

Sample Multiple Choice Questions
M. Sc. Semester III - Branch IC - Sports Nutrition (2020-21)

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. Select the correct sequence for a post-training meal of a bodybuilder after a high intensity session.
 - a. Taking carbohydrates and protein together immediately post training
 - b. Taking carbohydrates and protein together 10-15 minutes post training
 - c. First taking protein immediately post training, and then carbohydrates after 10-15mins
 - d. First taking carbohydrates immediately post training, and then protein after 10-15mins

Correct answer: option “d”

2. The concern of eating disorders is found to be greater among female athletes participating in:
 - a. Aesthetic sports
 - b. Combat sports
 - c. Sprint sports
 - d. Racket sports

Correct answer: option “a”

3. If an athlete participating in track cycling sprint event plans to consume the pre-competition meal 2 hours prior to the event, his carbohydrate amount in the meal should be:
 - a. 1 gm/kg BW
 - b. 2 gm/kg BW
 - c. 3 gm/kg BW
 - d. 4 gm/kg BW

Correct answer: option “b”

4. Which of the following supplements will not be of added benefit for a bodybuilder?
 - a. Caffeine
 - b. Arginine
 - c. Creatine
 - d. Coenzyme Q10

Correct answer: option “d”

5. A major concern for combat athletes during a competitive match is:
 - a. Metabolic acidosis and fatigue
 - b. Risk of injuries from falls
 - c. Making weight

d. Opportunities to drink fluid

Correct answer: option “a”

6. Making weight is a major concern among combat athletes mainly because:
- a. Athletes do not plan the making weight strategy in advance and fail to reach the desired weight
 - b. Athletes keeping gaining and losing weight to fit in the desired weight category
 - c. Athletes often adopt unhealthy and harmful strategies to make weight
 - d. Risk of injury can increase because of making weight

Correct answer: option “c”

7. The carbohydrate recommendations for combat athletes involved in high intensity training is:
- a. 3-5gm/kg BW/day
 - b. 6-8gm/kg BW/day
 - c. 8-10gm/kg BW/day
 - d. 10-12gm/kg BW/day

Correct answer: option “d”

8. If a badminton player has lost 2kgs post competition, how much fluid should he ideally replace post competition?
- a. 1-1.5 litres
 - b. 2-3 litres
 - c. 3-4 litres
 - d. 4-5 litres

Correct answer: option “b”

9. During a tennis match, the rest periods at the end of a set is usually of:
- a. 60 seconds
 - b. 90 seconds
 - c. 120 seconds
 - d. 180 seconds

Correct answer: option “c”

10. Sodium bicarbonate helps improve athletic performance primarily by:
- a. Reducing the metabolic acidosis
 - b. Decreasing perception of effort
 - c. Enhancing sprint capacity and power output
 - d. Reducing stress and anxiety

Correct answer: option “a”

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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. The amount of protein ingested should put the recovering athlete in a state of _____
 - a. Positive Nitrogen Balance
 - b. Neutral Nitrogen Balance
 - c. Negative Nitrogen Balance
 - d. None of the above

Correct answer: option “a”

2. IMTG stands for _____
 - a. Intermuscular Triglycerides
 - b. Intramuscular Triglycerides
 - c. Inflammatory marker T-gene
 - d. None of the above

Correct answer: option “b”

3. A high incidence of iron depletion in athlete is usually attributed to which of the following factors?
 - a. Poor energy intake
 - b. Avoidance of foods rich in heme iron
 - c. Increased iron losses in sweat
 - d. All of the above

Correct answer: option “d”

4. Sports drink containing lower than 6% of the carbohydrate solution is called?
 - a. Isotonic drink
 - b. Hypotonic drink
 - c. Hypertonic drink
 - d. None of the above

Correct answer: option “b”

5. What is the normal blood calcium levels in the body?
 - a. 8.5-10.5mg/dL
 - b. 7.5-11.0mg/dL
 - c. 8.5-12.5mg/dL
 - d. 7.0-10.5mg/dL

Correct answer: option “a”

6. RDA for Thiamine for Adult Men
 - a. 1.6mg/day
 - b. 1.2mg/day
 - c. 1.5mg/day

d. 2.2mg/day

Correct answer: option “b”

7. Which one of the following factors does not inhibit iron absorption?

- a. Coffee
- b. Calcium
- c. Oxalates
- d. Vitamin C

Correct answer: option “d”

8. In soccer, controlling and keeping possession of the ball while running means?

- a. Passing
- b. shooting
- c. dribbling
- d. goal

Correct answer: option “c”

9. How many overs are played in One-day International Cricket match?

- a. 20-overs
- b. 40-overs
- c. 50-overs
- d. 100-overs

Correct answer: option “c”

10. In hockey, if the player holds the stick firmly and hits the ball to lob it in air and pass it to their team players is called?

