



CBGS SCHEME

21SFH29/22BI207

USN

Question Paper Version : A

**Second Semester B.Arch./B.Planning/B.Design Degree Examination,
June/July 2026**

Scientific Foundations 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. The term 'health' is defined in many ways. The most accurate definition of the health would be
 - a) Health is the reflection of a smiling face
 - b) Health is a state of complete physical, mental and social well-being
 - c) Health is the symbol of economic prosperity
 - d) Health is the state of body and mind in a balanced condition
2. _____ is the disorder that effects a person's ability to think, feel and behave clearly.
 - a) Extroversion
 - b) Openness
 - c) Schizophrenia
 - d) Anorexia nervosa
3. The six dimensions of wellness include all of the following except
 - a) Environmental wellness
 - b) Dietary wellness
 - c) Spiritual wellness
 - d) Emotional wellness
4. _____ is stress that seems never-ending and inescapable.
 - a) Chronic stress
 - b) Acute stress
 - c) Eustress
 - d) Episodic acute stress
5. To achieve good health and well being one should
 - a) Regular exercises
 - b) Consume appropriate amount of water
 - c) All of these
 - d) Eat healthy meals
6. Which is not one of the nine life skills?
 - a) Using refusal skills
 - b) Proving other wrong
 - c) Assessing your health
 - d) Evaluating media message/analyzing influences

7. An example of good _____, is volunteering to do things for your community.
a) Emotional Health
b) Social Health
c) Physical Health
d) Mental Health
8. HIA stands for
a) Health Involvement Act
b) Health Impact Assessment
c) Health Indent Act
d) Health Impact of Ads
9. A mental illness, such as depression or _____ can affect body weight and overall function.
a) Anorexia
b) Chronic illness
c) Eating disorders
d) None of these
10. Match the risk factors and its causes.
(i) Smoking
(ii) Drinking alcohol
(iii) Extreme physical activity/sports
a) (i) – (a), (ii) – (b) and (iii) – (c)
b) (i) – (b), (ii) – (c) and (iii) – (a)
(a) Liver damage, stroke and cancer
(b) Lung cancer and cardiovascular disease
(c) Leads to broken bones and other types of injuries
d) (i) – (c), (ii) – (a) and (iii) – (b)
11. What should be the proportion of whole grain food in your meal?
a) 25%
b) 15%
c) 20%
d) 5%
12. The state of the body as a result of foods consumed and their utilization by the body is
a) Nutritional stress
b) Calories
c) Body mass
d) Life style
13. Large amount of foods are consumed in short period of time
a) Binge eating disorder
b) Anorexia nervosa
c) Pica eating disorder
d) Bulimia nervosa
14. A new WHO guideline recommends adults and children reduce their daily intake of free sugars to less than _____ of their total energy intake.
a) 10%
b) 13%
c) 15%
d) 20%
15. What is the definition of overweight in BMI?
a) $BMI > 25 \text{ kg/m}^2$
b) $BMI = 25 \text{ kg/m}^2$
c) $BMI = 25 - 29.9 \text{ kg/m}^2$
d) $BMI = 25 - 30 \text{ kg/m}^2$
16. The bread, cereal, rice and pasta group is a good source of
a) Carbohydrate
b) Vitamin D
c) Calcium
d) Vitamin C
17. What are the main causes of the obesity epidemic?
a) Increased energy quality/density and a more sedentary life style
b) Decreased leisure time activity
c) Changes in genetic profiles
d) None of these

18. An intense fear of gaining weight or persistent behaviours to avoid gaining weight, despite being underweight is
 a) Bulimia Nervosa
 c) Anorexia nervosa
 b) Pica eating disorder
 d) Binge eating disorder
19. _____ is the ability of the muscles to perform continuous without fatiguing.
 a) Flexibility
 c) Muscular strength
 b) Body composition
 d) Muscular Endurance
20. WHO recommends a vigorous-intensity physical activity of at least _____ minutes throughout week.
 a) 60 min
 c) 100 min
 b) 75 min
 d) 15 min
21. Which of the following factors helps in strengthening friendships?
 a) Avoid forgiving and seeking forgiveness
 c) Support, trust and honesty
 b) Don't judge each other's choices
 d) Talk behind a friends back
22. Environmental barriers are the same as _____ noise.
 a) Physiological
 c) Physical
 b) Psychological
 d) Sociological
23. The _____ is the person who transmits the message.
 a) Receiver
 c) Driver
 b) Sender
 d) Cleaner
24. Goals of communication skills
 a) To inform, to persuade
 c) To persuade, fear of offending
 b) To inform, fear of offending
 d) All of these
25. _____ is the centralized planning in an attempt to manage social change and regulate future development and behaviour of a society.
 a) Social Engineering
 c) Economic Engineering
 b) Environmental Engineering
 d) Business Engineering
26. Basic instincts of human life
 a) Sexual
 c) Self preservation
 b) Social
 d) All of these
27. _____ communication includes tone of voice, body language, facial expression etc.
 a) Non verbal
 c) Verbal
 b) Notice
 d) Letter
28. The information which is transferred to the receiver has to be interpreted this process is called _____
 a) Encoding
 c) Opening
 b) Decoding
 d) Closing
29. Barriers of communication are
 a) Cultural differences
 c) Jumping to conclusions
 b) Inability to listen to others
 d) All of these

