

Sample Multiple Choice Questions
Winter Session 2021 (January 2022)
M. Sc. Semester III - Branch IC - Sports Nutrition

Subject: Nutrition for Resistance and Power Sports

Instructions:

1. Attempt any 8 out of 10 given MCQs
2. Each MCQ carries 1.5 marks
3. Read each statement carefully and mark any one option out of the four options – the one that you think is the correct answer
4. There are no negative marking for wrong answers

1. A single 250ml of brewed green tea contain _____mg of ECGC
 - a. 25-50
 - b. 50-100
 - c. 100-150
 - d. 150-200

Answer – b. 50-100

2. Upper limit for MCT usage is _____ mg
 - a. 30
 - b. 40
 - c. 70
 - d. 90

Answer - c. 70

3. Actual dosage of MCT is _____ mg
 - a. 30
 - b. 40
 - c. 70
 - d. 90

Answer – a. 30

4. Supplemental dosage of chromium picolinate is _____ mcg/d
 - a. 33
 - b. 36
 - c. 38
 - d. 40

Answer – a. 33

5. Dosage for CLA to promote fatloss is _____g/d
 - a. 3
 - b. 3.1
 - c. 3.2
 - d. 3.3

Answer – d. 3.3

6. Carnitine supplementation upto _____ promote fat loss
- a. 1-3g
 - b. 2-4g
 - c. 3-5g
 - d. 4-6g

Answer – a. 1-3g

7. _____ mg of garcinia combogia 30-60min before a meal helps to promote fat loss
- a. 350
 - b. 400
 - c. 450
 - d. 500

Answer – d. 500

8. Ideal time to consume garcinia combogia to have fatloss effect is _____ meal
- a. 10-15 min before
 - b. 15-30 min after
 - c. 30-60min before
 - d. 30-45 min after

Answer – c. 30-60 min before

9. _____ is active ingredient found in garcinia cambogia
- a. Citrate lyase
 - b. HCA
 - c. carnosine
 - d. EGCG

Answer – b. HCA

10. HCA inhibits enzyme _____ and supresses the denovo fatty acid synthesis
- a. HMG CoA
 - b. adenosine triphosphate citrate lyase
 - c. canosine
 - d. amino oxidase

Answer – b. adenosine triphosphate citrate lyase

.....

Subject: Nutrition for Team Sports

Instructions:

1. Attempt any 8 out of 10 given MCQs
2. Each MCQ carries 1.5 marks
3. Read each statement carefully and mark any one option out of the four options that you think is the correct answer
4. No negative marking for wrong answers

1. Which of the following is a characteristic of field team sport?
 - a. Longer game duration
 - b. Smaller playing arenas
 - c. Shorter game duration
 - d. Frequent substitutions

Correct answer: option "a"

2. For team sport athletes:
 - a. Only aerobic fitness is important
 - b. Only anaerobic fitness is important
 - c. Both aerobic and anaerobic fitness are important
 - d. Both aerobic and anaerobic fitness are not important

Correct answer: option "c"

3. Select the correct option for a post-training meal of a footballer after a high intensity session.
 - a. Consuming carbohydrates and protein immediately post
 - b. Consuming carbohydrates and protein after 15-30 minutes
 - c. Consuming only carbohydrates immediately post
 - d. Consuming only protein immediately post

Correct answer: option "a"

4. Which of the following team sports generally has more frequent fluid-drinking opportunities?
 - a. Ice hockey
 - b. Field Hockey
 - c. Soccer
 - d. Rugby

Correct answer: option "b"

5. The general during-training water recommendation for a team sport athlete for high intensity training is:
 - a. Ad-libitum
 - b. Not required
 - c. 100-150ml every 15-20mins
 - d. 150-300ml every 15-20mins

Correct answer: option "d"

6. With regards to micronutrient needs of a team sport athlete, choose the incorrect statement:

- a. Requirements increase according to training demands
- b. They help support metabolic processes within the body
- c. Giving micronutrients as supplements becomes essential
- d. Certain specific micronutrients become particularly important for team players

Correct answer: option “c”

7. With regards to dietary fat requirements for team sport players, choose the incorrect statement:

- a. It is a source of essential fatty acids
- b. It is the second source of energy for the exercising muscle
- c. Saturated and trans-fats must be limited
- d. Pre- and post-exercise meals should contain moderate amounts of fat

Correct answer: option “d”

8. If an athlete does not consume adequate amount of fluid and electrolytes during exercise, it can essentially lead to:

- a. Weight loss
- b. Dehydration
- c. Potassium toxicity
- d. Sodium deficiency

Correct answer: option “b”

9. Which of the following vitamin test should be part of routine screening for team sport athletes?

- a. Vitamin K
- b. Vitamin D
- c. Calcium
- d. Zinc

Correct answer: option “b”

10. A competitive hockey player is complaining about excessive fatigue during training. Which of the supplement should be recommended to him?

- a. Sodium bicarbonate
- b. Caffeine
- c. Dietary Nitrates
- d. Creatine

Correct answer: option “b”

.....

