



CBCS SCHEME

21SFH19/29

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Question Paper Version : A

**First/Second Semester B.E./B.Tech./B.Arch./B.Planning Degree
Examination, Jan./Feb. 2023**

Scientific Foundation 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.**

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1. Good health is _____.
a) Preventing obesity
b) Achieving a balance of physical, spiritual, emotional, social, intellectual and mental health
c) Lining with illness
d) None of these
 2. Wellness includes all of the following except _____.
a) Spiritual health
b) Physical health
c) Environmental health
d) Occupational health
 3. The ability of joints to move beyond its normal range _____.
a) Body mass b) Flexibility c) Balance d) Speed
 4. Eye contact is very important in _____ communication.
a) verbal b) indirect c) face to face d) written
 5. Communication barriers involves _____.
a) Jumping into the conclusion
b) Arguing and debating
c) Fear of offending
d) All of these
 6. BMI stands for _____.
a) Body mass index
b) Body material index
c) Body mass indent
d) none of these

7. Is addiction a _____ disorder.
 a) Mental b) Physical c) both a and b d) none of these
8. Obesity is caused by an increase in _____.
 a) Adiposity b) Epidosity c) Ediposity d) Apidosity
9. What type of diet is recommended for weight maintenance?
 a) Low Protein and Low GI b) High Protein and Low GI
 c) High Protein and High GI d) Low Protein and High GI
10. Which of the following diseases does obesity increases the risk of developing?
 a) Type 2 diabetes b) Kidney disease
 c) Cardio Vascular disease d) All of these
11. Which of the following processes are important in explaining obesity?
 a) Food environment b) Physical activity
 c) Individual psychology d) All of these
12. Any substance that is known to cause cancer is called a _____.
 a) Carcinogen b) Nicolyte c) Pathoge d) Retrovirus
13. Which type of tumor is being described : slow growing not dangerous does not spread.
 a) Malignant b) Benign c) both a and b d) none of these
14. Tobacco addiction occurs due to
 a) Caffeine b) Nicotine c) Cocaine d) Histamine
15. Addiction to smoking is harmful because it produces polycyclic hydrocarbons which causes
 a) Retardation of foetal growth b) Reduction in oxygen transport
 c) Cancer d) Increase blood pressure level
16. Alcohol addiction is harmful because it causes:
 a) Deposition of protein in liver b) Deposition of fat in liver
 c) Rise in blood sugar level d) Cancer growth
17. What are the reasons for taking drugs?
 a) To feel good b) To do better c) To feel better d) All of these
18. What type of steps can be taken to avoid addiction?
 a) Adding higher tax on sweetened beverages
 b) Benefits for organic fruits
 c) Availability of healthy food
 d) All of the above
19. Types of addictive behaviour _____.
 a) Alcoholism b) Drugs-opium
 c) Video gaming d) All of these
20. What are protective factors for addictions?
 a) Positive relationship b) Drug experimentation
 c) Community poverty d) All of these

21. A stroke occurs when there is an interruption of blood flow to the _____.
 a) Heart b) Lungs c) Brain d) Kidney
22. What type of diseases are typically of long duration and slow progression?
 a) Acute b) Chronic c) Infectious d) Contagious
23. These people are at risk of stroke _____.
 a) High blood pressure b) Diabetes
 c) High cholesterol d) All of these are at risk for stroke
24. What are ways to educate the world and help reverse chronic disease?
 a) Increase physical activity
 b) Consume proper diet
 c) No smoking and limit alcohol consumption
 d) All of the above
25. Covid-19 is caused by _____?
 a) SARS COV-2 b) SARS COV c) Rhino virus d) Corona virus
26. Stress management training is based on _____ theory of stress.
 a) Cognitive b) Behavioral
 c) Psychodynamic d) Cognitive behavioral
27. Mental health is a state of development of one's _____.
 a) Personality b) Emotional attitude
 c) both a and b d) Intellect
28. Overweight in BMI is _____.
 a) > 30 b) > 25 c) < 25 d) < 30
29. Mindfulness can be an effective tool for reducing _____.
 a) Wandering thoughts b) Concentration
 c) Positive memories d) Unnecessary conversation
30. Mindfulness helps us focus on _____.
 a) The past b) The Present c) The Future d) None of these
31. The state of being free from illness or injury means
 a) Health b) Happiness c) Fitness d) Disease
32. Main determinants of health status of a person _____.
 a) Education b) Income and social status
 c) Physical Environment d) All of these
33. AYUSH stands for _____.
 a) Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy
 b) All youth and usual status health status
 c) Accredited youth and usual special health care
 d) All of these
34. Which of these is not an element of the Health Belief Model?
 a) Threat b) Expectations
 c) Cure d) Socio-demographic factors

35. Friendship is _____.
- a) Dyadic b) Egalitarian c) both a and b d) none of these
36. Eating disorders are _____
- a) Bulimia Nervosa b) Binge eating disorder
c) Anorexia Nervosa d) All of these
37. What is HIA?
- a) Health impact assessment b) Health impact assignment
c) Health index assessment d) Health index assignment
38. Guava, Lemon, Orange and Tomato are rich in _____.
- a) Vitamin A b) Vitamin B c) Vitamin C d) Vitamin E
39. Cleanliness, physical exercise, rest and sleep are a part of _____.
- a) Hygiene b) social Hygiene c) Personal Hygiene d) None of these
40. The main cause of contagious disease is _____.
- a) Contaminated air b) Contaminated food
c) Poor hygienic conditions d) All of these
41. Which of the following factor is necessary for a healthy person?
- a) Vaccination b) Balanced diet c) Personal hygiene d) All of these
42. An apple a day _____.
- a) Keeps the doctor away b) Keeps all the trouble away
c) Keep you awake whole day d) None of these
43. As per WHO health is defined as a state of complete _____
- a) Physical well being b) Mental well being
c) Physical, mental and social well being d) None of these
44. Situations and pressure that cause a stress are known as _____.
- a) Stressor b) Pressor c) Tension d) Trauma
45. The World Health Day is celebrated on
- a) 1st March b) 7th April c) 6th November d) 13th December
46. Which of the following components are major nutrients in our food?
- a) Carbohydrates b) Proteins and lipids
c) Vitamins and Minerals d) All of these
47. The media does not play a role on eating disorders in children and adolescents.
- a) True b) False
48. Expressions, Postures, Gestures are examples of _____ communication.
- a) Verbal b) Non-verbal c) Written d) All of these
49. _____ is the complex of mental characteristics that makes each of us unique from other people.
- a) Heredity b) Emotional tone c) Personality d) All of these
50. Which of the following mineral functions by building strong bones and teeth?
- a) Calcium b) Protein c) Carbohydrates d) Fats