

**MSc (HOME SCIENCE) BRANCH-IB : SPORTS NUTRITION**  
**SEMESTER-IV: 2020-2021**  
**Sample MCQs for students reference**

**PSHSIC401 - Entrepreneurship**

**Instructions:**

- 1) Attempt any 8 out of 10 given MCQ's
- 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. **Manufacturer >Wholesaler > Retailer >Consumer is an example for\_\_\_\_\_ level channel.**
- a. Zero
  - b. One
  - c. Two**
  - d. Three

**Correct answer: option "c"**

2. **Manufacturer > Retailer > Consumer is an example for\_\_\_\_\_ level channel.**
- a. Zero
  - b. One**
  - c. Two
  - d. Three

**Correct answer: option "b"**

3. **Manufacturer >Wholesaler >Agent > Retailer >Consumer is an example for\_\_\_\_\_ level channel.**
- a. Zero
  - b. One
  - c. Two
  - d. Three**

**Correct answer: option "d"**

4. **\_\_\_\_\_ is an objective assessment of an individual's performance against well-defined benchmarks.**
- a. Performance Appraisal**
  - b. HR Planning
  - c. Information for goal identification
  - d. Planning

**Correct answer: option "a"**

5. **Which of the following is not a part of the triple bottom line?**
- a. People.
  - b. Planet

- c. profit
- d. organisation**

**Correct answer: option “d”**

- 6. The primary concerns when first starting your business are:**
- a. hrn.
  - b. getting office space.
  - c. financing and planning.**
  - d. marketing.

**Correct answer: option “c”**

- 7. What is crowdfunding?**
- a. the practice of funding a Startup by raising small amounts of money from a large number of people**
  - b. an asset which is pledged to the bank to cover any losses the bank may incur if the business is not able to repay
  - c. the term used to refer to a statistical technique used to quantify the risk of default
  - d. a short term loan that converts to equity when startup raises the next round of funding

**Correct answer: option “a”**

- 8. Which of the following is an essential trait of almost all entrepreneurs?**
- a. tolerance of others.
  - b. need for achievement.**
  - c. propensity to earn money.
  - d. locus of control.

**Correct answer: option “b”**

- 9. A Micro Enterprise is an enterprise where investment in plant and machinery does not exceed (According to MSMED Act, 2006):**
- a) Rs. 25 Lakh**
  - b) Rs. 20 Lakh
  - c) Rs. 15 Lakh
  - d) Rs. 30 Lakh

**Correct answer: option “a”**

- 10. Why should an entrepreneur do a feasibility study for starting a new venture:**
- a) To identify possible sources of funds
  - b) To see if there are possible barriers to success**
  - c) To estimate the expected sales
  - d) To explore potential customers

**Correct answer: option “b”**



## PSHSIC402 - Nutrition for Sportsperson with Special Conditions

### Instructions:

- 1) Attempt any 8 out of 10 given MCQ's
- 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. Nutritional strategies for when exercising in hot & humid environment should focus on:**

- a. Fluids
- b. Carbohydrates and fluids
- c. Protein, carbohydrate, and fluids
- d. Carbohydrates, protein, fat, and fluids

**Correct answer: option "b"**

**2. What is the most important consideration for the travelling athlete?**

- a. Planning ahead of travel
- b. Winning the competition
- c. Overcoming jet lag
- d. Trying the local cuisine

**Correct answer: option "a"**

**3. With regards to Relative Energy in Sports (RED-S), choose the incorrect statement:**

- a. It was formerly known as Female Athlete Triad
- b. It is associated with reduced injury risk.
- c. It can be assessed using RED-CAT.
- d. Its symptoms include delayed growth, irregular periods, and decreased performance.

**Correct answer: option "b"**

**4. With regards to 'Nutritional goals for injury recovery', choose the incorrect statement:**

- a. Support muscle protein synthesis
- b. Preserve muscle mass.
- c. Allow slight body fat gain.
- d. Maintain energy balance.

**Correct answer: option "c"**

**5. During proliferation process there is...**

- a. Tissue rebuilding and repairing.
- b. Remodelling to build a stronger tissue structure.
- c. Inflammation
- d. Rehabilitation

**Correct answer: option "a"**

6. **Excess caffeine should be avoided by athletes with osteopenia. This is because:**
- a. Caffeine can reduce calcium absorption.
  - b. Caffeine can enhance calcium absorption.
  - c. Caffeine has no effect on calcium absorption.
  - d. Caffeine increases digestive issues.

**Correct answer: option “a”**

7. **What is the recommendation regarding athletic participation for individuals with idiopathic dilated cardiomyopathy?**
- a. The athlete can participate in all competitive events.
  - b. The athlete should not participate in any competitive events.
  - c. The athlete can participate only in low intensity competitive sports.
  - d. The athlete can participate only in low and moderate intensity competitive sports.

**Correct answer: option “b”**

8. **With regards to athlete's heart, choose the incorrect statement:**
- a. It is not a medical condition.
  - b. It describes structural and functional changes that occurs due to regular athletic training.
  - c. Tachycardia is a symptom of athlete's heart.
  - d. It is commonly seen in athletes involved in intense training for >1hr on most days.

