Q.2. Explain pulmonary responses during training with emphasis on the kind of exercise.

**OR**

Explain how different aids may help in increasing  $VO_2$  and aerobic performance.

(10)

Q.3. How does the heart and muscles of the weightlifter get adapted as compared with that of an endurance athlete?

**OR**

What are the various structural and physiological gender differences? Describe nutritional considerations for female athletes.

(10)

Q.4. "Choice of nutrients is important in sports". Justify the statement with the help of a food pyramid.

**OR**

"Carbohydrate is the main fuel for athletes". Justify by stating the fuelling strategies and carbohydrate requirements for different group events.

(10)

Q.5. What is female athlete triad? Describe the eating disorders and consequences of these.

(10)

Q.6. Differentiate between:

- (a) Diet during pre-training events and post training events.
- (b) Nutritional and pharmaceutical ergogenic aids.

(5+5=10)

Q.7. What is meant by fluid balance? Describe the fluid replacement guidelines for athletes.

(10)

Q.8. What are sports injuries? Briefly describe the causes and treatment for these.

(10)

Q.9. Write short notes on:

- (a) Skill tests
- (b) Sport science is a multi-disciplinary field
- (c) Nutrient requirements for junior athletes
- (d) Electrolytes in sports nutrition

(4x2 ½ =10)

Q.10. **A** State True or false:

- (i) Muscle fibre can be converted from one type to another through a high protein diet.
- (ii) Fat loading is important for the increased energy requirement during training.
- (iii) Oxygen demands during training/events depend upon the energy expenditure.
- (iv) Hydration is required only when training or performing in open.
- (v) Nature of muscle fibre remain constant and number may increase during training.

**B** Fill in the blanks:

- (i) ATP/PC system is a \_\_\_\_\_ energy system.
- (ii) Performance \_\_\_\_\_ in hot and humid environment.
- (iii) In \_\_\_\_\_ stretching flexibility is improved when external force is applied by a partner.
- (iv) \_\_\_\_\_ aids help to improve the efficiency and enhance the quality of sports performance.
- (v) Zipper test is an example of \_\_\_\_\_ test.

(5+5=10)

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