



GS உடற்கல்வியியல் கல்லூரி

G S COLLEGE OF PHYSICAL EDUCATION

Affiliated to the Tamilnadu Physical Education and Sports University Chennai
Pothiapalayam Panchayat - Kangayam - 638 701. Tirupur Dist

BPED I

Model Examination 2019-2020

Duration of Exam Two Hours

Maximum 75 marks

Discipline Specific Elective Sports Nutrition and Weight Management

All question compulsory each question carry 2 marks :-

1. Nutrition,
2. Body Mass Index
3. Sports Nutrition Officials
4. Vitamins
5. Carbohydrates,
6. Protein,
7. BMI
8. Obesity
9. Balanced Diet
10. Minerals,

Any Five question each carry Five marks question:-

1. What is Role of Nutrition in Sports in sports performance.
2. Explain the Role of Hydration during Exercise.
3. Explain Factors affecting Weight Management.
4. Role of Diet and Exercise in Weight Management.
5. Types –Causes and Solution for overcoming Obesity
6. Explain Weight Management Programme for Sporty Children. Give suitable example were required.
7. Explain Diet Plan and Exercise Schedule for Weight Gain and Loss with suitable chart.
8. Causes and Solution for overcoming Obesity. Explain in brief.

Any three question each carry Five Ten marks questions:-

1. Discuss the Factors affecting Weight Management and Values of Weight Management.
2. Causes and Solution for overcoming Obesity & Myths of Spot Reduction and Weight Loss. Discuss in detail .
3. Discuss Desirable Body Weight & Caloric Intake and Expenditure Daily.
4. Factors to be considered for developing Nutritional Plan. Explain in brief.
5. Discuss Classification of Nutrition and its Functions and the Role of Carbohydrates, Fat and Protein during sports activity sports performance.

