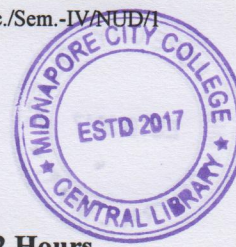


**PG CBCS**  
**M.Sc. Semester-IV Examination, 2019**  
**NUTRITION AND DIETETICS**  
**PAPER: NUD-402**

(NUTRITION COUNSELING AND SPORTS NUTRITION)

**Full Marks: 40**

**Time: 2 Hours**



**Use separate Answer-scripts for each unit**

UNIT- 39

Nutrition counselling

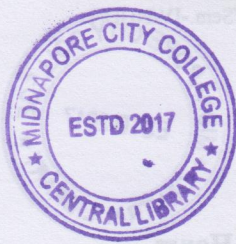
Marks-20

**Answer question no. one and any three from the rest.**

1. Answer any five questions from the following: 1×5=5
  - a) Write the full forms of ICTC and VCTC.
  - b) What do you mean by nonverbal communication?
  - c) Write any two criteria of a good client in counseling.
  - d) What do you mean by outreach services in counseling?
  - e) What do you mean by excellent attitude of client?
  - f) Write the full form of 'KAP'.
  - g) Write the names of any two aesthetic attributes of diet.
  - h) What is evaluation of counseling?
  
2. a) Differentiate between counselling and psychotherapy.
- b) Write in brief the assessment of patient for counselling 2+3=5
  
3. Write 'GATHER' strategy of counselling. 5
  
4. Write the modern Technique adopted in dietary counselling. 5
  
5. Write the pre-test and post-test counselling and state their importance. 3+2=5
  
6. a) What is NNP?
- b) Write the intersectoral approaches for the national nutrition up gradation. 1+4=5
  
7. a) What is patient education? Write its importance.
- b) Write any five criteria of a good dietary counsellor. (1+1½)+2½=5

(Turn over)





(2)

UNIT- 40  
Sports Nutrition  
Marks-20

Answer question no. one and any three from the rest.

1. Answer any five questions from the following:  $1 \times 5 = 5$
- What is sports anemia?
  - Define physical performance.
  - Why pre-exercise sugar harmful to performance?
  - How much amount of drink to be provided during and after exercise to an athlete?
  - Why caffeine is best to enhance performance?
  - Define fitness.
  - Write the full form of RSS and ROS.
  - Define sport bars.
2. a) Intermittent fasting or ketogenic diet? Which one is better for weight lose?  
b) Write the role of zinc in physical performance.  $2+3=5$
3. Write the different phases of energy source in long-term physical exercise. 5
4. Discuss about the various components of physical fitness. 5
5. a) Write the concept of pregame meal.  
b) Why carbohydrate loading is important for athletes?  $3+2=5$
6. Why fluid and electrolytes balance are much more importance for a sports person?
7. a) What is sports anemia?  
b) Performance enhancing supplements is good or bad for athletes – justify.  $2+3=5$

\*\*\*\*\*