



[AHS 0321]

MARCH 2021

Sub. Code: 2803

(AUGUST 2020 EXAM SESSION)

B.Sc. FITNESS AND LIFESTYLE MODIFICATION

FIRST YEAR (Regulation 2017-2018 & 2019-2020)

PAPER III – NUTRITION AND LIFESTYLE MODIFICATION

Q.P. Code : 802803

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(3 x 10 = 30)

1. Briefly write about proteins, Types and Functions of Proteins.
2. Elaborate on any five supplements.
3. What are Macronutrients and micronutrients list them and give 2 food sources each?

II. Write notes on:

(8 x 5 = 40)

1. Write short notes on iron, functions, requirement and sources.
2. Write short notes on calcium, functions requirements and sources.
3. Brief Fluid replacement, hypohydration and Rehydration.
4. What are fats, list the types?
5. What is Balanced Diet?
6. Write notes on diet during pregnancy.
7. Write notes on vegetarian diet.
8. Write notes on Two fat cell theories.

III. Short answers on:

(10 x 3 = 30)

1. Write short notes on complex Carbohydrates.
2. Write short notes on antioxidants.
3. Write short notes on weight cycling.
4. Write short notes on Dysmorphia.
5. Write short notes on foo
6. Write short notes on RDA and its reliability.
7. Write short notes on Heat production and conduction.
8. Write short notes oral Rehydration.
9. Write short notes on biochemical Individuality.
10. Write short notes Essential fatty acids.

