

**THIRD SEMESTER UG DEGREE EXAMINATION, NOVEMBER 2023**

**BACHELOR OF SPORTS MANAGEMENT (BSM)**

**GBSM3A02T: FUNDAMENTALS OF SPORTS SCIENCES**

**Time: 2 ½ Hours**

**Maximum Marks: 80**

**SECTION A: Answer the following questions. Each carries *two* marks.**

**(Ceiling 25 Marks)**

1. What do you mean by sports injuries?
2. Define sports training.
3. Differentiate between basic physiology and exercise physiology.
4. Why coaches need to have knowledge of sports injuries?
5. Comment on by athlete safety.
6. What are the physiological factors affecting performance?
7. Why is high protein diet given to body builders?
8. What do you mean by postural assessment?
9. Why is sports considered as a science?
10. Define micro-nutrients and macro-nutrients.
11. What is sports analytics?
12. Define ergogenic aids.
13. Give an account adapted physical education.
14. Mention the importance team cohesion in sports.
15. What are vitamins?

**SECTION B: Answer the following questions. Each carries *five* marks.**

**(Ceiling 35 Marks)**

16. Explain the development of sports science in the 20<sup>th</sup> century.
17. What do you know about corrective exercise progression?
18. Explain the fundamentals of movements involved in walking.
19. What do you know about the scope of sports medicine? Explain.
20. Why is proper care and rehabilitation very important after a sports injury has occurred?
21. What are some of the harmful effects reported by the usage of ergogenic aids?
22. What is the need and importance of test and measurement in sports?
23. Explain what is carbohydrates and its importance for human beings.

**SECTION C: Answer any *two* questions. Each carries *ten* marks.**

24. Explain in detail the measures to be taken to maintain athlete safety.
25. Explain the job of a sports data analyst and the importance of sports analytics. What are the fields in which a sports analyst can work?
26. Write an account on the functions of organs involved in circulatory system.
27. Discuss elaborately the recent developments in the field of sports science.

**(2 x 10 = 20 Marks)**