

CBCS SCHEME

21SFH19/29

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Question Paper Version : C

**First/Second Semester B.E./B.Tech./B.Arch./B.Planning Degree
Examination, July/August 2022**

Scientific Foundations of Health

(COMMON TO ALL BRANCHES)

Time: 1 hrs.]

[Max. Marks: 50

INSTRUCTIONS TO THE CANDIDATES

1. Answer all the fifty questions, each question carries one mark.
2. Use only **Black ball point pen** for writing / darkening the circles.
3. **For each question, after selecting your answer, darken the appropriate circle corresponding to the same question number on the OMR sheet.**
4. Darkening two circles for the same question makes the answer invalid.
5. **Damaging/overwriting, using whiteners** on the OMR sheets are strictly prohibited.

1. Communication is a
 - a) Art of transmitting information, ideas and attitudes from one person
 - b) Tool for controlling and motivating people
 - c) We can't influence others without communication
 - d) (a) and (b)
2. Communication strengthens _____ and _____ relationships in an organization.
 - a) Employee and Employer
 - b) Employee and Father
 - c) Father and Mother
 - d) Friends and Colleagues
3. Our dress code is an example of _____ communication.
 - a) Verbal
 - b) Non-verbal
 - c) Written
 - d) Spoken
4. From the following identify the skills promoted by communication
 - (i) Reading and listening
 - (ii) Listening and helping
 - (iii) Helping and speaking
 - (iv) Speaking and writing
 - a) (i) and (ii) only
 - b) (ii) and (iii) only
 - c) (i) and (iv) only
 - d) (iii) and (iv) only

5. Which of the following is not a barrier of effective listening?
 - a) Engaging inside conversations
 - b) Mentally preparing what you will say next
 - c) Being present in the moment
 - d) Making judgment about the speaker

6. Body language and facial expressions are related to
 - a) Object communication
 - b) Written communication
 - c) Oral communication
 - d) Non-verbal communication

7. Negative characteristics of friendships include all of the following except:
 - a) Unsupportive
 - b) Oppressive
 - c) Criticize in a joking manner
 - d) Solve problems together

8. Basic instincts of human life
 - a) Self preservation
 - b) Sexual
 - c) Social
 - d) All of these

9. What are the steps to increase the vocal clarity
 - a) Keep your language simple
 - b) Slow down during conversation
 - c) Feedback
 - d) Both (a) and (b)

10. What is the goal of social engineering?
 - a) Sabotage a person's social media
 - b) To gain vital personal information
 - c) To catfish someone
 - d) To build trust

11. How are infectious diseases, such as colds and influenza, most commonly spread?
 - a) Breathing viruses in
 - b) Hand-to-face contact
 - c) Drinking infected water
 - d) Eating contaminated food

12. Which is the most important hygiene habit to teach young children?
 - a) Use a tissue to cover a sneeze
 - b) Don't share a glass or eating utensil
 - c) Wash hands frequently
 - d) Take a bath daily

13. Chronic stress has been linked to which of these health problems?
 - a) Headaches
 - b) Constipation
 - c) Depression
 - d) All of these

14. Which of the following increases your risk for type 2 diabetes?
 - a) Not getting enough exercise
 - b) Eating too much sugar
 - c) Being overweight
 - d) (a) and (c)

15. According to CDC, when should infants start vaccines against serious diseases?
 - a) Birth
 - b) 2 months old
 - c) 6 weeks old
 - d) 6 months old

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16. Modes of horizontal transmission of disease, except
 - a) Contact
 - b) Vector
 - c) Common vehicle
 - d) Genetic
17. An infected person is less likely to encounter a susceptible person when a large proportion of the members of the group are immune.
 - a) Active immunity
 - b) Passive immunity
 - c) Herd immunity
 - d) Specific immunity
18. Occurrence in the community of a number of cases of disease that is usually large or unexpected.
 - a) Endemic
 - b) Epidemic
 - c) Pandemic
 - d) Infection
19. Leading cause of diarrheal disease
 - a) Enterotoxigenic Escherichia coli
 - b) Salmonella (non-typhoid)
 - c) Rotavirus
 - d) Campylobacter jejuni
20. Mammography should be done annually in women of what age?
 - a) 50 years old and above
 - b) 60 years old and above
 - c) 45 years old and above
 - d) 30 years old and above
21. Alcohol abuse and smoke share a window of vulnerability especially during
 - a) Adolescence
 - b) Adulthood
 - c) Middle age
 - d) Old age
22. Adolescents involved in risky behaviours often have
 - a) high self-esteem
 - b) a large peer group
 - c) poor self-control
 - d) a tolerant attitude
23. Chemical dependence is generally known to start between the ages of _____
 - a) 42 and 51
 - b) 22 and 31
 - c) 12 and 21
 - d) 32 and 41
24. Alcoholics anonymous maintains that alcoholism is
 - a) a disease that can be cured
 - b) a disease that can be managed but never cured
 - c) a problem only if a person starts experiencing its synergistic effects
 - d) a serious problem only for binge drinkers
25. Which of the following is true of the synergistic effects of smoking?
 - a) It helps to reduce stress and maintain a lower body weight
 - b) It increases a person's likelihood of engaging in physical exercises
 - c) It enhances the detrimental effects of other risk factors
 - d) It reduces the chances of early mortality
26. The interaction between weight and smoking can increase one's _____.
 - a) Mortality
 - b) Self control
 - c) Deviant behaviour
 - d) Fertility

