

S.No. 8758

16 SNMEND 2

(For candidates admitted from 2016–2017 onwards)

U.G. DEGREE EXAMINATION, NOVEMBER 2022.

Part IV — Nutrition and Dietetics —
Non Major Elective

NUTRITION FOR HEALTH AND FITNESS

Time : Three hours

Maximum : 75 marks

PART A — (10 × 2 = 20)

Answer ALL questions.

1. Define health.
2. What is the role of the nervous systems during exercise?
3. Give the basic food group.
4. Give any two functions of calcium.
5. How do you monitor heart rate?
6. State on stretch trainer.
7. Mention the causes of obesity.
8. Define anaemia.
9. Give the exercises for pulmonary rehabilitation.
10. Explain the role of meditation for good health.

PART B — (5 × 5 = 25)

Answer ALL questions, choosing either (a) or (b).

11. (a) Explain the benefits of fitness training.

Or

- (b) How is cardiovascular regulated?

12. (a) Explain the role of fats during exercise.

Or

- (b) Give the importance of nutrition and hydration for maintaining health during exercise.

13. (a) Discuss the benefits of motorized treadmill.

Or

- (b) Write a note on multi gym for muscles development.

14. (a) Give the causes and prevention of underweight.

Or

- (b) Suggest the diet and exercise for hypertension.

15. (a) Explain the exercise followed at high altitude.

Or

- (b) Discuss the clinical exercise physiology for cancer.

PART C — (3 × 10 = 30)

Answer any THREE questions.

16. Elaborate the skeletal and neural control during exercise.

17. Explain the role of micronutrients and macronutrients in physical activity.

18. Discuss the benefits of aerobic and anaerobic training for health and fitness.

19. Suggest the diet and exercise for cardiovascular diseases.

20. Explain the exercise and health management for the life style disease overweight and obesity.