



QP CODE: 25021650



25021650

Reg No :

Name :

B.VOC DEGREE REGULAR/REAPPEARANCE EXAMINATIONS, MARCH 2025

Sixth Semester

B.Voc Sports Nutrition and Physiotherapy

SNPT6S2 - SPORTS NUTRITION

2018 Admission Onwards

48C6E24C

Time: 3 Hours

Max. Marks : 80

Part A

*Answer any **ten** questions.*

*Each question carries **2** marks.*

1. What are macronutrients?
2. Mention the significance of protein turnover.
3. Which are the 2 milk proteins?
4. Enlist the side effects of whey proteins.
5. What is negative iron balance?
6. Mention the RDI of zinc.
7. Mention the risk factors of copper deficiency.
8. What are pre-work out meals?
9. What are ergogenic aids?
10. What are the risk factors of female athletic triad?
11. What is osteoporosis?
12. What is overtraining?

(10×2=20)

Part B

*Answer any **six** questions.*

*Each question carries **5** marks.*

13. Write a note on protein turnover.
14. Explain briefly on vitamin A.





15. Explain briefly on fat loading.
16. Explain briefly on deficiency and overdose symptoms of vitamin A.
17. Explain briefly on amenorrhoea.
18. Explain briefly on the risk factors of osteoporosis.
19. Write a note on rotator cuff injuries
20. Differentiate sprains and strains.
21. Explain briefly on the nutritional significance of over training.

(6×5=30)

Part C

*Answer any **two** questions.*

*Each question carries **15** marks.*

22. Explain in detail on the role of macronutrients for athletes.
23. Explain in detail on the signs and symptoms of dehydration.
24. What is negative iron balance and iron toxicity? Explain in detail on the symptoms of iron poisoning.
25. Explain in detail on female athletic triad.

(2×15=30)

