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**PG CBCS****M.Sc. Semester-IV Examination, 2020****M.Sc. NUTRITION & DIETETICS**

Paper Code: NUD 402

(NUTRITION COUNSELLING AND SPORTS NUTRITION)

**Full Marks: 40****Time: 2 Hours****Write the answer for each unit in separate sheet****UNIT – 39****NUTRITION COUNSELLING****Answer any one question from the following within 250 words: 20×1**

1. Write the criteria of a good dietary counsellor.
2. Discuss about the pre test and post test dietary counselling.
3. Discuss in brief about physical and chemical aesthetic of dietary component for health promotion and disease prevention and cure.
4. Write a note on GATHER strategy adopted for dietary counselling.
5. Write down about the patient education and what are the roles of patient education.
6. Elaborately discuss about the prestructure and unstructured interviewing session in connection with counselling.

**UNIT – 40****SPORTS NUTRITION****Answer any one question from the following within 250 words: 20×1**

1. Describe anaerobic energy system of our body?
2. Describe behavioral therapy for weight loss?
3. Describe the carbohydrate loading and its benefit in athletic performance?
4. Describe the sport drinks and their types with examples?
5. Describe the diets for persons under stress?
6. How does growth hormone act as an ergogenic aid?

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