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Question Paper Version : A

First/Second Semester B.E./B.Tech. Degree Examination, Dec.2023/Jan.2024
Scientific Foundation of Health

Time: 1 hr.]

[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.

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1. Being inactive form of life style is called as _____
a) Sedentary life style b) Spirited life style
c) Busy life style d) Lively
 2. A person who is able to serve himself , his nation and his community is called as?
a) Gangster b) Sick person c) Healthy d) Saddest
 3. Balance in exercise , balanced nutrition and adequate rest is referred as
a) Social health b) Physical health c) Emotional health d) Intectual health
 4. Individual who do not think they will get flue are less likely to get a yearly flue short is an example of _____
a) Negative belief b) Uncertainty c) Healthy belief d) None of the above
 5. Emotional health brings an ability in individual to _____
a) React to the situation b) Respond to the situation
c) Withdraw from the situation d) None of the above
 6. A person has ability to bounce back after difficult experiences and adapt to adversity is called as _____ health.
a) Mental health b) Financial health c) Social health d) Physical health
 7. The prime factor which influences psychological health is _____
a) Positive mindset b) Gloomy outlook c) Dim view d) All the above
 8. One who suffer from mental illness always see himself as
a) Happy and Active b) Gloomy & Pessimist
c) Unhappy and Worried d) Both (b) & (c)
 9. Spiritual wellness involves
a) Developing compassion, caring and forgiving
b) Peace of mind, happiness and mercy full
c) Human values, honesty and self realization d) All the above

10. Lack of physical health for longer time affects
 a) Productivity and performance of Individual
 b) Financial health of individual
 c) Mental health of individual
 d) All the above
11. An increased intake of energy dense foods that are high in fat and sugar leads to ____
 a) Cancer
 b) Obesity and overweight
 c) Brain hemorrhage
 d) Visual disability
12. Mindfulness of eating means
 a) Chewing food
 b) Enjoying food
 c) Creating positive vibration to food
 d) Both (b) & (c)
13. What should be the proper proportion of fats in every meal?
 a) Equal to carbohydrates, vitamins and minerals
 b) Greater than carbohydrates, vitamins and minerals
 c) Less than carbohydrates, vitamins and minerals
 d) None of the above
14. Anorexia nervosa, Bulimia nervosa and Binge eaters are belongs to ____
 a) Eating disorders
 b) Breathing disorders
 c) Sleeping disorders
 d) All the above
15. The fundamental cause of obesity and over weight is
 a) Balance in calori intake and calori spent
 b) Imbalance in calori intake and calori spent
 c) Calori spent is more than calories consumed
 d) None of the above
16. Excessive intake of nutrients which creates a stress on bodily function called as ____
 a) Malnutrition
 b) Over nutrition
 c) Modified nutrition
 d) Moderate nutrition
17. Which of the following is Non Communicable Diseases (NCD's)?
 a) Stroke
 b) Cold
 c) Cough
 d) Fever
18. The following is an example for saturated fat
 a) Pork
 b) Chicken
 c) Butter
 d) Cheese
19. Excess of BMI (Body Mass Index) in a person leads to
 a) Cancer
 b) Obesity
 c) Sugar
 d) Weight loss
20. Physical fitness in an index of
 a) Perfect height & weight ratio
 b) Perfect body structure
 c) Perfect body composition
 d) All the above
21. Which of the following is behavioral addiction?
 a) Nicotine
 b) Alcohol
 c) Drugs
 d) Gambling
22. The key strand to overcome from addiction
 a) Stop using substances
 b) A powerful and positive mindset
 c) Poverty
 d) None of the above
23. Which of the following statement is true :
 a) Addiction leads to physical disorders which in turn leads to mental disorder
 b) Addiction which affects only physical health
 c) Addiction which affects only mental health
 d) All the above

24. A major effect and health hazards from substance addiction is _____
a) Loss of self control
b) Injury
c) Cardio vascular disorder
d) Fetal damage
25. Addiction not only impairs a range of bodily function but also changes the way a person thinks is referred as _____
a) Physiological complication
b) Psychological complication
c) Biological complication
d) None of the above
26. _____ is an example for substance addiction.
a) Shopping
b) Video games
c) Tobacco
d) Using internet
27. Depression, Anxiety, Loneliness are the effects of
a) Substance addiction
b) Behaviour addiction
c) Both (a) & (b)
d) None of the above
28. What is SUD stands in addiction?
a) Subjective unit of distress
b) Substance unit of distress
c) Substance use disorder
d) None of the above
29. The purpose of using drugs are
a) To detoxify the body
b) To feel high pleasure, relieve stress, forget problems
c) To boost physical health
d) All the above
30. Addiction not only damages physical and mental health but also affects _____
a) Relationships & Financial status
b) Only friend circle
c) Only economic status
d) None of the above
31. A good listener is the one who
a) Non judgmental
b) More talkative
c) Make uncomfortable
d) Create stress
32. The value of good relationship depends on
a) Self care
b) Mutual respect
c) Mutual money exchange
d) None of the above
33. The art of transmitting information, ideas and attitudes from one person to another is referred as _____
a) Tradition
b) Obstruction
c) Communication
d) None of the above
34. Goals of Communication are
a) Sending and receiving of information
b) Inform, to persuade and to build relationships
c) Encode and decoding of information
d) All the above
35. One of the step to increase vocal clarity is _____
a) Slow down the conversation
b) Fasten the conversation
c) Stop the conversation
d) None of the above
36. Communication is the key to healthy relationships because it
a) Avoid misunderstanding
b) Create misunderstanding
c) Brings expectation
d) None of the above

37. "Wearing seat belt while driving" is an example for
 a) Unhealthy behavior through social engineering
 b) Healthy behavior through social engineering
 c) Social responsibility d) Both (b) & (c)
38. _____ influence people mindset to both positive and negative.
 a) Social gathering b) Travelling c) Media d) All the above
39. Dress code of individual is an example of _____ communication.
 a) Spoken b) Verbal c) Non - verbal d) None of the above
40. An unhealthy relationship cause _____
 a) Lot of stress b) Trust in each other
 c) Harmony in each other d) All the above
41. How to maintain better quality of life in chronic illness?
 a) Good medical advice, living healthy life style and negative mindset.
 b) Good medical advice and positive mindset
 c) Good medical advice and living healthy life style.
 d) Good medical advice, living healthy life style and positive mindset.
42. The disease which cannot be cured but it can be managed is called as
 a) Acute illness b) Infection disease c) Chronic illness d) Allergy
43. The following is an example for chronic disease :
 a) Diabetes b) Cold c) Cough d) Head ache
44. Following are the measures required in maintaining Quality of life in chronically ill state.
 a) Emotional support b) Understanding the medication
 c) Reliable information about diseases, its treatment and management
 d) All the above
45. The following are the steps to avoid transmitted infections :
 a) Good hygiene b) Vaccinations c) Temperature d) Both (a) & (b)
46. Virus, Bacteria, Fungus are means of transmission of _____ disease.
 a) Infection b) Cancer c) Stroke d) Obesity
47. Health compromising behavior are commonly seen in _____ class of people.
 a) High b) Middle c) Low d) None of these
48. Which of the following health communication style makes use of the patients knowledge and experience?
 a) Doctor – centered communication b) Patient – centered communication
 c) Practitioner – centered communication d) None of these
49. Health has intimacy with _____
 a) Behaviour b) Society c) Personality d) All the above
50. What is a sign of toxic friendship?
 a) Lack of empathy b) Understanding c) Being supportive d) None of these

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