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Family Name						
Given Name/s						
Student Number						
Teaching Period	Semester 1, 2018					

SPE320 – Nutrition and Health	DURATION	
	Reading Time:	10 minutes
	Writing Time:	120 minutes

INSTRUCTIONS TO CANDIDATES

The examination has three sections.

Section A: 20 marks - Marks for each question are of equal value

Suggested Time: 60 mins

Multiple Choice Questions: Answer ALL 40 questions.

Section B: 18 marks

Suggested Time: 30 mins

Short Essay Questions: Answer ALL 14 questions

Section C: 12 marks

Suggested Time: 30 mins

Essay Questions: Answer ALL 3 questions

Total marks for this examination: 50

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	College Multiple Choice Answer Sheet

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Section A

Multiple Choice Questions

Section B

Short Answer Questions

Total No of Marks for this Section: 18

This section should be answered in the examination paper.

Marks for each question are indicated. Suggested time allocation for Section B: 30 mins

Question 1

Explain complete, incomplete, and complementary proteins and make an example of each?

(Marks: 1.5)

Question 2

Describe the structure of an amino acid?

(Marks: 1)

Question 3

List five major categories of proteins in human body.

(Marks: 2.5)

Question 4

What is Ketosis and explain how ketosis could be prevented?

(Marks: 1)

Question 5

What is the recommended daily intake of protein for a male powerlifter, and explain what will happen if athletes use protein in excess to the recommended level?

(Marks: 1)

Question 6

List four ways that human body loses water?

(Marks: 1)

Question 7

What is glycerol loading and discuss what athletes may benefit from glycerol loading and why.

(Marks: 1)

Question 8

Describe the characteristics of anorexia athletica?

(Marks: 2)

Question 9

Define hyponatremia, and explain the consequences of hyponatremia?

(Marks: 2)

Question 10

Name four common methods for analysis body composition?

(Marks: 1)

Question 11

List four major eating disorders?

(Marks: 1)

Question 12

What is female triad and why does this condition occur?

(Marks: 1)

Question 13

Discuss the consequences of inadequate consumption of calcium?

(Marks: 1)

Question 14

List all fat-soluble vitamins?

(Marks: 1)

Section C

Short Essay Questions

Total Number of Marks for this Section: 12

This section should be answered in the examination paper.

Marks for each question are indicated. Suggested time allocation for Section C: 30 mins

Question 1

Explain the metabolism of protein during endurance events?

(Marks: 4)

Question 2

Explain how fat is absorbed and stored in human body.

(Marks: 4)

Question 3

Some scientists suggest high fat diet for increasing fat oxidation and fat loss. Discuss the findings and suggestions of journal papers on the discussion board and list pros and cons of a high fat diet for general population.

(Marks: 4)