

**TILAK MAHARASHTRAVIDYAPEETH, PUNE**  
**M.SC. IN NUTRITION & FOOD SCIENCE**  
**EXAMINATION : APRIL/MAY - 2024**  
**FOURTH SEMESTER**

**Sub. : Sports Nutrition & Fitness Nutrition (M.Sc. CB-413)**

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**Date: 29 /04/2024**

**Total marks: 60**

**Time: 2.00 pm to 4.30 pm**

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**Instructions:**

- 1) All questions are compulsory and carry equal marks.
- 2) Any kind of misconduct is punishable.

**Q. 1 Fill in the right answer (10)**

1. Female athlete triad is characterized by the following except \_\_\_\_\_.
  - a) Disordered eating
  - b) Amenorrhea
  - c) Osteoporosis
  - d) Weight gain
2. The hormone which gives the body an added boost of energy is \_\_\_\_\_.
  - a) Adrenaline
  - b) Insulin
  - c) FSH
  - d) Prolactin
3. The dominant energy system during power lifting is \_\_\_\_\_.
  - a) ATP-CP
  - b) Aerobic system
  - c) Glycogen lactic acid
  - d) Both a & b
4. The side effects of Carbohydrate loading include \_\_\_\_\_.
  - a) Hyperglycemia
  - b) Digestive discomfort
  - c) Both a & b
  - d) Only a
5. A common treatment regimen suggested for sports injuries is \_\_\_\_\_.
  - a) DICE
  - b) RICE
  - c) MICE
  - d) SLICE
6. \_\_\_\_\_ method aims to construct a mental representation of your desired outcomes.
  - a) Team building
  - b) Attentional focus
  - c) Visualization
  - d) None of the above
7. The purest form of whey protein is \_\_\_\_\_.
  - a) Whey isolate
  - b) Whey Hydrolysate
  - c) Whey concentrate
  - d) Micellar casein
8. The methods of blood doping include \_\_\_\_\_.
  - a) Erythropoietin injections
  - b) Blood transfusions
  - c) Hypoxia-inducible factor (HIF) stabilizer
  - d) All of the above
9. \_\_\_\_\_ pertains to the capacity of your body to efficiently absorb oxygen and deliver it to the tissues within your body.
  - a) Flexibility
  - b) Muscle endurance
  - c) Cardiovascular endurance
  - d) Muscle strength

10. Illegal ergogenic aids are the following except \_\_\_\_.
- a) DHEA
  - b) Ephedrine
  - c) HGH
  - d) Caffeine

**Q. 2 Answer the following questions (Any 2) (30)**

1. What is body composition? Describe various techniques used to determine it.
2. Describe the nutritional needs of power athletes. Also, highlight upon the supplementation recommended to them.
3. Explain the importance of hydration to athletes.

**Q. 3 Write Short Note (Any 4) (20)**

1. Carbohydrate loading
  2. Abortion Doping
  3. Benefits of Sports Psychology
  4. VO2 Max
  5. Nutrition during exercise
  6. Ergogenic Aids
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