- a. drive
- b. flick
- c. dribble
- d. long hit

Correct answer: option “b”

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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. According to the Economic household model which households allocate a greater proportion of 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 and rich households

Correct answer: option “d”

2. The food choice process model was developed by which of the following?
 - a. Furst et al.
 - b. Ajzen & Fishbein
 - c. Armitage & Conner
 - d. Fila & Smith

Correct answer: option “a”

3. As glucose levels decrease, hunger levels_____?
 - a. Increase
 - b. Remain constant
 - c. Fluctuate between increase & decrease
 - d. Decrease

Correct answer: option “a”

4. Social pressures to behave in a certain way and motivation to comply with the wishes of others are known as (in context to theory of reasoned action)?
 - a. Peer pressure
 - b. Subjective behaviour
 - c. Selective behaviour
 - d. Subjective norms

Correct answer: option “d”

5. A relatively permanent and observable change in the behavior which occurs due to practice or experience is known as?

- a. Learning
- b. Attitude
- c. Motivation
- d. Self-actualization

Correct answer: option “a”

6. Individual’s positive and negative attitudes about the consequences of conducting behaviour and the evaluation of whether or not those consequences would be a cost or a benefit to the individual are known as?

- a. Perceived behavioural control
- b. Normative beliefs
- c. Behavioural Beliefs
- d. Subjective Norms

Correct answer: option “c”

7. Which of the following strategies is most appropriate while counselling an individual in the pre-contemplation stage?

- a. Develop realistic goals & timeline for change
- b. Educate on risk versus benefits and positive outcomes related to change
- c. Provide positive reinforcement
- d. Provide encouragement & support

Correct answer: option “b”

8. Disobeying orders at workplace is a _____ sign of stress.

- a. Social
- b. Mental
- c. Emotional
- d. Physical

Correct answer: option “a”

9. Name the behaviour modification theory that does not involve teaching a new behavior; instead, the emphasis is on mimicking.

- a. Modeling
- b. Imitation
- c. Operant conditioning
- d. Contemplation

Correct answer: option “b”

10. In context to the precede-proceed model, the _____ factors are those that drive a behavior and include knowledge, beliefs, attitudes, and values.
- a. Enabling
 - b. Reinforcing
 - c. Predisposing
 - d. Inhibiting

Correct answer: option “c”



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 is a prohibited method as per WADA?
 - a. Gene Doping
 - b. Caffeine
 - c. Anabolic steroids
 - d. Alcohol

Correct answer: option “a”

2. Choose the correct statement:
 - a. Whey and casein should not be taken pre-training.
 - b. Whey and casein should not be taken post-training
 - c. Whey is ideal for pre-training, and casein is ideal for post-training.
 - d. Whey is ideal for post-training, and casein is ideal for pre-training.

Correct answer: option “d”

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

Correct answer: option “c”

4. Sports drinks are more applicable for:
 - a. High intensity training for less than <30mins
 - b. Indoor training for 45-60 minutes
 - c. Weightlifting for 1.5-2 hours
 - d. Outdoor training for more than 1 hour

Correct answer: option “d”

5. The ideal timing of calcium citrate supplement is:
 - a. Empty stomach on waking up
 - b. With Breakfast or Dinner
 - c. With the pre-training meal
 - d. With the post-training meal

Correct answer: option “a”

6. Which of the following must be supplemented as per blood levels?
 - a. B-complex vitamins
 - b. Vitamin C
 - c. Vitamin E
 - d. Vitamin D

Correct answer: option “d”

7. If an athlete's serum Vitamin B12 level is 189mg/ml, then for the next 2-3 months vitamin B12 should be supplemented as:
- a. 750mcg × twice a day
 - b. 1000mcg × once a day
 - c. 2500mcg × once a day
 - d. 2500mcg per day × twice a day

Correct answer: option “c”

8. Creatine monohydrate supplementation is typically cycled as:
- a. 1 month on and 1 month off
 - b. 2-3 months on and 1 month off.
 - c. 1 month on and 2-3 months off
 - d. 2-3 months on and 2-3 months off.

Correct answer: option “b”

9. Which among these mainly has an anti-DHT effect?
- a. Saw Palmetto
 - b. Tribulus terrestris
 - c. Indole-3-Carbinol
 - d. Grape seed extract

Correct answer: option “a”

10. 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”

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