

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 0921]

**SEPTEMBER 2021
(MAY 2021 EXAM SESSION)**

Sub. Code: 2011

**M.Sc. SPORTS AND FITNESS NUTRITION
FIRST YEAR (From 2018-2019 onwards)
PAPER -I SPORTS NUTRITION FOR PERFORMANCE EXCELLENCE
*Q.P. Code : 282011***

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate notes on:

(2 x 20 = 40)

1. Discuss briefly on glycaemic load and index in sports and fitness.
2. Elaborate on the importance of sports nutrition in current scenario.

II. Write Short Notes on:

(10x6 = 60)

1. Measuring energy expenditure.
2. Classification of amino acids and its importance in sports nutrition.
3. Role of electrolytes in sports and performance.
4. Discuss on the advantage and disadvantage of ergogenic aids in sports and fitness.
5. Eating disorder in sports Individuals.
6. Discuss on the importance for nutrition among down syndrome sports individual.
7. How nutrition plays a major role in weight conscious sports.
8. Discuss on post competition nutrition and weight management.
9. Explain the role of growth and nutrition in paediatric sports.
10. Classification of fats and its importance in Sports and fitness.

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[AHS 0122]

**JANUARY 2022
(OCTOBER 2021 EXAM SESSION)**

Sub. Code: 2011

**M.Sc. SPORTS AND FITNESS NUTRITION
SECOND YEAR (From 2018-2019 onwards)
PAPER -I SPORTS NUTRITION FOR PERFORMANCE EXCELLENCE
*Q.P. Code : 282011***

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate notes on:

(2 x 20 = 40)

1. Discuss briefly on Ergogenic Aids.
2. Elaborate on the nutrition for performance enhancement.

II. Write Short Notes on:

(10x6 = 60)

1. Discuss on energy metabolism.
2. Discuss on type of competition event and its nutritional significance.
3. How to improve the quality of proteins in diet of sports individuals.
4. Explain on the importance of nutrition for swimming.
5. Write about the role of minerals in performance sports.
6. Discuss on the importance for nutrition among ironman, triathlon and ultrathin.
7. Explain on Metabolic Equivalent.
8. Discuss on pre- competition nutrition.
9. Classification of carbohydrates and its importance in sports.
10. Eating Disorders in Female Athlete.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 1022]

OCTOBER 2022

Sub. Code: 2011

**M.Sc. SPORTS AND FITNESS NUTRITION
SECOND YEAR (From 2018-2019 & 2020-2021 onwards)
PAPER I - SPORTS NUTRITION FOR PERFORMANCE EXCELLENCE**

Q.P. Code : 282011

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate notes on:

(2 x 20 = 40)

1. Elaborate on nutrition for differentially able individuals in sports and fitness.
2. Elaborate on the vitamins in sports and fitness.

II. Write Short Notes on:

(10x6 = 60)

1. Discuss on sports supplements and its significance.
2. Discuss on role of antioxidant in sports and fitness.
3. Explain on the effects of climate and environment in sports performance.
4. Explain on the nutrition for martial artist in Olympics.
5. How to maintain and restore electrolyte balance in sports and fitness?
6. How much carbohydrate has to be consumed for sports and fitness?
7. Explain the role of proteins in sports and fitness.
8. Discuss on fats in sports during training.
9. Explain the role of fuel energy metabolism in exercise.
10. Pre and post Competition Nutrition.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[AHS 1023]

OCTOBER 2023

Sub. Code: 2011

**M.Sc. SPORTS AND FITNESS NUTRITION
SECOND YEAR (From 2020-2021 onwards)
PAPER I - SPORTS NUTRITION FOR PERFORMANCE EXCELLENCE**

Q.P. Code: 282011

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate notes on:

(2 x 20 = 40)

1. Role of carbohydrates during different phases of training in sports.
2. Micro – nutrients and their role in sports.

II. Write Short Notes on:

(10x6 = 60)

1. BMI and weight loss.
2. Protein sparing.
3. Hydration.
4. Doping and its prevention.
5. Nutrition in winter sports.
6. Sports supplements – efficacy and adversity.
7. Strength and flexibility training.
8. Paediatric sports nutrition.
9. Vitamins and their importance.
10. Nutrition for Intermittent sports.
