

**B.Sc. FITNESS AND LIFESTYLE MODIFICATION**  
(New Syllabus 2017-2018)

**FIRST YEAR**

**PAPER III – NUTRITION AND LIFESTYLE MODIFICATION**

*Q.P. Code: 802803*

**Time: Three Hours**

**Maximum: 100 Marks**

**Answer all questions**

**I. Elaborate on:**

**(3 x 10 = 30)**

1. Draw the food pyramid and list the groups and various nutrients each group provides.
2. What are fats, elaborate on the functions types and sources (two) for each type?
3. List the micronutrients, one function and two rich sources for the same.

**II. Write notes on:**

**(8 x 5 = 40)**

1. Write a short note on essential amino acids.
2. Write the functions of water, what is dehydration, how can it be corrected?
3. Write a brief note on the Functions of food pertaining to various aspects.
4. Briefly write on carbohydrates.
5. What is dietary fibre, classification, functions and sources?
6. What are antioxidants briefly discussing on the types and sources?
7. Write short notes on bone banking.
8. Discuss in detail the various eating disorders.

**III. Short answers on:**

**(10 x 3 = 30)**

1. Write short notes Nutritional Anemia.
2. What is Dietary Fibre?
3. Write short notes on Synergy of nutrients.
4. Write short notes on Buying clean water.
5. Write short notes on Dehydration.
6. Write short notes on simple carbohydrates.
7. Write short notes on iron and performance.
8. Write short notes on weight gain.
9. Write short notes on Anabolic steroids.
10. Write short notes Fat soluble vitamins.

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**Answer all questions**

**I. Elaborate on:**

**(3 x 10 = 30)**

1. Hydration and Dehydration ACSM position stand on hydration, sports drinks and oral rehydration.
2. What are Carbohydrates, elaborate on the functions types and food sources (two) for each type?
3. What are Macronutrients and micronutrients list them and give 2 food sources each?

**II. Write notes on:**

**(8 x 5 = 40)**

1. What are Proteins, list the functions?
2. Write notes on Vitamins and Co- factors.
3. Role of Selenium and Vitamin C deficient diet.
4. What are fats, list the functions?
5. Write notes on any two ergogenic aids.
6. Write notes on Diet during Aging.
7. Write notes on Anorexia Nervosa and Bullimia.
8. Briefly write on synergy of nutrition and biochemical individuality of nutrients.

**III. Short answers on:**

**(10 x 3 = 30)**

1. Write short notes on highest sweat rate recorded.
2. Write short notes on carbo loading.
3. Write short notes on diet needs for working women.
4. Write short notes on size 0.
5. Write short notes on cholesterol.
6. Write short notes on balanced diet.
7. Write short notes on lifestyle dynamics.
8. Write short notes on Essential amino acids.
9. Write short notes on bone banking.
10. Write short notes on conduction and convection.

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

**[AHS 0321]**

**MARCH 2021**

**Sub. Code: 2803**

**(AUGUST 2020 EXAM SESSION)**

**B.Sc. FITNESS AND LIFESTYLE MODIFICATION**

**FIRST YEAR (Regulation 2017-2018 & 2019-2020)**

**PAPER III – NUTRITION AND LIFESTYLE MODIFICATION**

***Q.P. Code : 802803***

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(3 x 10 = 30)**

1. Briefly write about proteins, Types and Functions of Proteins.
2. Elaborate on any five supplements.
3. What are Macronutrients and micronutrients list them and give 2 food sources each?

**II. Write notes on:**

**(8 x 5 = 40)**

1. Write short notes on iron, functions, requirement and sources.
2. Write short notes on calcium, functions requirements and sources.
3. Brief Fluid replacement, hypohydration and Rehydration.
4. What are fats, list the types?
5. What is Balanced Diet?
6. Write notes on diet during pregnancy.
7. Write notes on vegetarian diet.
8. Write notes on Two fat cell theories.

**III. Short answers on:**

**(10 x 3 = 30)**

1. Write short notes on complex Carbohydrates.
2. Write short notes on antioxidants.
3. Write short notes on weight cycling.
4. Write short notes on Dysmorphia.
5. Write short notes on food.
6. Write short notes on RDA and its reliability.
7. Write short notes on Heat production and conduction.
8. Write short notes oral Rehydration.
9. Write short notes on biochemical Individuality.
10. Write short notes Essential fatty acids.

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

**[AHS 0422]**

**APRIL 2022**

**Sub. Code: 2803**

**(FEBRUARY 2021 & AUGUST 2021 EXAM SESSIONS)**

**B.Sc. FITNESS AND LIFE STYLE MODIFICATION**

**FIRST YEAR (Regulations 2017-2018 / 2019-2020)**

**PAPER III-NUTRITION AND LIFE STYLE MODIFICATION**

***Q.P NO. 802803***

**Time: Three Hours**

**Answer All questions**

**Maximum : 100 Marks**

**I. Elaborate on : (3X10=30)**

1. Write essay on Life style Dynamics.
2. Explain about Essential Amino acids.
3. Write in detail about Eating disorders.

**II. Write Notes on : (8X5=40)**

1. Dehydration and its Management.
2. Dietary Fiber and its Importance.
3. Write short notes on Vegetarian Diet.
4. Functions, Requirements and Sources of Iron.
5. Brief about diet during Pregnancy.
6. Brief about substances used for weight loss.
7. How cultures influence on weight gain.
8. Ergogenic acids.

**III. Short Answers on : (10X3=30)**

1. Define Food, Diet and Nutrition.
2. Brief on Antioxidants.
3. Diet Plan on Weight loss.
4. Expand and brief about HDL, LDL and VLDL.
5. Fat cell Theory.
6. Selenium and Vitamin C.
7. Write notes on Phytochemical.
8. Brief on Nutritional Anemia.
9. Set Point Theory.
10. Oral Rehydration.

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