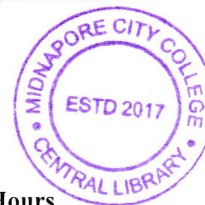


PG (CBCS)
M.Sc. Semester- IV Examination, 2026
NUTRITION & DIETETICS
PAPER: NUD 403
(SPORTS NUTRITION)



Full Marks: 20

Time: 1 Hours

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

GROUP-A

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

- 1. Define limbering down.
2. What are the principles of smart training program?
3. Write down the different types of physical fitness.
4. State the cause of hyponatremia in athletes.

GROUP-B

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

5. Describe the classification of joints of human body with example.
6. State the importance of fluid and electrolytes in an athlete during an event.
7. Write a short note about flexion on body parts movement.
8. Discuss the role of vitamin C on sports performance.

GROUP-C

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

9. Explain the energy systems of a marathon runner. Write a short note about glycogen loading. **5+3**
10. What do you mean by ergogenic aids? Elaborate the role of carnitine and anabolic steroid as ergogenic aids. **2+3+3**

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