

Roll No.

Total No. of Pages : 02

Total No. of Questions : 09

B.Sc. Honours (Nutrition and Dietetics) (Sem.-7)

SPORTS NUTRITION

Subject Code : BSND 411-18

M.Code : 92624

Date of Examination : 02-01-23

Time : 3 Hrs.

Max. Marks : 60

INSTRUCTIONS TO CANDIDATES :

1. SECTION-A is COMPULSORY consisting of TEN questions carrying TWO marks each.
2. SECTION-B contains FIVE questions carrying FIVE marks each and students have to attempt any FOUR questions.
3. SECTION-C contains THREE questions carrying TEN marks each and students have to attempt any TWO questions.

SECTION-A

1. Write briefly :

- a. Sports
- b. ATP
- c. Energy
- d. Antioxidants
- e. Anemia
- f. Any TWO important functions of water for performance
- g. Role of Calcium for sportspersons
- h. Types of nutrition supplements
- i. TWO special requirements for an athlete
- j. Role of sodium in sports

**SECTION-B**

2. Discuss the importance of sports nutrition.
3. Throw light on physiological measurements.
4. Explain the lactic acid system that can occur in sportspersons.
5. Discuss the role of proteins in sports.
6. How does diet play a role in case of amenorrhoea?

SECTION-C

7. Sports nutrition has evolved tremendously with time. Discuss.
8. Explain in detail, the energy systems during physical performance.
9. Discuss in detail, the concept of ergogenic aids.

NOTE : Disclosure of Identity by writing Mobile No. or Making of passing request on any page of Answer Sheet will lead to UMC against the Student.

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B.Sc. Honours (Nutrition and Dietetics) (Sem.-7)
DIET THERAPY AND NUTRITION SUPPORT-I

Subject Code : BSND 412-18

M.Code : 92625

Date of Examination : 04-01-23

Time : 3 Hrs.

Max. Marks : 60

INSTRUCTIONS TO CANDIDATES :

1. SECTION-A is COMPULSORY consisting of TEN questions carrying TWO marks each.
2. SECTION-B contains FIVE questions carrying FIVE marks each and students have to attempt any FOUR questions.
3. SECTION-C contains THREE questions carrying TEN marks each and students have to attempt any TWO questions.

SECTION-A

1. Write briefly :

- a. Diet Therapy
- b. Outreach services
- c. Names of methods of dietary assessment
- d. Any TWO causes of fatty liver
- e. Any TWO symptoms of pancreatitis
- f. Differentiate between gastric and duodenal ulcers
- g. Symptoms of Crohns Disease
- h. Any TWO pointers towards lifestyle management of gastric ulcers
- i. Three day recall method
- j. Dietician as a part of medical team.



SECTION-B

2. Explain the role of a dietician in outreach services?
3. Throw light on any TWO:
 - a. Clinical information
 - b. Medical history
 - c. Assessment of patient profile.
4. Discuss the dietary management of pancreatitis.
5. Discuss the causes and dietary management of duodenal ulcers.
6. Anita, age 40 has felt rectal pain. On observing herself, she comes to know that there is passage of blood in her stools. What gastro-intestinal problem could she be suffering from? What are its causes? How can it be managed?

SECTION-C

7. Give a detailed overview of the structure, administration and functioning of diet department.
8. Elaborate on the aspect of food service in hospitals.
9. Discuss the etiology, symptoms and dietary management of any ONE :
 - a. GERD
 - b. Diverticulitis.

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B.Sc- Honours (Nutrition and Dietetics) (Sem.-7)

GERIATRIC NUTRITION

Subject Code : BSND-413-18

M.Code : 92626

Date of Examination : 06-01-23

Time : 3 Hrs.

Max. Marks : 60

INSTRUCTIONS TO CANDIDATES :-

1. SECTION-A is COMPULSORY consisting of TEN questions carrying TWO marks each.
2. SECTION-B contains FIVE questions carrying FIVE marks each and students have to attempt any FOUR questions.
3. SECTION-C contains THREE questions carrying TEN marks each and students have to attempt any TWO questions.

SECTION-A

1. Write briefly :

- a) Geriatrics
- b) Constipation
- c) Acidity
- d) Any TWO physical changes in elders
- e) Importance of calcium in elders
- f) Hyperglycemia
- g) Plaque
- h) Enteral nutrition
- i) Arthritis in elders
- j) Any TWO differences between enteral and parenteral feeding.



SECTION-B

2. Discuss the nutritional requirements of elderly.
3. Discuss the problem and nutritional management of anemia.
4. Discuss the nutritional management of Parkinson's disease.
5. Discuss any one disability disorder in detail that is seen among elders.
6. Why is physical activity important in elders?

SECTION-C

7. Discuss the problem and management of obesity among elders.
8. Discuss in detail, the nutritional management of diabetes in elders.
9. Write a detailed note on drug, food and nutrient reaction.

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