

Department of Physical Education
Mugberia Gangadhar Mahavidyalaya
CIA-2024
B.P.Ed. Sem II
BCC 202

Sports nutrition and Weight management (ELECTIVE)

Time- 60mnts
1*3= 3

1. Answer any 3 questions:

A) What % of carbohydrate needed of total calories for balance diet?

I. 20-30% II. 50-60% III. 10-15% IV. None

B) Spot reduction is a

I. Fact II. Truth III. Myth IV. Great process to weight management

C) Vegetarian diets will help you lose weight more easily

I) True II) False

D) Nutrients are the chemical in food which are _____

I) Are needed for replacement of tissues II) Are essential for our growth III) Our body needs IV) All of the above.

E) Which one of the following is not a macronutrient?

I. Fats II. Protein III. Roughage IV. Carbohydrate

2. Answer any 2 Questions:

2*2= 4

A. Differentiate Balance Diet and Athletic Diet.

B. Write about BMI.

C. Briefly explain Sports Nutrition.

3. Answer any 1 Question:

3*1= 3

A. What guidelines are there for basic nutrition?

B. Write a short note on Weight management in modern era.

4. Answer any 1 Question:

5*1= 5

A. Write about Obesity and its hazards.

B. What are the factors involved to develop a nutritional plan?

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