

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 0921]

**SEPTEMBER 2021
(MAY 2021 EXAM SESSION)**

Sub. Code: 2011

**M.Sc. SPORTS AND FITNESS NUTRITION
FIRST YEAR (From 2018-2019 onwards)
PAPER -I SPORTS NUTRITION FOR PERFORMANCE EXCELLENCE
*Q.P. Code : 282011***

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate notes on:

(2 x 20 = 40)

1. Discuss briefly on glycaemic load and index in sports and fitness.
2. Elaborate on the importance of sports nutrition in current scenario.

II. Write Short Notes on:

(10x6 = 60)

1. Measuring energy expenditure.
2. Classification of amino acids and its importance in sports nutrition.
3. Role of electrolytes in sports and performance.
4. Discuss on the advantage and disadvantage of ergogenic aids in sports and fitness.
5. Eating disorder in sports Individuals.
6. Discuss on the importance for nutrition among down syndrome sports individual.
7. How nutrition plays a major role in weight conscious sports.
8. Discuss on post competition nutrition and weight management.
9. Explain the role of growth and nutrition in paediatric sports.
10. Classification of fats and its importance in Sports and fitness.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 0122]

**JANUARY 2022
(OCTOBER 2021 EXAM SESSION)**

Sub. Code: 2011

**M.Sc. SPORTS AND FITNESS NUTRITION
SECOND YEAR (From 2018-2019 onwards)
PAPER -I SPORTS NUTRITION FOR PERFORMANCE EXCELLENCE
*Q.P. Code : 282011***

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate notes on:

(2 x 20 = 40)

1. Discuss briefly on Ergogenic Aids.
2. Elaborate on the nutrition for performance enhancement.

II. Write Short Notes on:

(10x6 = 60)

1. Discuss on energy metabolism.
2. Discuss on type of competition event and its nutritional significance.
3. How to improve the quality of proteins in diet of sports individuals.
4. Explain on the importance of nutrition for swimming.
5. Write about the role of minerals in performance sports.
6. Discuss on the importance for nutrition among ironman, triathlon and ultrathin.
7. Explain on Metabolic Equivalent.
8. Discuss on pre- competition nutrition.
9. Classification of carbohydrates and its importance in sports.
10. Eating Disorders in Female Athlete.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 1022]

OCTOBER 2022

Sub. Code: 2011

**M.Sc. SPORTS AND FITNESS NUTRITION
SECOND YEAR (From 2018-2019 & 2020-2021 onwards)
PAPER I - SPORTS NUTRITION FOR PERFORMANCE EXCELLENCE**

Q.P. Code : 282011

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate notes on:

(2 x 20 = 40)

1. Elaborate on nutrition for differentially able individuals in sports and fitness.
2. Elaborate on the vitamins in sports and fitness.

II. Write Short Notes on:

(10x6 = 60)

1. Discuss on sports supplements and its significance.
2. Discuss on role of antioxidant in sports and fitness.
3. Explain on the effects of climate and environment in sports performance.
4. Explain on the nutrition for martial artist in Olympics.
5. How to maintain and restore electrolyte balance in sports and fitness?
6. How much carbohydrate has to be consumed for sports and fitness?
7. Explain the role of proteins in sports and fitness.
8. Discuss on fats in sports during training.
9. Explain the role of fuel energy metabolism in exercise.
10. Pre and post Competition Nutrition.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 1023]

OCTOBER 2023

Sub. Code: 2011

**M.Sc. SPORTS AND FITNESS NUTRITION
SECOND YEAR (From 2020-2021 onwards)
PAPER I - SPORTS NUTRITION FOR PERFORMANCE EXCELLENCE**

Q.P. Code: 282011

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate notes on:

(2 x 20 = 40)

1. Role of carbohydrates during different phases of training in sports.
2. Micro – nutrients and their role in sports.

II. Write Short Notes on:

(10x6 = 60)

1. BMI and weight loss.
2. Protein sparing.
3. Hydration.
4. Doping and its prevention.
5. Nutrition in winter sports.
6. Sports supplements – efficacy and adversity.
7. Strength and flexibility training.
8. Paediatric sports nutrition.
9. Vitamins and their importance.
10. Nutrition for Intermittent sports.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 0524]

MAY 2024

Sub. Code: 2011

**M.Sc. SPORTS AND FITNESS NUTRITION
SECOND YEAR (From 2020-2021 onwards)
PAPER I - SPORTS NUTRITION FOR PERFORMANCE EXCELLENCE**

Q.P. Code: 282011

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate notes on:

(2 x 20 = 40)

1. Role of macro nutrients during different phases of training in sports.
2. Plan a nutrition diet for preventing muscle loss and maintenance for a weight lifter.

II. Write Short Notes on:

(10x6 = 60)

1. Glycemic index and its significance.
2. Measuring physical activity.
3. Thermo regulation in sports.
4. Doping and dangers of being tested positive in doping.
5. Nutrition in strength and power sports.
6. Nutrition in wheel chair athletes.
7. Aerobic and anaerobic training.
8. Geriatric sports and nutrition.
9. Fat intake during different phases of sports.
10. Nutrition for sports for autism and down's syndrome.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 0525]

MAY 2025

Sub. Code: 2011

**M.Sc. SPORTS AND FITNESS NUTRITION
SECOND YEAR (From 2020-2021 onwards)
PAPER I - SPORTS NUTRITION FOR PERFORMANCE EXCELLENCE**

Q.P. Code: 282011

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate notes on:

(2 x 20 = 40)

1. Elaborate on the role of protein during different phases of training in sports.
2. Discuss the importance of sports nutrition for performance excellence.

II. Write Short Notes on:

(10x6 = 60)

1. Ergogenic aids.
2. Pre-competition carbohydrate intake.
3. Fluid requirements pre, post and during competition.
4. Brief about fat soluble vitamins and its importance for performance.
5. Nutrition for young athletes.
6. Nutrition for preventing muscle loss.
7. Discuss the effect of climate and environment on performance and ways to rectify through nutrition.
8. Nutrition for marathon athletes.
9. Importance of glycogen reserves for performance.
10. Nutrition during injury and rehabilitation phase.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 1025]

OCTOBER 2025

Sub. Code: 2011

**M.Sc. SPORTS AND FITNESS NUTRITION
SECOND YEAR (From 2020-2021 onwards)
PAPER I - SPORTS NUTRITION FOR PERFORMANCE EXCELLENCE**

Q.P. Code: 282011

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate notes on:

(2 x 20 = 40)

1. Explain in detail nutrition for performance enhancement.
2. Explain the role of micronutrients in sports and performance.

II. Write Short Notes on:

(10x6 = 60)

1. What are simple sugars? Give some examples.
2. What is thermogenesis and thermic effect of food?
3. Explain female athlete triad.
4. How to assess fluid loss in workout?
5. What is the Protein requirement for sports and fitness?
6. Discuss shortly about the energy systems.
7. Role of electrolytes for performance.
8. Classification of amino acids and its importance in sports.
9. Importance of iron and calcium in sports.
10. Nutrition in swimming.
