



# 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, 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.**

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1. 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
  2. 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
  3. 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
  4. 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
  5. 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

6. 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
7. 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
8. Who proposed the biopsychosocial model?
  - a) Freud
  - b) Sontag
  - c) Engel
  - d) None of these
9. Which of these is not a benefit of mindfulness?
  - a) Reduced anxiety and stress
  - b) Decreasing depression
  - c) Decreased emotional regulation
  - d) Better memory
10. Mental health hazards includes
  - a) Anxiety
  - b) Depression
  - c) Organic mental disorders due to substance use
  - d) All of the above
11. 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
12. 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
13. 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
14. 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
15. BMI stands for
  - a) Body Material Index
  - b) Body Mass Index
  - c) Body Mass Indicator
  - d) None of these
16. What is anorexia nervosa?
  - a) Nervous system blockage
  - b) Sleeping disorder
  - c) Eating disorder
  - d) Physical disability

17. Which of the following food items provides dietary fibre?  
 a) Pulses  
 b) Wholegrain  
 c) Fruits and vegetables  
 d) All of these
18. Which are intimately related?  
 a) Diseases and health  
 b) Body and health  
 c) Body and mind  
 d) Body and spiritual values
19. 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
20. Exercising regularly should be a/an \_\_\_\_\_ not a short-term activity, so think of your progress as part of a long term plan to live better.  
 a) Lifestyle  
 b) Choice  
 c) Obligation  
 d) None of these
21. 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)
22. Communication strengthens \_\_\_\_\_ and \_\_\_\_\_ relationships in an organization.  
 a) Employee and Employer  
 b) Employee and Father  
 c) Father and Mother  
 d) Friends and Colleagues
23. Our dress code is an example of \_\_\_\_\_ communication.  
 a) Verbal  
 b) Non-verbal  
 c) Written  
 d) Spoken
24. 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
25. 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



37. Which of the following is not a characteristic of addiction?  
a) Habitual behaviour  
b) Loss of control  
c) Negative consequence  
d) Denial
38. 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
39. Temporary physical and psychological symptoms that occur when use of an addictive substance is discontinued is  
a) Relapse  
b) Compulsion  
c) Withdrawal  
d) Addiction
40. 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
41. 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
42. 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
43. Chronic stress has been linked to which of these health problems?  
a) Headaches  
b) Constipation  
c) Depression  
d) All of these
44. 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)
45. 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
46. Modes of horizontal transmission of disease, except  
a) Contact  
b) Vector  
c) Common vehicle  
d) Genetic
47. 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

48. 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
49. Leading cause of diarrheal disease
- a) Enterotoxigenic Escherichia coli
  - b) Salmonella (non-typhoid)
  - c) Rotavirus
  - d) Campylobacter jejuni
50. 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

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