



U7489

Reg. No.:

Name:.....

**University of Kerala**

First Semester Degree Examination, November 2024

Four Year Under Graduate Programme

Multi Disciplinary Course

BIOCHEMISTRY**UK1MDCBCH101- NUTRITIONAL BIOCHEMISTRY FOR HEALTH & FITNESS**

Academic Level: 100-199

Time: 1½ Hours**Max. Marks: 42****Part A.****Answer All Questions, Objective Type. 1 Mark Each.****(Cognitive Level: Remember/Understand)****6 Marks. Time: 6 Minutes**

Qn.No	Question	Cognitive Level	Course Outcome (CO)
1	Name the molecule that stores and transfers energy for cellular processes.	Remember	CO1
2	How calorific value of nutrients is expressed?	Remember	CO2
3	Name water-soluble vitamins.	Remember	CO2
4	Meaning of SDA.	Remember	CO2
5	Name any two feel-good hormones.	Understand	CO3
6	Which hormone is deficient in diabetes mellitus?	Understand	CO4

Part B.**Answer All Questions, Short Answer. 2 Marks Each.****(Cognitive Level: Understand/Apply)****8 Marks. Time: 25 Minutes**

Qn. No	Question	Cognitive Level	Course Outcome (CO)
7	Define anabolism.	Understand	CO1
8	Comment on food guide pyramid.	Understand	CO2
9	Give an account of the significance of the oxidative system in exercise.	Understand	CO3
10	How does nutrition affect cardiovascular health?	Understand	CO4

Part C.

Answer all 4 questions, choosing among options within each question.

Long Answer. 7 Marks Each.

(Cognitive Level: Apply/Analyse/Evaluate/ Create)

28 Marks. Time: 60 Minutes

Qn. No	Question	Cognitive Level	Course Outcome (CO)
11	(A) Differentiate between anabolism and catabolism. OR (B) Give an account of energy-yielding metabolic pathways.	Understand Understand	CO1
12	(A) Discuss how water plays a crucial role in hydration and maintaining electrolyte balance in the body. OR (B) Summarize the role of B complex vitamins in human health.	Understand Remember	CO2
13	(A) Briefly explain the impact of exercise on Serotonin and Endorphins. OR (B) Comment on the glycolytic and Oxidative system as the primary source of energy.	Understand Understand	CO3
14	(A) Elaborate the nutritional interventions for common sports injuries and musculoskeletal health. OR (B). Describe the role of nutrition in metabolic syndromes- diabetes and cardiovascular diseases.	Understand Remember	CO4