

B.P.Ed. Examination, 2019
Semester-II
Physical Education
Course : EC-202
(Sports Nutrition Weight Management)

Time : 3 Hours

Full Marks : 70

Questions are of value as indicated in the margin

Answer all questions as per the direction given in each unit.

UNIT - I

1. What is sports nutrition? Write in detail about the role of nutrition in sports. 5+10=15

Or

Discuss in detail about the factors that are to be considered for developing nutritional plan. 15

UNIT – II

2. Write the functions of protein. Discuss the role of carbohydrate during exercise. 5+10=15

Or

Write in detail about the micronutrient. 15

UNIT – III

3. What is BMI? Discuss elaborately the factors affecting weight management. 3+12=15

Or

Write in detail about obesity and physical activity. 15

UNIT – IV

4. Write short notes on **any two** of the following :
i) Balance diet ii) Nutrition iii) Diet and exercise for weight management
iv) Healthy lifestyle 7.5+7.5=15

UNIT - V

5. Write the correct answer from the following (**any ten**) : 10×1=10
- i) A specific area of study and practice within the field of nutrition is termed as
a) Sports management b) Sports medicine c) Sports nutrition d) All of these
 - ii) The number of essential nutrients which human body requires to function properly is
a) 3 b) 4 c) 5 d) None of these.
 - iii) The nutrients which body needs in a large quantity on daily basis are classified as
a) Micronutrients b) Macronutrients c) Major nutrients d) None of these
 - iv) The molecule that serves as the body's direct source of energy for cellular work is called
a) AMP b) CP c) ADP d) None of these

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- v) Simple sugar comes under
a) Monosaccharide b) Disaccharide c) Polysaccharide d) None of these
- vi) Which one of the following is a fat soluble Vitamin?
a) Vitamin B b) Vitamin C c) Vitamin E d) None of these
- vii) Which vitamin is known as sun shine vitamin?
a) Vitamin B b) Vitamin C c) Vitamin D d) None of these
- viii) Which vitamin helps in clotting of blood?
a) Vitamin A b) Vitamin B c) Vitamin D d) Vitamin K
- ix) The formula of BMI is
a) $Ht \text{ in } m^2 / wt \text{ in } kg$ b) $Wt \text{ in } kg / Ht \text{ in } m$ c) $Wt \text{ in } g / ht \text{ in } cm$ d) None of these
- x) Android obesity looks like
a) Apple shaped b) Pear Shaped c) Guava Shaped d) None of these
- xi) Important Factor for weight management is
a) Food b) Physical activity c) Habit d) All of these
- xii) The health risk associated with obesity is
a) Heart disease b) High blood pressure c) Diabetes d) All of these
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