



PG (CBCS)
M.Sc. Semester- IV Examination, 2023
NUTRITION & DIETETICS.
PAPER: NUD 402

(NUTRITION COUNSELING 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 COUNSELING

F.M. - 20

GROUP-A

Answer any **TWO** from the following questions:

2×2=4

1. What is nutritional counseling?
2. What do you mean by patient education?
3. Write any two advantages of 'open ended questions'.
4. What do you mean by pre-contemplation in dietary counselling?

GROUP-B

Answer any **TWO** from the following questions:

2×4=8

5. Write the characteristics of a good dietary counsellor.
6. What do you mean by pretest and posttest counselling?
7. State the ethics of dietary counselling.
8. Write the criteria of a good questionnaire.

GROUP-C

Answer any **ONE** from the following questions:

1×8=8

9. Define GATHER strategy. What are the major steps followed to conduct GATHER strategies. 2+6
10. Discuss the helical model of dietary counselling focusing the different steps. 8



UNIT: 40
SPORTS NUTRITION
F.M. - 20

GROUP-A

Answer any **TWO** from the following questions: 2×2=4

1. Mention the different components of skill related fitness.
2. Write the objectives of pre-game meal formulation.
3. What do you mean by hypertonic & hypotonic solution?
4. Differentiate between ergogenic aids and dope substances.

GROUP-B

Answer any **TWO** from the following questions: 2×4=8

5. Discuss the importance of glycogen loading of a sportsman
6. Write down the importance of body composition of an athletes.
7. Define Lean body mass and fat body mass.
8. How would you determine the fluid requirements for a particular strength athlete?
What are the current recommendations about the quantity and type of fluid to be used while rehydrating?

GROUP-C

Answer any **ONE** from the following questions: 1×8=8

9. Write the role of any two dietary ergogenic aids focusing their impact on enhancement of performance and endurance. 4+4
10. What energy system provides the majority of energy during the performance of a 400 meter sprint? Which micronutrients would be most important to these athletes and why? 4+4