27. Which of the following is not a characteristic of addiction?
a) Habitual behaviour
b) Loss of control
c) Negative consequence
d) Denial
28. Addiction involves an excessive
a) Tolerance for alcohol or drugs
b) Amount of debt or financial problems
c) Preoccupation with the addictive behaviour
d) Risk of losing one's job or failing out of school
29. Temporary physical and psychological symptoms that occur when use of an addictive substance is discontinued is
a) Relapse
b) Compulsion
c) Withdrawal
d) Addiction
30. Transdermal drug administration means that a drug is
a) Placed under the tongue
b) Injected into a vein
c) Absorbed through the skin
d) Inhaled
31. Which of the following components are major nutrients in our food?
a) Carbohydrates
b) Lipids and proteins
c) Vitamins and minerals
d) All of these
32. The benefits in eating a balanced diet
a) good health
b) good mood and energy
c) improved health and reduced illness
d) All of these
33. Nutritional means
a) Tastes really good
b) Tastes really bad
c) Containing necessary substances for the body to grow and stay healthy
d) Is mostly green
34. In a healthy diet as per WHO the amount of salt to be consumed by a person per day is
a) less than 5g
b) less than 5 mg
c) less than 50 mg
d) less than 0.5 g
35. BMI stands for
a) Body Material Index
b) Body Mass Index
c) Body Mass Indicator
d) None of these
36. What is anorexia nervosa?
a) Nervous system blockage
b) Sleeping disorder
c) Eating disorder
d) Physical disability
37. Which of the following food items provides dietary fibre?
a) Pulses
b) Wholegrain
c) Fruits and vegetables
d) All of these

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38. Which are intimately related?
a) Diseases and health
b) Body and health
c) Body and mind
d) Body and spiritual values
39. Exercise is often described as training and should include
a) Exertion of the heart
b) Exertion of the lungs
c) Exertion of the muscles
d) All of these
40. Exercising regularly should be a/an _____ not a short-term activity, so think of your progress as part of a long term plan to line better.
a) Lifestyle
b) Choice
c) Obligation
d) None of these
41. According to WHO, health is
a) A state of body and mind in a balanced condition.
b) The reflection of a smiling face
c) The symbol of economic prosperity
d) A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity
42. Psychosis is characterized by
a) Loss of touch with reality
b) Prolonged emotional reaction to a given stress
c) Anxiety, fear, sadness, vague aches and pains
d) All the above
43. Which one of the following factors affects the development of child?
a) Endocrinal glands
b) Nutritious diet
c) Diseases and injuries
d) All of these
44. Which year did the World Health Organization first express the right to health as a Fundamental Human Right?
a) 1946
b) 1952
c) 1987
d) 2000
45. Which of these things is health psychology concerned with?
a) What causes illness?
b) Who is responsible for illness?
c) How should illness be treated?
d) All of these
46. Which of these is not an example of a health behaviour?
a) Smoking
b) Taking regular exercise
c) Eating healthy food
d) Going to the gym
47. Which statement is wrong in the context of personality?
a) Personality is unique and specific
b) Personality is a joint product of heredity and environment
c) Personality spreads over the subconscious and unconscious behaviour of the person
d) Personality is limited only to the appearance of a person

48. Who proposed the biopsychosocial model?
a) Freud
b) Sontag
c) Engel
d) None of these
49. Which of these is not a benefit of mindfulness?
a) Reduced anxiety and stress
b) Decreasing depression
c) Decreased emotional regulation
d) Better memory
50. Mental health hazards includes
a) Anxiety
b) Depression
c) Organic mental disorders due to substance use
d) All of the above
