

**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.

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