

## HNE-36806 - Nutrition and Sports - Example questions exam

Average Daily Metabolic Rate is dependent on the physical activity level. The physical activity level can be expressed in terms of PAL-values and/or in terms of MET-values.

- a. How is the PAL-value defined?
- b. How is the MET-value defined?
- c. Why is (at similar PAL- and MET-values) the energy expenditure lower in women than in men?
- d. What is the PAL value for a marathon runner on the day of the marathon, when the marathon is finished in 2.5 hours at a MET-value of 18?

A cyclist is biking in Greece at an environmental temperature of 37°C, and with an external power of 200 Watt (efficiency of 25%). It takes 2.4 kJ to invaporate one gram of water. How much sweat will he have to produce over 2 hours, in order to maintain a constant body temperature?

Describe in one sentence the meaning of the following items:

- a. Paracelsus
- b. Oxidative stress
- c. Radical

Alcohol can have several effects on an athlete when consumed prior to or after exercise.

- a. Mention the effects of consumption of beer after a rugby match.
- b. Mention a thermo physiological effect of the consumption of gluhwein after skiing, in a cold environment.