

Student Self-Assessment for Health 253 Challenge Exam

This document is intended for student self-assessment purpose only; it does not guarantee that you will pass the Challenge Exam. Please review the material and determine if you feel that you are sufficiently prepared and knowledgeable in the content area to be successful in passing the Challenge Exam in the listed subject area. Faculty with expertise in the subject matter will grade your test and determine if you have demonstrated proficient college level content knowledge. Enrolling in the course may be your best option to help prepare you for other courses that will utilize materials covered in this course.

Course Objectives: The Exam will test your knowledge and skills for the following courses objectives:

Each student should be able to describe or perform:

1. Each student will be able to explain how to determine nutrition quality and nutritional density.
2. Each student will be able to describe the digestive process and the specific functions of each organ.
3. Each Student will be able to describe the nutritional benefits of each macro nutrient.
4. Each student will be able to explain the utilization, functions, source, and recommendation for an individual nutrient.
5. Each student will be able to determine nutrient needs for any age group.
6. Each student will utilize four different methods of research used in nutrition
7. Each student will be able to determine nutritional balance for caloric intake and energy expenditure during exercise
8. Each student will be able to describe proper food safety practices.
9. Each student will be able to apply nutritional changes in diet to help reduce the incidence of degenerate disease.
10. Each student will be able to explain what is included in a healthy three day meal plan.

Challenge Exam Description:

You will be asked to demonstrate your knowledge and skill related to the Challenge Test through these types of questions.

- 50 Multiple- choice questions

- Two matching questions: one assesses content knowledge of the digestive system, the second matching question assesses one's knowledge of micro nutrients and specific deficiency diseases associated with each specific nutrient.

Examples of questions are included below:

- Which of the following directly controls basal metabolism?
 - a. epinephrine
 - b. insulin
 - c. thyroxin

Matching Question

- Deficiency Disease matches with which nutrient?
- Heat stroke = <Water

Determination of Challenge Exam Outcome:

You will need to have a score of at or above 83% to be awarded credit through this Challenge Exam for this course. You will also need to have a rating of Meets Expectation in at least two of the three types of questions. An Assessment Rubric is attached to this document.

Health 253 Nutrition Challenge Test Rubrics

All multiple choice questions are worth 1 point each. Each matching question is worth 10 points and the application short answer question is worth 5 points. A cumulative score at or above 83% is required to successfully pass the requirements to be awarded credit for this course. You will receive 3 credits for passing the challenge and a grade of P.

ITEM	Does not demonstrate an adequate level of content knowledge	Meets Expectations	Exceeds Expectations for course learning and comprehension
Multiple Choice 50 Question	Less than 40 correct answers on Multiple choice questions	40-45 Correct answers on multiple choice questions	Achieve a score above 45
Matching Questions	Less than 8 correct answers on each matching question	8 correct responses on each matching question	Greater than eight correct responses on each matching question
Total score	58 or less on test and the student does not meet adequate level of content knowledge	83% percent correct and student meets expectations	Greater than 90% for score on test the student has mastered course material
Credits Awarded	Fail	Pass	Pass