

OPJS UNIVERSITY, CHURU, RAJASTHAN
B.P. ED (IV SEM) EXAMINATION

Paper II

PAPER CODE- BPED-402

Sports Nutrition & Weight Management

Time: 1.30 Hrs

Maximum Marks- 80

Answers any FIVE question first question is compulsory

- Q-1. Write short note on the following: - (20)
Function Of Nutrition
b) What is protective Nutrition
c) What is Nutritive Nutrition
d) Vitamin 'D'
e) Component of nutrition.
- Q-2. what is nutrition? write the importance of nutrition. (12)
- Q-3. what are the six categories of nutrients ? Describe. (12)
- Q-4. describe the main sources of carbohydrates and its function . (12)
- Q-5. why are vitamins essential? State the main vitamins. (12)
- Q-6. what is obesity ? What are the causes of obesity ? Write the health risk of obesity in modern life. (12)
- Q-7. What is weight management? Write down the role of diet & exercise in weight management ? (12)
- Q-8. what is balance diet? Explain why are the importance for diet plan in various sports? (12)