

K-63/2051
DIETARY SUPPLEMENTS AND ERGOGENIC AIDS
(Semester-II)

Time : Three Hours]

[Maximum Marks : 60

Note : Attempt *two* questions each from Section A and B carrying 9 marks each. Section C will be compulsory carrying 2 marks each.

SECTION-A

- I. Elaborate the concept of Nutritional Aids with classification.
- II. What is Dietary Supplement, Health and Education Act, 1994? Discuss.
- III. What is FDA ? Its Constitutions and Regulations.
- IV. Elaborate the concept of Adulteration and Legislation.

SECTION-B

- V. What is Dopping ? Its control and role of National Bodies.
- VI. Explain NADA in detail.
- VII. Discuss the Diet, Balanced Diet and Nutritional Diet.
- VIII. What is Carbohydrate Loading ? Explain.

SECTION-C
(Compulsory Question)

IX. Write short notes on the following :

- (a) Sports Drinks.
 - (b) Essential Amino Acids.
 - (c) Sports Performance.
 - (d) Dense Diet.
 - (e) Nutritional Supplements.
 - (f) NADA.
 - (g) Drug.
 - (h) Contamination.
 - (i) Steroids.
 - (j) Dietary Ingredients.
 - (k) Micro Nutrients.
 - (l) FSSAI.
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