

B.Sc.(Hons) FNS Sem.-7 Examination**FNS-414****Nutrition, Exercise & Sports****Time : 2.30 Hours]****December-2025****[Max.Marks : 70**

Instructions: Illustrate your answers with neat diagrams wherever necessary.

Q.1 Write the following

- (i) Define sports nutrition. Explain why nutrition is critical for athletes? (7 Marks)
- (ii) Explain the procedure of carbohydrate loading in detail. (7 Marks)

OR

- (i) Explain why protein requirements changes with types of sports. (7 Marks)
- (ii) Write a detailed note on the micronutrient requirements of the athletes (7 Marks)

Q.2 Write the following

- (i) Explain the Nutritional composition of an athlete's diet and what are the special considerations given in female athlete's diet (7 Marks)
- (ii) Explain in detail different types of Ergogenic aids. (7 Marks)

OR

- (i) What are the nutritional strategies for enhancing recovery, explain in detail. (7 Marks)
- (ii) Define the role of antioxidants in reducing exercise-induced oxidative stress. (7 Marks)

Q.3 Write the following

- (i) Explain vegetarian diet for athletes in detail, including the food sources. (7 Marks)
- (ii) Explain Nutritional considerations for vegan athletes. (7 Marks)

OR

- (i) Explain in detail the nutrition considerations in young athletes. (7 Marks)

N 991-2

- (ii) What are the special considerations taken in nutrition for Female athletes? (7 Marks)

Q. 4 Write the following

- (i) Write a detailed note on current trends in sports nutrition. (7 Marks)
- (ii) Design a personalised diet plan for young athlete? (7 Marks)

OR

- (i) Write a detailed note on protein supplements. (7 Marks)
- (ii) Write a detailed note on vegetarianism. (7 Marks)

Q 5. Attempt any seven out of twelve

(14 Marks)

- (i) Importance of hydration for athletes.
- (ii) What are three R's of recovery.
- (iii) Define sports nutrition.
- (iv) Name some common nutrition ergogenic aids?
- (v) What is blood doping?
- (vi) What are ergogenic aids?
- (vii) Explain the nutritional requirements of young athletes
- (viii) What do you understand by the term "female athlete triad"?
- (ix) What is a vegetarian diet for athletes?
- (x) strength and power sports
- (xi) Benefits of carbohydrate loading.
- (xii) What is oxidative stress ?

