

**TB206910W**

**Reg. No : .....**

**Name : .....**

**B. Sc. DEGREE (C.B.C.S.) EXAMINATION, MARCH 2023  
(2020 Admission Regular)  
SEMESTER VI - CORE COURSE (NUTRITION AND DIETETICS)  
ND6B16B20 - NUTRITION IN HEALTH AND FITNESS**

**Time : 3 Hours**

**Maximum Marks : 80**

**Part A**

**I. Answer any Ten questions. Each question carries 2 marks**

**(10x2=20)**

1. Discuss on health related components of fitness.
2. Discuss on the types of balance.
3. Enumerate the effect of endurance on heart.
4. Discuss the effect of training on VO<sub>2</sub> max.
5. Explain Fick equation.
6. Discuss the mechanism of energy production from ATP upon hydrolysis.
7. Elaborate on anaerobic exercise.
8. Discuss supplementation in exercise.
9. Classify ergogenic aids.
10. Define ergogenic aids.
11. Discuss the benefits of exercise on pregnancy.
12. Illustrate the Mediterranean pyramid.

**Part B**

**II. Answer any Six questions. Each question carries 5 marks**

**(6x5=30)**

13. Elaborate on ayurveda systems of health care.
14. Elaborate on different types of strength.
15. Explain the respiratory and metabolic changes takes place with exercise.
16. Explain the role of exercise intensity on substrate utilization.
17. Explain the dietary requirements for athletes in cold and hot climates.
18. Explain the importance of sports drinks.
19. Discuss any five sports foods.
20. Discuss on the relation between bone and exercise.
21. Discuss guidelines for hypertension.

**Part C**

**III. Answer any Two questions. Each question carries 15 marks**

**(2x15=30)**

22. Elaborate on the effect of anaerobic exercise on musculoskeletal system.
23. Elaborate on physiological changes occur with training.
24. Discuss the nutrient requirements for an athlete.
25. Elaborate the role of macronutrients during exercise.