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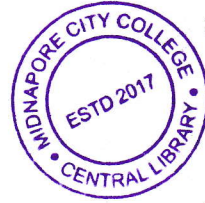
PG CBCS
M.Sc. Semester-IV Examination, 2022
NUTRITION & DIETETICS
 Paper Code: NUD 402
(NUTRITION COUNSELLING AND SPORTS NUTRITION)

Full Marks: 40**Time: 2 Hours****Write the answer for each unit in separate sheet**

The figures in the right-hand margin indicate full marks.
 Candidates are required to give their answers in their own words as far as practicable.

Unit: 39**Nutrition Counselling****1. Answer any two questions:**

- a) What do you mean by pretest counselling?
- b) Write the chemical aesthetic attributes of diet.
- c) Write four major criteria of a good dietary counsellor.
- d) What do you mean by dietary counseling?



2×2 = 4

2. Answer any two questions:

- a) Write about the GATHER strategy adopted for dietary counselling.
- b) Write the methods of pre-structure interviewing session.
- c) What are the major codes of ethics of dietary counsellor?
- d) Discuss about the outreach services provided by dietary counsellor.

2×4 = 8

3. Answer any one questions:

- a) What are the different types of nutritional counselling? Write the mechanism of aesthetic attributes on changing bioavailability of nutrients. 3+5 = 8
- b) Write different steps for changing the mental attitude and habits regarding dietary counseling. Write the criteria of a good questionnaire. 6+2 = 8

1×8=8

(Turn Over)

(2)

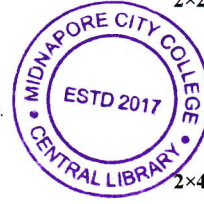
Unit: 40

Sports Nutrition

1. Answer any two questions:

2×2 = 4

- a) Define sports anemia.
- b) What are the sports bars?
- c) Mention the different components of skill related components.
- d) What do you mean by carbohydrate loading?



2. Answer any two questions:

2×4 = 8

- a) Write short note on pre-game and post-game meal.
- b) State the importance of fluid and electrolytes in an athlete during an event.
- c) Discuss briefly the concept of fat catabolism during exercise.
- d) What do you mean by sports injury? Give a statement about the sports drink.

3. Answer any one question:

1×8 = 8

- a) Explain three energy systems in athletes. Give some example of aerobic and anaerobic exercise. 3+5 = 8
- b) What do you mean by ergogenic aids? Elaborate the role of creatine and DHEA as ergogenic aids. 2+6 = 8