30. Match barriers with their causes:
- | | |
|---------------------------|--|
| (1) Physical Barrier | (a) Different Generation or different region |
| (2) Language Barrier | (b) Inadequate Equipment |
| (3) Physiological Barrier | (c) Use of old software technology |
| (4) Technology Barrier | (d) ill health, poor eye sight |
- a) (1) – (a), (2) – (b), (3) – (c), (4) – (d) b) (1) – (d), (2) – (c), (3) – (b), (4) – (a)
c) (1) – (b), (2) – (a), (3) – (d), (4) – (c) d) (1) – (c), (2) – (d), (3) – (a), (4) – (b)
31. SUD stands for
- | | |
|--------------------------------------|---------------------------------------|
| a) Substance Use Disorder | b) Star Union Dia-ichi Life Insurance |
| c) Summary of Unadjusted Differences | d) None of these |
32. _____ is a chronic disorder with biological, psychological, social and environmental factors influencing its development and maintenance.
- | | |
|----------------------|------------------|
| a) Mental disorder | b) Addiction |
| c) Physical disorder | d) None of these |
33. Types of Addictive Behaviours are
- | | |
|-----------------|-------------------------|
| a) Pornography | b) Alcoholism / Tobacco |
| c) Video gaming | d) All of these |
34. Reasons for taking drugs
- | |
|---|
| a) To be better – feeling of pleasure |
| b) To feel good – relieve stress |
| c) To feel better – improve performance or thinking |
| d) All of these |
35. _____ can help addicted patients overcome substance abuse by teaching them to recognize and avoid destructive thoughts and behaviours.
- | | |
|----------------------------------|------------------------------------|
| a) Contingency management | b) Motivational interviewing |
| c) Cognitive-behavioural therapy | d) Psychodrama and group therapies |
36. How many principles of effective drug addiction treatment are there?
- | | |
|-------|-------|
| a) 12 | b) 15 |
| c) 10 | d) 13 |
37. Which organ is adversely affected by alcohol?
- | | |
|----------|-----------|
| a) Lung | b) Kidney |
| c) Liver | d) Heart |
38. Tobacco addiction occurs due to
- | | |
|-------------|--------------|
| a) Caffeine | b) Nicotine |
| c) Cocaine | d) Histamine |
39. Drug Abuse Act in India
- | | |
|---------|---------|
| a) 1985 | b) 1987 |
| c) 1988 | d) 1990 |
40. The consequences of addiction are
- | | |
|---------------------------|----------------------|
| a) Cardiovascular disease | b) Hepatitis B and C |
| c) Cancer | d) All of these |

41. The full form of CDC in health protection agency
 a) Centre for Disease Control and Prevention
 b) Change Data Capture
 c) Continuous Discharge Certificate
 d) None of these
42. What are the three things necessary for an infection to occur?
 a) Source, susceptible person with a way for germs to enter the body
 b) Transmission
 c) Both a and b
 d) All of these
43. Which agent growth replication determined by environment?
 a) Protozoa
 b) Fungi
 c) Viruses
 d) Bacteria
44. How to reduce risks for good health?
 a) Practice Hygiene
 b) Be physically active everyday
 c) Be a non-smoker and avoid second hand smoke
 d) All of these
45. Common chronic illnesses are
 a) Heart disease and Type 2 diabetes
 b) Obesity and Osteoporosis
 c) Both a and b
 d) None of these
46. Components of quality of life are
 a) Physical functioning and social functioning
 b) Psychological status and Disease of treatment
 c) Not a and b
 d) Both a and b
47. _____ measures the value of all the assets of worth owned by a person, community, company or country
 a) Health
 b) Wealth
 c) Happiness
 d) Status
48. Which rights of youth supports the children and adolescents to the enjoyment of the highest attainable standard of health?
 a) The committee on the "Rights of the Child (CRC)"
 b) The "Right to education and employment"
 c) "Freedom from abuse and violence"
 d) The "Right to autonomy and freedom"
49. Which Right of act sets out the rights of "women and girls" to health and adequate healthcare.
 a) Right to Equality
 b) The convention on the Elimination of Discrimination Against Women (CEDAW)
 c) The protection of women from Domestic Violence Act
 d) None of these

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50. Definition of Yoga refers to
- a) Control on mind
 - b) Control on sense organs, mind and intellect
 - c) Control on sense organs and intellect
 - d) Control on body and mind

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