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Family Name					
Given Name/s					
Student Number					
Teaching Period	Semester 1, 2019				

SPE320 – Nutrition and Health	DURATION	
	Reading Time:	10 minutes
	Writing Time:	120 minutes
INSTRUCTIONS TO CANDIDATES		
<p>The examination has three sections.</p> <p>Section A: 20 marks - Marks for each question are of equal value Suggested Time: 60 mins Multiple Choice Questions: Answer ALL 40 questions.</p> <p>Section B: 18 marks Suggested Time: 30 mins Short Essay Questions: Answer ALL 14 questions</p> <p>Section B: 12 marks Suggested Time: 30 mins Short Essay Questions: Answer ALL 3 questions</p> <p>Total marks for this examination: 50</p>		
EXAM CONDITIONS		
<u>You may begin writing from the commencement of the examination session.</u> 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	

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

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LEFT 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 placed in the completed Answer Booklet.

Marks for each question are indicated. Suggested time allocation for Section A: 60 mins

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

List major disaccharides and the composition of them?

(Marks: 1.5)

Question 2

What monosaccharide has the sweetest taste, and which monosaccharide has the highest Glycemic Index?

(Marks: 1)

Question 3

What are complementary proteins? Provide an example.

(Marks: 1)

Question 4

What organ controls the destination of amino acids?

(Marks: 1)

Question 5

List three complications with excess protein use.

(Marks: 1.5)

Question 6

Describe the structure of a triglyceride?

(Marks: 1)

Question 7

What is glycerol loading? Discuss why athletes may benefit from glycerol loading?

(Marks: 1.5)

Question 8

Describe the characteristics of anorexia athletica?

(Marks: 2)

Question 9

What is Ghrelin? Explain the mechanism of action of Ghrelin on target organs.

(Marks: 2)

Question 10

Describe the characteristics of an ideal after exercise meal?

(Marks: 1)

Question 11

What is hyponatremia? What are the medical complications with hyponatremia?

(Marks: 1)

Question 12

List four essential macrominerals in human body?

(Marks: 1)

Question 13

List six electrolytes involved in fluid balance?

(Marks: 1.5)

Question 14

List two water soluble and two fat-soluble vitamins?

(Marks: 1)

Section C

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

What is Ketosis? And describe the effect of ketogenic diet on health and athletic performance.

(Marks: 4)

Question 2

List two eating disorders and explain the signs and physical and mental complications with each disorder.

(Marks: 4)

Question 3

Explain the modified carbohydrate loading strategy.

(Marks: 4)