

Reg No:.....  
Name :.....

K25FY2203

**Second Semester FYUGP Physical Education Examination**  
**APRIL 2025 (2024 Admission onwards)**  
**KU2MDCPED102 (SPORTS NUTRITION AND WEIGHT**  
**MANAGEMENT)**  
(DATE OF EXAM: 26-4-2025)

Maximum Marks : 50

Time : 90 min

**Part A (Answer any 6 questions. Each carries 2 marks)**

1. What are the sources of fibre for vegetarians? 2
2. Identify two sources of dietary energy in food. 2
3. List two reasons why protein is important after exercise. 2
4. State two reasons why hydration is important during exercise. 2
5. What is the formula used to calculate BMI? 2
6. List three nutrients essential for maintaining weight. 2
7. What are the preferable meal components in a balanced diet 2
8. What does the term "intermittent fasting" refer to? 2

**Part B (Answer any 4 questions. Each carries 6 marks)**

9. Explain the concept of food plate in relation to balanced diet. 6
10. Analyse the significance of basal metabolic rate (BMR) and write a method to estimate it. 6
11. Compare the dietary requirements of a marathon runner and a bodybuilder. 6
12. Calculate the BMI of a person weighing 70 kg and having a height of 170 centimetres. 6
13. Explain the purpose of portion control in meal planning. 6
14. Apply the principle of a balanced diet to explain the risks of extreme diets. 6

**Part C (Answer any 1 question(s). Each carries 14 marks)**

15. Design a new food pyramid suitable for a college going student, explaining the reasons behind each category of food items in the pyramid. 14
16. Evaluate the importance of different types of exercises in relation to weight management. 14