K26FY1151 Pages: 1 Reg No:.....
Name:.....

Second Semester FYUGP Degree (Reg/Sup/Imp) Examination April 2026

KU2MDCPED102 - SPORTS NUTRITION AND WEIGHT MANAGEMENT

2024 Admission onwards

Time : 1.5 hours Maximum Marks : 50

Section A

Answer any 6 questions. Each carry 2 marks.

1. What is the primary function of proteins in the human body?
2. Define macronutrients.
3. What is the formula used to calculate BMI?
4. What is the normal range for BMI in adults?
5. List three nutrients essential for maintaining weight.
6. What is a common misconception about the fat consumption?
7. Name two factors that influence a person's daily caloric needs.
8. Identify two consequences of dehydration during exercise.

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Section B

Answer any 4 questions. Each carry 6 marks.

9. Analyze the differences between a low-carb and a high-protein diet.
10. Explain the purpose of portion control in meal planning.
11. Evaluate the impact of long-term extreme dieting on health.
12. Explain how BMR is affected by its different factors?
13. Evaluate the importance of water and electrolyte replacement after prolonged physical activity.
14. Define the role of carbohydrates in pre-exercise meals.

Section C

Answer any 1 questions. Each carry 14 marks.

15. Propose a strategy to incorporate a balanced diet into meals at college canteen to improve student health and performance.
16. Justify your recommendations on diet and physical activity for an individual with a BMI in the overweight range.