

2026

6th Semester Examination (CCFUP : NEP)

NUTRITION

Paper : MDSE 2-T

(Single Core Major Elective-2)

(Sports Nutrition and Adaptive Nutrition)

Full Marks : 40

Time : Two Hours

The figures in the margin indicate full marks.

*Candidates are required to give their answers
in their own words as far as practicable.*

Group - A

Answer any *five* questions : $2 \times 5 = 10$

1. Define sports nutrition.
2. Name any two macronutrients required by athletes?
What is sports anemia? 1+1
3. Mention two goals of post-exercise nutrition.
4. Name any two micronutrients important for astronauts.

P.T.O.



(2)

5. What is the role of hydration in sports performance?
6. Write the role of probiotics in hot climate.
7. Mention two nutritional problems faced at high altitude.
8. What is carbohydrate loading?

Group - B

Answer any *four* questions : 5×4=20

9. Explain the importance of fluid and electrolyte balance for astronauts.
10. Discuss nutritional requirements in hot climates. What is heat stress? 3+2
11. Discuss the macronutrient requirements of athletes during training and competition.
12. Write the role of vitamins to recovery post-exercise inflammation.
13. Explain Dietary recommendations soldiers in high altitude.
14. Describe the role of macronutrients in maintaining astronaut health.



(3)

Group - C

Answer any *one* question : 10×1=10

15. Write the importance of vitamin D in space nutrition. How vitamin A boosts immunity for astronaut? 5+5
16. How a dietitian design a dietary plan for pre-training of an athletes? Write the role of protein for a football player before match. 5+5

