

M.Sc.

2013

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

1. Answer the following any *five* questions : 5×1
- (a) What is VO_2 max?
 - (b) What is the impact of lactic acid deposition in muscle of an athlete?
 - (c) What types of skeletal muscles are found in Marathon runners?
 - (d) Write the name of a solid food which provides instant energy in athlete engaged in power tennis.
 - (e) Give two examples of anabolic steroid.

(Turn Over)

- (f) Why calcium is important for muscular activity ?
- (g) What is glucogen like peptide 1 ?
- (h) What is the basic compositions of drink supplied to the cricketer during break ?

2. (a) How myoglobin supplies energy to an athlete ?
- (b) How energy system acts on the basis of the type of muscle such as red muscle and white muscles ?
- (c) Plan a food menu for an athlete engaged in long distance running. 2+4+2

Or

- (a) How do you co-relate doping with ergogenic aids ?
- (b) Discuss the role of androstenedione as ergogenic aids.
- (c) What type of physical and physiological changes may be prominent in male & female athletes using IOC-banned anabolic steroids. 3+2+3

3. (a) What do you mean by endurance training ?
- (b) Highlight the role of ghrelin in food intake and body weight regulation. 2+5

Or

- (a) Write the names of two sports event where electrolyte deprivation is very common.
- (b) 'Many Indian female athletes are suffering from frequent wounds of joint' — justify the statement.
- (c) Formulate an Indian menu plan for a female sprinter of our country. 4+3

Module—II

4. Answer any *five* questions from the following : 1×5
- (a) What do you mean by 'Toboos'?
 - (b) Write the Read's formula for BMR determination.
 - (c) What do you mean by 'Weight for age'?
 - (d) Write the names of any two anthropometric parameters for the assessment nutrition status of 'Toddlers'.
 - (e) Write the names of any two anthropometric height assessment parameter.
 - (f) Write the significance of subcutaneous fat assessment.
 - (g) Write the value of BMR in sleep in respect to awakefulness state.
 - (h) What do you mean by body mass?
5. (a) Why 'W' for 'H' is prefer over 'W' for 'A' and 'H' for 'A'.
- (b) State the importance of the assessment of 'W' for 'H', 'W' for 'A' and 'H' for 'A'.
 - (c) Write the differences between standard value and reference value.
 - (d) What are the steps adopted for 'Reference value' generation in anthropometry.

$$2\frac{1}{2} + 1\frac{1}{2} + 2 + 2$$

Or

- (a) State the advantages of anthropometric assessment for nutritional status evaluation in comparison with biochemical assessment.
- (b) State the limitation of anthropometric assessment for community nutrition status evaluation.
- (c) How community culture influence the food intake.

3+3+2

6. (a) State the importance of body mass determination.
- (b) How body mass is determine of an individual?
- (c) State the limitation of BMR determination from anthropometric parameter.

2+3+2

Or

- (a) Write the names of any two areas for subcutaneous fat determination and why these zones are selected.
- (b) State briefly the impact of body fat determination on nutritional anthropology.
- (c) State any one example of food taboos.

(1+2)+3+1