

**BACHELOR'S DEGREE (C.B.C.S) EXAMINATION, MARCH 2025**  
**2020, 2021 ADMISSIONS SUPPLEMENTARY**  
**SEMESTER VI - CORE COURSE NUTRITION & 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. Enumerate the subdivisions of anaerobic endurance.
3. Distinguish between muscular strength and muscular endurance.
4. Discuss on the criteria for VO<sub>2</sub> peak and VO<sub>2</sub> max.
5. Enumerate the limiting factors of VO<sub>2</sub> max.
6. Elaborate on the effect of training on substrate utilization.
7. Explain the aerobic system of exercise.
8. Describe post event meal.
9. Explain dietary supplements.
10. Define psychological aids.
11. Explain on exercise to be avoided during 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. Distinguish between speed and agility.
15. Elaborate on the short term effects of exercise on cardiorespiratory systems.
16. Explain the ATP yield from complete oxidation of 1 mol of glucose.
17. Discuss the factors influencing water balance.
18. Elaborate on the energy requirements of athletes.
19. Discuss performance enhancing substances.
20. Explain the exercise regime for spondylitis.
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 measurement and estimation of VO<sub>2</sub> max by different tests.
24. Elaborate on the nutrient requirements in athletes during special conditions.
25. Discuss the role of the following substances as nutrigenic aids: a) Protein b) Carnosine c) Phosphates