



CBCS SCHEME

21SFH19/29

USN

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Question Paper Version : A

**First /Second Semester B.E./B.Tech./B.Arch./B.Plan. Degree Examination,
June/July 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.**

-
1. What is health?
a) Physical wellbeing
b) Mental wellbeing
c) Social wellbeing
d) All of these
 2. Wellness is
a) Positive approach
b) Negative approach
c) Both a and b
d) All of these
 3. Types of health are
a) Physical and social health
b) Physical and mental health
c) Physical and environmental health
d) None of the above
 4. Mental health includes
a) Emotional, Social, Psychological well being
b) Social welling
c) Emotional well being
d) None of the above
 5. Disease means
a) Discomfort
b) Comfort
c) Disability
d) Both a and c

6. What is HIA?
a) Health impact assessment
b) Health impact assignment
c) Health index assessment
d) Health index assignment
7. Signs of mental illness are
a) Abnormal changes in thinking, perception and judgment
b) Abnormal changes in feeling and memory
c) Both a and b
d) Abnormal changes in behaviour towards others
8. Behavior analysis is based upon the principles of
a) Classical conditioning
b) Operant conditioning
c) Dream analysis
d) All of the above
9. The DSM – 5 categories eating disorder is
a) feeding and eating disorders
b) addictive disorder
c) anxiety disorders
d) obsessive disorders
10. Over weight in BMI is
a) > 30 b) > 25 c) < 25 d) < 30
11. Which of the following disease does obesity increase the risk of developing
a) Type 2 diabetics b) Cancer
c) cardiovascular disease d) none of these
12. What is the definition of over weight?
a) $\text{BMI} > 25 \text{ kg/m}^2$ b) $\text{BMI} = 35 \text{ kg/m}^2$
c) $\text{BMI} - 25 - 29.9 \text{ kg/m}^2$ d) $\text{BMI} - 25 - 30 \text{ kg/m}^2$
13. Communication is a part of _____ skills
a) soft b) hard c) rough d) sort
14. Goals of communication are
a) To inform to persuade
b) To inform fear of offending
c) To persuade, fear of offending
d) None of the above

15. Hyper obesity value in terms of BMI is
a) > 25 b) < 25 c) > 40 d) < 40
16. Communication barrier involves
a) Jumping into the conclusion
b) Arguing and debating
c) Fear of offending
d) All of the above
17. Ways to improve the communication skills are
a) Active listening skills
b) Passive listening skills
c) Both a and b
d) None of these
18. Which can be used to overcome the communication barrier
a) using a translator
b) by writing a letter
c) not communicating to all
d) using your own language
19. What are the steps to increase the vocal clarity?
a) keep your language simple
b) slowdown during conversation
c) feedback
d) both a and b
20. Which communication method does not require anybody language to understand?
a) Verbal b) non verbal c) Visual d) none of these
21. How can one improve the communication skill?
a) Listen with willingness
b) Respond appropriately
c) Provide feedback
d) All of the above
22. Objectives of communication skills are?
a) Active listening
b) Aware of own communication barrier
c) Both a and b
d) None of these

23. Body language plays an important role in
a) communication b) Writing report c) both a and b d) none of these
24. What is the goal of social engineering?
a) Sabotage a person's social media
b) To gain vital personal information
c) To catfish some one
d) To build trust
25. WHO principle include
a) Development of child
b) Health is one of the fundamental right
c) Promotion and protection of health
d) All of the above
26. Psychosis is characterized by
a) Loss of touch with reality
b) Prolonged emotional reaction to a given stress
c) Anxiety, fear, sadness
d) All of the above
27. What are the factors increases the risk of addiction?
a) Mental illness b) Early use
c) Both a and b d) None of these
28. Types of addictive behavior.
a) Alcoholism b) Drug-opium
c) Video gaming d) All of these
29. This causes tunnel vision
a) Smoking b) Alcohol
c) Barbiturates d) Vitamin A deficiency
30. This causes the maximum accumulation of fat in the liver
a) meat and egg b) alcohol
c) saturated fat d) starch
31. What is defined to be regular and excessive use of a substance in spite of damage?
a) use b) abuse
c) substance d) dependence

32. Exercise reduces stress by
a) raising levels of endorphins
b) decreasing energy
c) improving aerobic capacity
d) suppressing immune function
33. Addiction involves an excessive
a) preoccupation with the addictive behavior
b) risk of losing one's job
c) tolerance for alcohol or drugs
d) amount of debt or financial problems.
34. When "International drug day" is celebrated?
a) 26th June
b) 12th August
c) 14th September
d) 1st December
35. Which of the following is not a characteristics of addiction?
a) loss of control
b) denial
c) habitual behavior
d) negative consequences
36. What is protective factor for addiction?
a) positive relationship
b) drug experimentation
c) community poverty
d) all of these
37. Planning refers to
a) communication in which they live in
b) health services
c) financial stability
d) none of these
38. Which of the following is not a symptom of mental illness?
a) Insomnia
b) Depression
c) positive attitude
d) Delusions and hallucinations
39. In which age group, drug addictions is a major problem?
a) childhood
b) adolescence
c) adult hood
d) old age
40. Excessive use of any drug (legal or illegal) constitutes
a) drug abuse
b) drug tolerance
c) drug misuse
d) drug addition
41. Which of the following has been shown to be more effective in lowering type II diabetics risk?
a) high intensity exercise
b) regular exercise and healthy diet
c) prescription diabetes medication (insulin)
d) vitamins and regular physical activity

42. Activities or choices that will affect your health
a) risk factor b) biogenetics c) healthy choices d) habits
43. An substance that is known to cause cancer is called a
a) carcinogen b) nicolyte c) pathogen d) retro virus
44. All the following statement describes chronic disease except
a) it develops gradually
b) it lasts for a long time
c) it can easily be spread from one person to another
d) it causes either continual system or recurring about of illness
45. Which hormone appears to increase the risk heat disease?
a) testosterone b) androgen c) cartisol d) progesterone
46. Exposure to radon puts a person at risk for which type cancer?
a) skin b) breast c) lung d) pancreas
47. Intellectual wellness includes
a) eating balanced diet b) drinking sufficient water
c) having good nutrition d) mental exercise
48. Education helps in
a) Achieving their potential b) Poor quality of housing
c) Social exclusion d) None of these
49. Constituent of alcoholic beverage is
a) Propyl alcohol b) Methyl alcohol
c) Ethylalcohol d) Mix of all of these
50. Importance of health is help a person to
a) Perform his life tasks in a correct way
b) Higher medical costs
c) Decreasing self esteem
d) Life insurance is higher

* * * * *