

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

[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.
