

COMMONWEALTH OF AUSTRALIA

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Family Name	
Given Names	
Student Number	
Teaching Period	Semester 1, 2016

FINAL EXAMINATION	DURATION				
SPE320 – Nutrition and Health	<table border="1"> <tr> <td>Reading Time:</td> <td>10 minutes</td> </tr> <tr> <td>Writing Time:</td> <td>120 minutes</td> </tr> </table>	Reading Time:	10 minutes	Writing Time:	120 minutes
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Writing Time:	120 minutes				

INSTRUCTIONS TO CANDIDATES

EXAM CONDITIONS

You may begin writing from the commencement of the examination session. The reading time indicated above is provided as a guide only.

This is a CLOSED BOOK examination

No calculators are permitted

No handwritten notes are permitted

No dictionaries are permitted

ADDITIONAL AUTHORISED MATERIALS	EXAMINATION MATERIALS TO BE SUPPLIED
No additional printed material is permitted	Faculty/School Multiple Choice Answer Sheet

**THIS EXAMINATION IS PRINTED
DOUBLE-SIDED.**

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BLANK.**

Section A

Multiple Choice Questions

Total No of Marks for this section: 20

This section should be answered on the Answer Sheet provided. Please ensure that your name and student number have been written on the Answer sheet and place in the completed answer Booklet.

***Marks for each question are indicated. Suggested Time allocation for Section A:
40 minutes***

Section B

Short Answer Questions

Total No of Marks for this section: 12

Questions in section B should be answered in spaces provided.

***Marks for each question are indicated. Questions are of equal values.
Suggested Time allocation for Section B: 20 minutes***

Question 1

Explain the term “Anabolic State”?

(Marks: 1)

Question 2

Describe an incomplete protein?

(Marks: 1)

Question 3

What is the role of Lipoprotein Lipase (LPL)?

(Marks: 1)

Question 4

What is Ketosis and explain how ketosis could be prevented?

(Marks: 1)

Question 5

List two simple hydration assessment tools?

(Marks: 1)

Question 6

List four ways that human body loses water?

(Marks: 1)

Question 7

List two functions of Vitamin C.

(Marks: 1)

Question 8

List two minerals that considered as electrolytes in sport drinks.

(Marks: 1)

Question 9

What is essential body fat and what percentage of males and females body is essential fat?

(Marks: 1)

Question 10

List four roles of food and fluid intake after exercise?

(Marks: 1)

Question 11

Name four common methods for analysis the body composition?

(Marks: 1)

Question 12

List two benefits of caffeine consumption?

(Marks: 1)

Section C

Short Essay Questions

Total Number of Marks for this section: 18

Questions in section C should be answered in spaces provided.

Marks for each question are indicated. Suggested Time allocation for Section C: 60 minutes

Question 1

Explain “Carbohydrate loading” and outline the dietary plan and intensity of exercise for seven days before competition. Who would benefit from carbohydrate loading and why?

(Marks: 3)

Question 2

A: Explain how glucose concentration is being controlled in blood circulation.

B: What is recommended range of carbohydrate consumption for active individuals?

(Marks: 3)

Question 3

Explain the Female Athlete Triad and how each component affects health and performance?

(Marks: 3)

Question 4

Explain “Zone Diet” and discuss the benefit and risk associated with the Zone Diet.

(Marks: 3)

Question 5

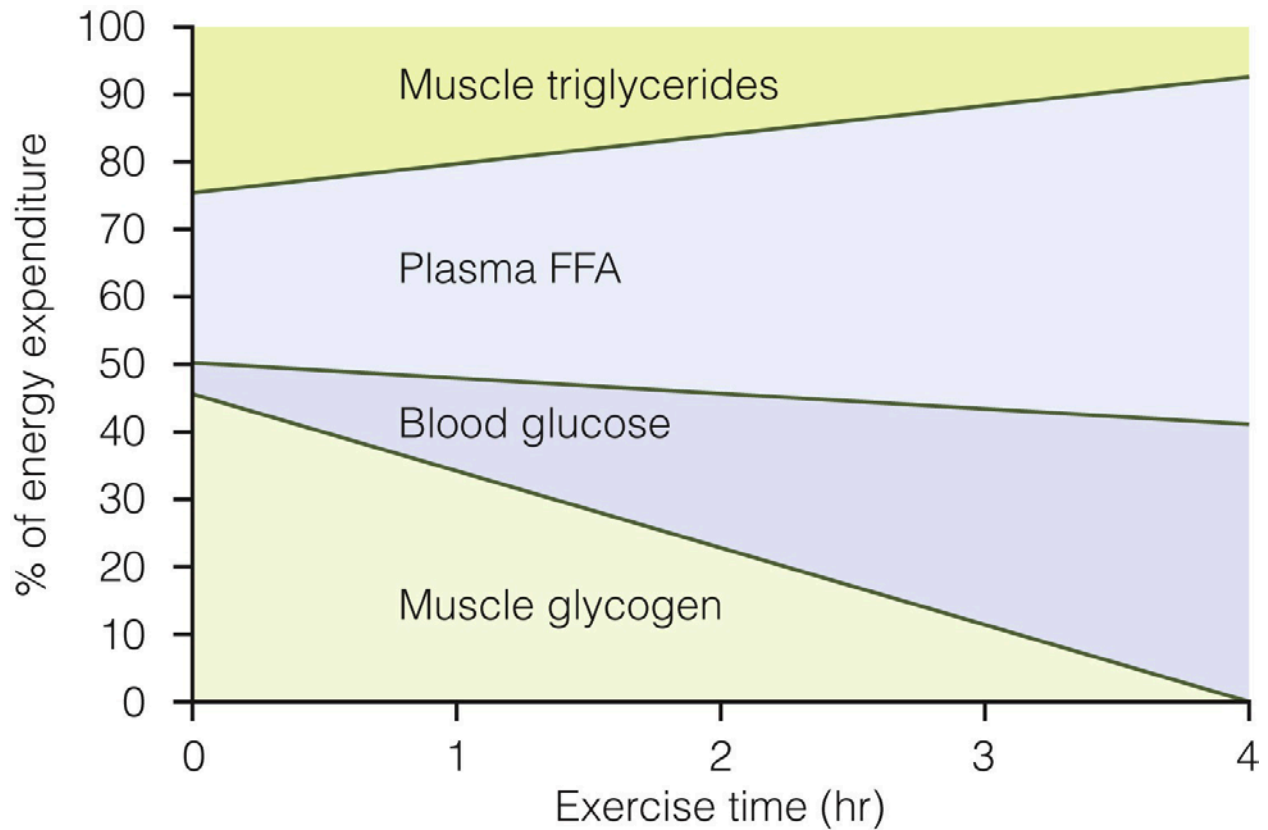
Refereeing to a journal paper on discussion board studied by Tray et al 2015, compare low and high carbohydrate diets for management of type 2 diabetes.

(Marks: 3)

Question 6

Referring to diagram below, please discuss the role of muscle TG, plasma FFA, blood glucose and muscle glycogen in an endurance event?

(Marks: 3)



◀ hr = hour | FFA = free fatty acids

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End of Exam