



BRAINWARE UNIVERSITY

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

Library
Brainware University
398, Ramkrishnapur Road, Barasat
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

1. 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

8. Express the ideal macronutrient distribution and specific dietary needs for muscle growth and recovery. (5)
9. Describe Glycaemic index along with example. Bring out its 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)