**Correct answer: option “c”**

9. **What is the carbohydrate recommendation for a diabetic athlete engaged in 2 hours of moderate intensity exercise?**
- a. 3-5 gm per kg BW
  - b. 5-7 gm per kg BW
  - c. 7-10 gm per kg BW
  - d. 10-12 gm per kg BW

**Correct answer: option “c”**

10. **Which of these is not a cause/risk factor of Irritable bowel syndrome?**
- a. Genetic predisposition
  - b. Intensive exercise
  - c. Stress
  - d. Soluble fiber

**Correct answer: option “d”**

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## PSHSIC403 - Sports and Fitness Management

### Instructions:

- 1) Attempt any 8 out of 10 given MCQ's
- 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. **SMART goals are best described as \_**
  - a. Specific, measurable, attainable, relevant, and timely
  - b. Straight forward, meaningful, accessible, real, and tested
  - c. Strategic, moderate, achievable, relevant, and timely
  - d. Specific, measurable, achievable, relevant, and tested

**Answer: a**
2. **Which of the following is NOT one of the recommended guidelines for setting effective employee goals?**
  - a. Assigning specific goals
  - b. Assigning measurable goals
  - c. Assigning challenging but doable goals
  - d. Administering consequences for failure to meet goals

**Answer: d**
3. **All of the following are reasons for appraising an employee's performance EXCEPT \_**
  - a. Assisting with career planning
  - b. Correcting any work-related deficiencies
  - c. Creating an organizational strategy map
  - d. Determining appropriate salary and bonuses

**Answer: c**
4. **What is the first step in the appraisal process?**
  - a. Giving feedback
  - b. Defining the job
  - c. Administering the appraisal tool
  - d. Making plans to provide training

**Answer: b**
5. **A group has achieved synergy when**
  - a. All members agree on a course of action.
  - b. Each member agrees with a problem solution.
  - c. Members are solving problems at an above-average rate.
  - d. The total output exceeds the sum of individual contributions.

**Answer: d**

**6. The principles of management enhance the understanding of relationship between human and material resources for the achievement of organisational goals. Identify the feature of the principles of management being described in the given statement.**

- a. Cause and effect relationships
- b. Optimum utilisation of resources and effective administration
- c. Formed by practice and experimentation
- d. Mainly behavioural

**Answer: d**

**7. Which of the following is an autocratic style of leadership?**

- a. Directing style of leadership
- b. Consultative style of leadership
- c. Participative style of leadership
- d. Delegating style of leadership

**Answer: a**

**8. One of the problems with the suppression of conflicts is that it \_\_\_\_\_.**

- a. Creates winners and losers
- b. Is often a temporary solution that sets the stage for future conflict
- c. Works only with emotional conflicts
- d. Works only with substantive conflicts

**Answer: b**

**9. Which one of the following is not an importance of sponsorship?**

- a. Sponsorship provides the funding and/or the promotion for a large event to reach its max potential
- b. Athletes and sports promoters can focus more on gearing up for the big game than tracking down donations
- c. Big-name sponsorship can create attention for an event or game
- d. Increases corruption

**Answer: d**

**10. Indian Sports law is governed under various law except**

- a. Laws of Contract
- b. Intellectual Property Laws
- c. Companies act
- d. Competition Law

**Answer: c**

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## PSHSIC404 - Strategies for Holistic Health

### Instructions:

- 1) Attempt any 8 out of 10 given MCQ's
- 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. Having good financial security is a part of the:**

- a. Physical wellness
- b. Occupational Wellness
- c. Social Wellness
- d. Intellectual Wellness

**Correct answer: option "b"**

**2. Emotional Wellness includes:**

- a. Having a sense of connectedness and belonging
- b. The degree to which one feels positive about one's self.
- c. Uncovering talents or passions
- d. Having financial stability

**Correct answer: option "b"**

**3. Which of the strategies is not primarily associated with nutritional advice to improve physical wellness of the athletes?**

- a. Ideal pre, during and post-training meal
- b. Adequate fat intake
- c. Timing of meal consumption
- d. Mindfulness

**Correct answer: option "d"**

**4. With regards to wellness in athletes participating in different sports, choose the incorrect statement:**

- a. All sports will have equal rating or risk in each dimensions of wellness.
- b. Some dimensions will have similar risk across sports while others may be specific to particular sport.
- c. The wellness ratings in each dimensions may be influenced by the sport as well as individual characteristics of the athlete.
- d. The wellness rating in each dimensions is dynamic and may change overtime.

**Correct answer: option "a"**

**5. Which one of the following is not used commonly as essential oil?**

- a. Rosemary
- b. Tea tree
- c. Peppermint
- d. Eucalyptus

**Correct answer: option "b"**

**6. Which one of the following is also known as hot yoga?**

- a. Bikram yoga
- b. Hatha yoga
- c. Ashtanga yoga
- d. Kripalu yoga

**Correct answer: option “a”**

**7. Which one of the following stroke involves the squeezing, rolling, or kneading that follows effleurage?**

- a. Tapotement
- b. Friction
- c. Effleurage
- d. Petrissage

**Correct answer: option “d”**

**8. Gymnemic acid is an active ingredient found in \_\_\_\_\_.**

- a. Garcinia Cambogia
- b. Commiphora mukul
- c. Trigonella foenum
- d. Gymnema sylvestre

**Correct answer: option “d”**

**9. It is important that the patient remains in a \_\_\_\_\_ position for 2 weeks to avoid excessive straining on the incision after undergoing abdominoplasty.**

- a. Flexed
- b. Supine
- c. Prone
- d. Right lateral recumbent

**Correct answer: option “a”**

**10. You should not do this while performing a raisin experiment.**

- a. Look at the raisin and pick it up.
- b. Feel the weight of raisin on your palm.
- c. Throw handful of raisins into your mouth.
- d. Slowly begin to chew, noticing what each bite brings.

**Correct answer: option “c”**