



## **BRAINWARE UNIVERSITY**

Term End Examination 2024-2025
Programme – B.Sc.(FND)-Hons-2022
Course Name – Sports Nutrition
Course Code - BFNDE501A
( Semester V )

Brainware University 398, Ramkrishnapur Road, Barasal Kolkata, West Bengal-700125

Full Marks: 60

Time: 2:30 Hours

[The figure in the margin indicates full marks. Candidates are required to give their answers in their own words as far as practicable.]

## Group-A

(Multiple Choice Type Question)

1 x 15=15

- Choose the correct alternative from the following :
  - (i) Which dietary supplement is most commonly associated with enhancing the phosphagen system?
    - a) Whey protein

b) Creatine monohydrate

c) BCAAs

- d) Glutamine
- (ii) Select the correct statement for flexibility.
  - a) The ability to exert force quickly
- b) The range of motion around a joint
- c) The amount of body fat compared to lean mass
- d) The ability to maintain stability
- (iii) The ability to move quickly and change direction efficiently is called:
  - a) Balance

b) Agility

c) Flexibility

- d) Coordination
- (iv) Which of the following is an example of aerobic activity?
  - a) Push-ups

b) Running

c) Squats

- d) Weightlifting
- (v) Which of the following is a mental health benefit of regular physical activity?
  - a) Increased levels of anxiety

b) Increased stress

c) Reduced social interaction

- d) Improved mood and reduced symptoms of depression
- (vi) Why carbohydrates being consumed during exercise?
  - a) Build muscle

- b) Replenish glycogen stores
- c) Maintain blood glucose levels
- d) Boost hydration

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	(vii) What is the primary benefit of consuming events?	and on the state of the state o	
	a) Reducing muscle damage     c) Preventing hypoglycemia	<ul><li>b) Preventing dehydration</li><li>d) Improving mental focus</li></ul>	
	(viii) Which of the following is the primary role of	of fat during exercise?	
	a) Protein synthesis	b) Energy storage	
	c) Harmone production	d) Immune function	
	(ix) Which enzyme is crucial for breaking down	stored fat for energy during exercise?	
	a) Lipase	b) Amylase	
	c) Protease	d) Lactase	
	(x) Which hormone is most important for pron breakdown?	noting protein synthesis and inhibiting protein	
	a) Insulin	b) Cortisol	
	c) Glucagon	d) Adrenaline	
	(xi) Which mineral is crucial for oxygen transport endurance performance?	rt in the blood and muscle, playing a key role i	n
	a) Calcium	b) Magnesium	
	c) Iron	d) Potassium	
	(xii) Which of the following is a key antioxidant of during exercise?	enzyme that helps counteract oxidative stress	
	a) Creatine kinase	b) Lactate dehydrogenase	
	c) Amylase	d) Glutathione peroxidase	
	(xiii) What is a common characteristic of chronic	dieting?	
	a) Consistent low energy availability	b) Excessive weight gain	
	c) Excessive weight loss	d) Increased stamina	
	(xiv) Why is gradual weight loss important for ath	nletes looking to lose fat?	
	a) To preserve muscle mass	b) To prevent muscle loss	
	c) To maintain energy levels	d) To avoid energy deficiency	
	(xv) What are the common signs of eating disord	ders in sportspeople?	
	a) Increased performance	b) Energy deficiency	
	c) Energy deficiency	d) Increased endurance	
		Group-B	
		ver Type Questions)	3 x 5=15
1	2. State aerobic exercise.		(3)
<ul><li>3. Discuss the advantages and disadvantages of protein supplement to athletes.</li><li>4. Explain sports anaemia.</li></ul>			(3)
			(3)
	5. Explain Glycaemic load.		(3)
<ol><li>Explain the reason behind importance of B-complex vitamins for exercise perfor energy metabolism.</li></ol>			(3)
	Fundamental adultural page 15.1	OR	(2)
	Explain the role of vitamin B12 and folate in maintaining athletic performance.		(3)
		Group-C	
	(Long Answ	er Type Questions)	5 x 6=30
-	7. Write down the ergogenic benefits of creatine	and BCAA	(5)
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8.	Express the ideal macronutrient distribution and specific dietary needs for muscle growth and	(5)
	recovery.	
9.	Describe Glycaemic index along with example. Bring out it's importance in athletes.	(5)
10.	Explain the process and importance of fat oxidation for sports person.	(5)
11.	Explain hormone supplementation.	(5)
12.	Explain the interrelationship between fluid, carbohydrate and sodium.	(5)
	OR	•
	Explain the effects of dehydration and water excess in athlete.	(5)
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