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BACHELOR OF BUSINESS ADMINISTRATION
(B.B.A.IN SPORTS MANAGEMENT) (472)
EXAMINATION: DECEMBER - 2025
SEMESTER - V
Sub.: Sports Nutrition (BBA23-S513)

Date : 19/12/2025**Total Marks : 60****Time: 10.00 am To 12.30 pm**

Instructions: 1) All questions are compulsory.
 2) Figures to the right indicate full marks.

Q. 1. Choose the most appropriate option. (05)

1. Nutrition means:

a) Eating junk food	b) Getting nutrients from food
c) Only drinking water	d) Only eating fruits
2. Main function of carbohydrates is to give:

a) Energy	b) Vitamins
c) Minerals	d) Fiber
3. Vitamin C helps in:

a) Bone strength	b) Improving immunity
c) Better sleep	d) Muscle growth
4. Water helps in:

a) Weight gain	b) Temperature control
c) Reducing height	d) Making fat
5. Iron is important for:

a) Making blood	b) Making hair
c) Making teeth	d) Digestion only

Q. 2. State True / False (05)

1. Vitamins are micronutrients

a) True	b) False
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2. Proteins help in body repair.

a) True	b) False
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3. Water is not important for athletes.

a) True	b) False
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4. Fiber helps digestion.

a) True	b) False
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5. Carbohydrates are bad for sports people.

a) True	b) False
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Q. 3. Write Short notes on (Any Three) (15)

1. Simple Carbohydrates
2. Water soluble Vitamins
3. Protein requirements for athletes
4. Minerals required for hydration
5. Importance of Hydration

Q. 4. Answer in detail (Any Two)

(20)

1. Describe the main macronutrients.
2. Explain vitamins and minerals with types and sources
3. Explain the importance of water in athletes
4. Explain the role of proteins in the human body.

Q. 5. Case study (Any One)

(15)

- 1 Ravi plays badminton daily but feels tired quickly. He drinks very little water and eats mostly chips and biscuits.
 - a) What is he doing wrong?
 - b) What food should he add?
 - c) How can he improve hydration?
 - 2 Meera is preparing for a college race. She skips breakfast and eats very little protein. She often feels weak.
 - a) Identify her mistakes.
 - b) Suggest a simple balanced meal.
 - c) Why does she need protein?
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