

B.Sc. FITNESS AND LIFESTYLE MODIFICATION
(New Syllabus 2017-2018)

FIRST YEAR

PAPER III – NUTRITION AND LIFESTYLE MODIFICATION

Q.P. Code: 802803

Time: Three Hours

Maximum: 100 Marks

Answer all questions

I. Elaborate on:

(3 x 10 = 30)

1. Draw the food pyramid and list the groups and various nutrients each group provides.
2. What are fats, elaborate on the functions types and sources (two) for each type?
3. List the micronutrients, one function and two rich sources for the same.

II. Write notes on:

(8 x 5 = 40)

1. Write a short note on essential amino acids.
2. Write the functions of water, what is dehydration, how can it be corrected?
3. Write a brief note on the Functions of food pertaining to various aspects.
4. Briefly write on carbohydrates.
5. What is dietary fibre, classification, functions and sources?
6. What are antioxidants briefly discussing on the types and sources?
7. Write short notes on bone banking.
8. Discuss in detail the various eating disorders.

III. Short answers on:

(10 x 3 = 30)

1. Write short notes Nutritional Anemia.
2. What is Dietary Fibre?
3. Write short notes on Synergy of nutrients.
4. Write short notes on Buying clean water.
5. Write short notes on Dehydration.
6. Write short notes on simple carbohydrates.
7. Write short notes on iron and performance.
8. Write short notes on weight gain.
9. Write short notes on Anabolic steroids.
10. Write short notes Fat soluble vitamins.

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I. Elaborate on:

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1. Hydration and Dehydration ACSM position stand on hydration, sports drinks and oral rehydration.
2. What are Carbohydrates, elaborate on the functions types and food sources (two) for each type?
3. What are Macronutrients and micronutrients list them and give 2 food sources each?

II. Write notes on:

(8 x 5 = 40)

1. What are Proteins, list the functions?
2. Write notes on Vitamins and Co- factors.
3. Role of Selenium and Vitamin C deficient diet.
4. What are fats, list the functions?
5. Write notes on any two ergogenic aids.
6. Write notes on Diet during Aging.
7. Write notes on Anorexia Nervosa and Bullimia.
8. Briefly write on synergy of nutrition and biochemical individuality of nutrients.

III. Short answers on:

(10 x 3 = 30)

1. Write short notes on highest sweat rate recorded.
2. Write short notes on carbo loading.
3. Write short notes on diet needs for working women.
4. Write short notes on size 0.
5. Write short notes on cholesterol.
6. Write short notes on balanced diet.
7. Write short notes on lifestyle dynamics.
8. Write short notes on Essential amino acids.
9. Write short notes on bone banking.
10. Write short notes on conduction and convection.
