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BACHELOR OF BUSINESS ADMINISTRATION
B.Sc Sports Science (613)
EXAMINATION : DECEMBER -2025
SEMESTER -V

Sub: Applied Sports Nutrition and Doping (BSC23-511)

Date: 17/12/2025	Total marks: 60	Time: 10.00 am To 12.30 pm
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Q. 1. Answer in Detail **(30)**

1. Describe the different dietary assessment methods used for athletes and explain how they assist in nutritional planning.
2. Explain the importance of proteins in growth, repair, and muscle performance.
3. Discuss the importance of micronutrients in athletic performance, giving examples of deficiency symptoms.

Q. 2. Write Short Notes(Any Two) **(10)**

1. Classification, sources, and functions of minerals
2. Pre- and post-workout nutrition for performance and recovery
3. Weight management strategies for athletes
4. Role of fiber in health and sports nutrition

Q. 3. Answer in Short **(10)**

1. Define micronutrients and explain in short their role for health.
2. Mention two fat soluble vitamins and their functions.
3. What is the significance of hydration before competition?
4. State two functions of dietary fats.
5. Name two commonly used dietary supplements in sports.

Q. 4. Case Study **(10)**

A college basketball player complains of persistent tiredness and low concentration in practice sessions. His meal pattern includes skipping breakfast and relying on caffeine-based energy drinks. Discuss the potential impact of such eating habits on performance and suggest suitable meal timing and nutrient-dense food choices.