

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.
