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Family Name	
Given Names	
Student Number	
Teaching Period	Semester 1, 2017

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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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 NOT 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 body composition?

(Marks: 1)

Question 12

List two benefits of caffeine consumption?

(Marks: 1)

End of Section B

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

Discuss the role of calcium and exercise in aging? Is calcium supplementation recommended to all ages? What type of exercise would you recommend to an elderly population?

(Marks: 3)

Question 3

Describe “Anorexia Nervosa” including characteristics, prevalence and diagnostic criteria?

(Marks: 3)

Question 4

Compare “Atkins Diet” vs. “Ornish diet” and discuss the pros and cons of each diet?

(Marks: 3)

Question 5

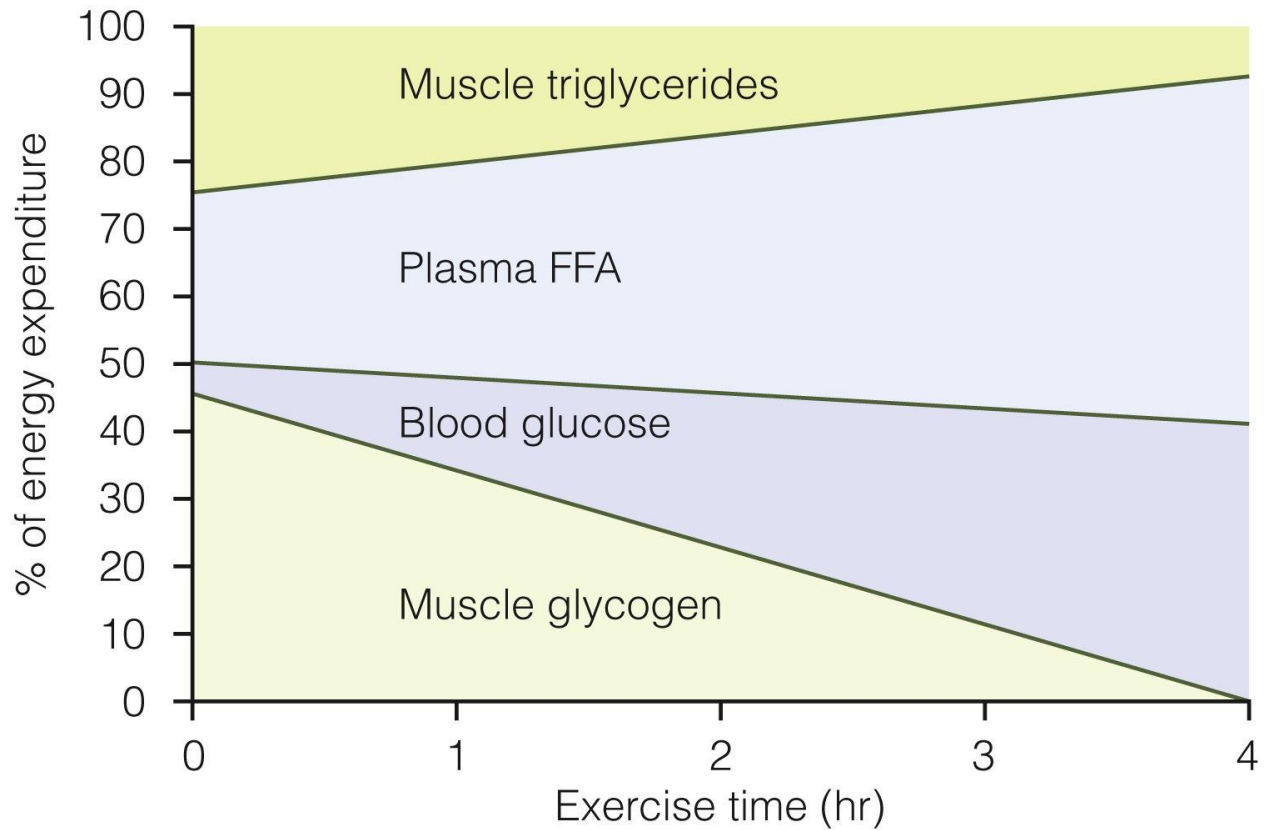
Discuss the effectiveness of low carbohydrate diet vs. low fat diet among the severely obese population?

(Marks: 3)

Question 6

Referring to the diagram below, please discuss the role of muscle TG, plasma FFA, blood glucose and muscle glycogen in an endurance event? Use the next page for your answer.

(Marks: 3)



◀ hr = hour | FFA = free fatty acids

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End of section C

