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TB246109H

Reg. No :.....

Name :.....

**BACHELOR'S DEGREE (C.B.C.S) EXAMINATION, MARCH 2024**  
**2021 ADMISSIONS 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. Describe on one repetition max test.
2. Discuss on the types of balance.
3. Distinguish fine and gross motor skills.
4. Define absolute VO<sub>2</sub> max.
5. Discuss on the two indications for CPR.
6. Discuss on the factors influencing RMR.
7. Explain the aerobic system of exercise.
8. Define sports nutrition.
9. Explain the physiological and ergogenic effects of ZMA.
10. Define nutrigenic aids.
11. Discuss the role of exercise in maintaining bone health.
12. Illustrate the Mediterranean pyramid.

**Part B**

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

**(6x5=30)**

13. Enumerate the characteristics of holistic health.
14. Discuss on coordination and its assessment tests.
15. Explain different signs to stop exercise.
16. Explain the role of exercise intensity on substrate utilization.
17. Explain the relationship between hydration and exercise.
18. Explain the dietary requirements for vegetarian athletes and athletes in high altitude.
19. Discuss BCAA as a nutrigenic aid.
20. Discuss post-natal exercise regime.
21. Discuss low-carb diet.

**Part C**

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

**(2x15=30)**

22. Explain on endurance, strength and power.
23. Elaborate on physiological changes occur with training.
24. Discuss the macronutrient requirements for an athlete.
25. Elaborate on any five nutrigenic aids.