Subject: Food psychology and Nutritional Counselling

Instructions:

1. Attempt any 8 out of 10 given MCQs
2. Each MCQ carries 1.5 marks
3. Read each statement carefully and mark any one option out of the four options that you think is the correct answer
4. No negative marking for wrong answers

1. When eating is driven by cues like depression, anxiety, happiness, boredom rather than hunger, it is termed as?
 - a. Mindful Eating
 - b. Disinhibition
 - c. Emotional Eating
 - d. Restrained Eating

Correct answer: option “c”

2. According to the Economic household model which households allocate a greater proportion of their expenditure on convenience foods and a smaller proportion of their expenditure on non-convenience foods?
 - a. Low income households
 - b. Households with more spare time
 - c. Households with no children
 - d. Busy & rich households

Correct answer: option “d”

3. Variations in which of the following gene is associated with emotional eating?
 - a. FTO
 - b. GAD2
 - c. TAS2R38
 - d. OPRM1

Correct answer: option “d”

4. _____ are specified in the form of an if–then plan that creates a mental link between a specified future situation and a particular goal-directed behaviour.
 - a. Behaviour modification
 - b. Implementation intentions
 - c. Strategic automization
 - d. Optimistic Intentions

Correct answer: option “b”

5. One might perceive social pressure from one's parents to eat vegetables, this is an example of which of the following?
- Reasoned action
 - Attitude
 - Behavioural Intention
 - Subjective norm

Correct answer: option "d"

6. "Stages of Change" was given by which of the following?
- DiClemente & Prochaska
 - Armitage & Conner
 - Fila & Smith
 - Ajzen & Fishbein

Correct answer: option "a"

7. Nutrition _____ is important to determine and measure the amount of progress made for the nutrition intervention and whether the nutrition related goals/expected outcomes are being met.
- Counselling
 - Diagnosis
 - Monitoring
 - Intervention

Correct answer: option "c"

8. A person who switches to a high-fiber eating pattern and finds that constipation problems decrease will probably increase fiber in all meals. This is an example of?
- Operant conditioning
 - Modeling
 - Imitation
 - Optimistic bias

Correct answer: option "a"

9. Nutrition Care Process is a _____ approach to provide high quality nutrition care to patients.
- Systematic
 - Simple
 - Complex
 - Traditional

Correct answer: option "a"

10. Recognising the signs and symptoms of stress is the _____ step of managing stress.
- Second
 - First
 - Third
 - Fifth

Correct answer: option "b"

.....

Subject: Dietary Supplements and Functional Foods

Instructions:

1. Attempt any 8 out of 10 given MCQs
2. Each MCQ carries 1.5 marks
3. Read each statement carefully and mark any one option out of the four options – the one that you think is the correct answer
4. There are no negative marking for wrong answers

1. Which of the following doping rule violation is also applicable to an Athlete Supporting Personnel?
 - a. Tampering
 - b. Refusal to submit a sample
 - c. Whereabouts failure
 - d. Use of prohibited substance

Correct answer: option “a”

2. Which of the following supplements is known as a Nitric oxide booster?
 - a. Creatine
 - b. Carnitine
 - c. Arginine
 - d. BCAA

Correct answer: option “c”

3. Which of the following is a 'Pure Whey Protein'?
 - a. Supplement containing whey isolate, whey concentrate and whey hydrolysate
 - b. Supplement containing whey isolate, whey hydrolysate and casein
 - c. Supplement containing whey concentrate, soya protein and casein
 - d. Supplement containing soya protein, pea protein and rice protein

Correct answer: option “a”

4. A good sports drink will not:
 - a. Absorbs rapidly
 - b. Cause gastric distress
 - c. Maintains blood volume
 - d. Be palatable

Correct answer: option “b”

5. Hypokalaemia is:
 - a. Lower than normal sodium level in the bloodstream
 - b. Lower than normal chloride level in the bloodstream
 - c. Lower than normal potassium level in the bloodstream
 - d. Lower than normal magnesium level in the bloodstream

Correct answer: option “c”

6. The ALA supplementation must ideally be taken:
- a. 15-20mins before a carb-containing meal
 - b. 30-60mins before a carb-containing meal
 - c. 60-90mins before a carb-containing meal
 - d. 120mins before a carb-containing meal

Correct answer: option “b”

7. Which of these is not an advanced form of creatine?
- a. Creatine Malate
 - b. Creatine Alkaline
 - c. Creatine Ethyl Ester
 - d. Creatine monohydrate

Correct answer: option “d”

8. Chromium should ideally be supplemented as:
- a. 500mcg × 2-3 times a day
 - b. 1000mcg × twice a day
 - c. 1500mcg × once a day
 - d. 1500mcg × twice a day

Correct answer: option “a”

9. ZMA is a mineral supplement contains:
- a. Zinc, Magnesium and Ascorbate
 - b. Zinc, Magnesium and pyridoxine
 - c. Zinc, Manganese and Aspartate
 - d. Zinc, Manganese and pyridoxine

Correct answer: option “b”

10. Which of the following joint health supplement ingredient is suitable for vegetarians?
- a. Glucosamine
 - b. Gelatin
 - c. Boswellia serrate
 - d. Chondroitin

Correct answer: option “c”

