

Please check whether you have got the right question paper.

- N.B:
1. Answer all the questions.
 2. All questions carry equal marks.

Q.1. Answer any two of the following (15)

- a) Discuss in detail the role of micronutrients in Physical fitness,
- b) Define fitness and discuss various health related components of fitness
- c) What are the causes & Consequences of psychological stress? Discuss the impact of exercise on psychological stress and health.

Q.2. A Answer any one of the following (10)

- a) Discuss the role of exercise in diabetes and bone health
- b) Define malnutrition and discuss the effect of malnutrition on body composition and puberty of adolescents.

B Answer any one of the following (05)

- a) Discuss international guidelines for exercise and health.
- b) What is the influence of maternal nutrition on health of offspring?

Q.3. Discuss any three of the following (15)

- a) Body composition of sports persons
- b) Nutritional ergogenic aids
- c) Glycogen loading techniques
- d) Classification of sports activities
- e) Energy systems used during exercise

Q.4. Explain the following (any three) (15)

- a) Dehydration and sports performance
- b) Effect of exercise on cancer
- c) RED-S
- d) Minerals and mental health.
- e) FITT principles for health
