

M.Sc.

2012

2nd Semester Examination

NUTRITION & DIETETICS

PAPER—NUD-203

Full Marks : 40

Time : 2 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.

Illustrate the answers wherever necessary.

Module—I

[Nutrition in Health & Fitness]

1. Answer the following any five questions : 5×1
- (a) What do you mean creative phosphokinase system ?
 - (b) What do you mean by over weight ?
 - (c) Write one objective of ergogenic aids.
 - (d) Why Na is important for muscular activity ?
 - (e) What is the daily requirement of fluid of an athlete ?
 - (f) Why anabolic steroid is consider as ergogenic aid ?

(Turn Over)

- (g) What is the cause of muscle cramp in athlete ?
- (h) What type of skeletal muscle are more in spifiniz ?
2. (a) "Protein or carbohydrate"—which is the preferred pregame meal for athletes ? Justify your answer.
- (b) Briefly elaborate about the nutritional uplipment of erythropoetein in athlete.
- (c) What is the RDA for protein intake of an women sprinter. (1+3)+3+4

Or

- (a) What do you mean by legal and illegal ergogenic aids.
- (b) Discuss the role of creatine and DHEA as ergogenic aids.
- (c) State the advantages and disadvantages of ergogenic aids in health and fitness.

$2+(1\frac{1}{2}+1\frac{1}{2})+3$

3. (a) Discuss the energy system during rest.
- (b) State energy system involve in long distance runner.
- (c) Write the electrolyte and fluid requirement for an athlete. 2+2+3

Or

- (a) Highlight the role of glucagon-like peptide 1 as a regulator of food intake and body weight.
- (b) Elucidate the lipostatic hypothesis for regulation of energy intake and body weight. 4+3

Module—II**[Nutritional Anthropology]**

4. Answer any *five* questions from the following : 1×5
- (a) What do you mean by food taboos ?
 - (b) Write down the Jackson-Pollock-Ward equation.
 - (c) Write the full form of HAZ and WAZ.
 - (d) Differentiate between ectomorphy and endomorphy.
 - (e) What is wasting ?
 - (f) What is leanness ?
 - (g) What do you mean by free fat ?
 - (h) What do you mean by anthropometric indices ?
5. (a) Determine total body fat by skinfold caliper measuring 4 sites and 7 sites with prediction equation.
- (b) How you determine the BSA of an adult male ?
- (c) Distinguish between BEE and REE.

4+2+2

Or

- (a) Define body composition.
- (b) Discuss about the importance of BMI. Ponderal Index and waist to hip ratio in assessing nutritional status of a subject.

2+6

6. (a) How can BMR be assessed from anthropometric measurements?
- (b) What are popliteal height, biacromial height and sitting height? State the importance of these indicators in growth and nutrition. 2+(3+2)

Or

- (a) Write any four types of indices used in nutritional anthropometry.
- (b) State the basic idea about stunting, wasting and underweight with monitoring Z-score.
- (c) How do you interpret the results for anthropometric variables comparison with WHO reference values. 2+3+2