

**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.

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