

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

[AHS 1022]

OCTOBER 2022

Sub. Code: 2012

**M.Sc. SPORTS AND FITNESS NUTRITION
SECOND YEAR (From 2018-2019 & 2020-2021 onwards)
PAPER II – FITNESS NUTRITION FOR LIFESTYLE MODIFICATION**

Q.P. Code : 282012

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate notes on:

(2 x 20 = 40)

1. Pathology of diabetes mellitus and nutrition for diabetics under exercise rehabilitation.
2. Nutritional requirements for dancers.

II. Write Short Notes on:

(10x6 = 60)

1. Scope of fitness nutrition.
2. Assessment of B complex vitamin status.
3. Kinanthropometry.
4. Assessment of body composition by DEXA.
5. Factors affecting nutritional needs for adolescent.
6. Nutrition in hypercholesterolemia.
7. Alternative nutrition.
8. Nutrition for army personnel.
9. Fundamentals of twisting.
10. Difference between yoga and tantra.
