

Physiology [SEC]

[NEP-CBCS]

B.Sc. First Semester End Examination-2023

PAPER: PHY-SEC01T

Full Marks: 20

Time: 01 Hr.

The figures in the right hand margin indicate marks

Candidates are required to give their answers in their own words as far as practicable

Illustrate the answers wherever necessary

1. Answer any FIVE questions of the following: 5x2= 10

- a) What do you mean by RQ?
- b) Define Glycemic Index (GI)?
- c) What is Physical activity ratio (PAR)?
- d) Define NPU.
- e) State the dietary sources of folic acid and vitamin K.
- f) What is ACU?
- g) What is SDA?
- h) What do you mean by biological value of proteins?

2. Answer any TWO questions of the following: 2x5 = 10

- a) What are the different water soluble vitamins? Briefly describe the sources 7 functions of vitamin-B-complex. 1+2+2

(2)

- b) Discuss different factors controlling BMR. How the dietary carbohydrates and proteins influence the value of RQ? 2+3
 - c) What are the cosmoceuticals and neutraceuticals? State the different functions of vitamin A and vitamin D. 2+3
 - d) Prepare a balanced diet for a 19 year old women athlete in low socio-economic status. 5
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