

**CS/BSM/SEM-5/BSM-501/2012-13**

**2012**

**BASICS OF SPORTS MEDICINE AND  
NUTRITION**

*Time Allotted : 3 Hours*

*Full Marks : 70*

*The figures in the margin indicate full marks.*

*Candidates are required to give their answers in their own words  
as far as practicable.*

**GROUP – A**

**( Multiple Choice Type Questions )**

1. Choose the correct alternatives from the following :

10X1 = 10

i) Night blindness is caused due to deficiency of vitamin

a) A b) D

c) E d) K.

ii) Daily requirement of calories for females is

a) 2100 kcal b) 1500 kcal

c) 1660 kcal d) 2000 kcal.

iii) ATS is

a) Athletic Type Stimulants

b) Alcohol Type Stimulants

c) Amphetamine Type Stimulants

d) none of these.

iv) Type of human cell is

a) eukaryotic b) prokaryotic

c) bacterial d) none of these.

v) Sports for young people can lead to

a) poor self esteem

- b) being better able to handle stress
- c) poor academic performance
- d) all of these.
- vi) ..... is a very common name in relation of Drug Abuse.
- a) Argosterol b) Retinol
- c) Cannabis d) Cobalamine.
- vii) Osteoporosis occurs due to poor absorption of
- a) Vit C b) Magnesium
- c) Calcium d) Zinc.
- viii) ..... refers to the active enzyme with its nonprotein moiety.
- a) Apoenzyme b) Co-factor
- c) Coenzyme d) Holoenzyme.
- ix) The active form of vitamin ..... is ascorbic acid.
- a) A b) E
- c) D d) C.
- x) Glucose and ..... are the principal monosaccharides found in foods.
- a) Fructose b) Maltose
- c) Sucrose d) Lignin.

### **GROUP – B**

#### **( Short Answer Type Questions )**

Answer any *three* of the following. 3X5 = 15

2. Write a short note on carbohydrate classification.
3. Write a note on human nutrition.
4. Mention the role of ice in treatment of sports injury.
5. What is kinesiology ? Is it important for games and sports ?
6. Write a short note on eukaryotic cell.

## **GROUP – C**

### **( Long Answer Type Questions )**

Answer any *three* of the following.  $3 \times 15 = 45$

7. What is dietary supplement ? What is sports related fitness ? Do you think usage of dietary supplements are always helpful for such fitness ? Explain your opinion with proper elaboration.
8. What do you mean by drug abuse ? Name the most commonly used drugs by sports persons. Discuss how it can be prevented worldwide.
9. Classify muscles according to their structure and function.  
What type of macro-nutrient is important for muscle development and why ?
10. Define enzyme. Discuss its properties.