

VVM's
Shree Damodar College of Commerce & Economics, Margao- Goa
FY B.Com, Semester-I(Regular), Semester End Assessment(OA-38) November 2023
Exercise Science and Nutrition for Fitness (VAC 119) NEP-2020

Duration- 1 Hour

Total Marks- 40

Instructions

- 1) All questions are compulsory, internal choice may be available.
- 2) Figures to the right indicates marks.
- 3) Start each question on fresh page

Q.1 A State the meaning of Cardiovascular and Muscular Endurance. 4 X 2 Marks

B List down the components of Macro and Micro Nutrients.

C List down any 4 common Injuries in fitness training.

D State the principle of 'overload' in fitness training.

Q.2 A i) State the process of macronutrients in a diet. 3 Marks

OR

Q.2 A i) State how the use of equipments and gears helps in preventing injuries. 3 Marks

Q.2 B State all three types of Energy Systems 3 Marks

Q.2 C Define Sports Nutrition. 2 Marks

Q.3 A i) Explain S.M.A.R.T Goals. 3 Marks

OR

Q.3 A i) Discuss importance of maintaining proper form while exercising to prevent injuries. 3 Marks

Q.3 B Describe the importance of 'rest and recovery' in achieving fitness goals. 3 Marks

Q.3 C Describe types of Motivation. 3 Marks

Q.4 A i) Explain 'strains and sprains' kinds of injury in fitness training. 3 Marks

OR

Q.4 A i) Explain Shin Splits Injury in fitness training. 3 Marks

Q.4 B Discuss the concepts of Flexibility and Body Composition. 3 Marks

Q.4 C Explain the concept of 'periodization' in fitness training 2 Marks

Q.5 A i) What are some of the common mistakes people make when starting a fitness training program, 3 Marks

OR

Q.5 A i) What are the primary macronutrients and micronutrients that athletes need to pay special attention to in their diets, and why are they important for sports performance. 3 Marks

Q.5 B Why is it important for athletes to maintain a balance between training and rest in their workout routines. 3 Marks

Q.5 C What are some simple warm-up exercises athletes can perform to prevent injuries. 2 Marks