



First Semester B.E./B.Tech. Degree Examination, Jan./Feb. 2023

## 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. According to WHO health is
    - a) A state of body and mind in a balanced condition
    - b) The reflection of smiling face
    - c) The symbol of economic property
    - d) A state of complete physical, mental and social wellbeing not merely absence of disease
  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 of these
  3. 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
  4. Which of these things in health psychology concerned with?
    - a) What causes illness
    - b) Who is responsible for illness
    - c) How should illness be treated
    - d) All of these
  5. Which of these is not an example of health behaviour?
    - a) Regular exercise
    - b) Eating health food
    - c) Going to Jim
    - d) Smoking
  6. 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

7. Mental health hazards includes  
a) Anxiety  
b) Depression  
c) Mental disorder due to substance use  
d) All of these
8. In healthy diet as per WHO the amount of salt to be consumed by a person per day is  
a) Less than 5 g  
b) Less than 7 g  
c) Less than 10 g  
d) Less than 25 g
9. BMI stands for  
a) Body Material Index  
b) Body Mental Index  
c) Body Mass Index  
d) Body Moving Index
10. Anorexia nervosa indicator?  
a) Nervous disorder  
b) Sleeping disorder  
c) Eating disorder  
d) Physical disorder
11. Which of the following food items provides dietary fibre  
a) Pulses  
b) Whole grain  
c) Fruits and vegetables  
d) All of these
12. Which of the following are the characteristics of stress  
a) Racing heart  
b) Sweaty palms  
c) Flushed cheeks  
d) All of these
13. The formula used to calculate BMI is \_\_\_\_\_  
a) kg/m  
b) g/cm  
c) kg/m<sup>2</sup>  
d) g/cm<sup>2</sup>
14. The height of a person is 182 cm and weight 80 kg. What is the BMI of the person?  
a) 23.152  
b) 24.152  
c) 28.1  
d) 32.1
15. Common health consequences of over weight and body obesity are  
a) Cardiovascular disease  
b) Diabetes  
c) Musculoskeletal disorder  
d) All of these
16. Which of the following is not included in the general physical fitness?  
a) Strength  
b) Endurance  
c) Flexibility  
d) Intelligence
17. Consumption of total fat should not exceed \_\_\_\_\_ of total energy.  
a) 20.5%  
b) 30%  
c) 25%  
d) 35%
18. Prashanth is showing physical, emotional and psychological exhaustion in his daily routine he is in the state of \_\_\_\_\_  
a) Stress  
b) Coping  
c) Burnout  
d) Resistance
19. Dileep gets satisfaction only when he gets appreciation and does everything perfectly. This is an instance of \_\_\_\_\_  
a) Social pressure  
b) Internal pressure  
c) Conflict  
d) Social stress
20. The following are the characteristics of positive stress  
a) It improves performance  
b) It feels exciting  
c) It motivates  
d) All of these
21. Examples of environmental stresses are  
a) Weather  
b) Traffic  
c) Finance  
d) Both (a) and (b)
22. Which of the following are major nutrients in our food  
a) Carbohydrate  
b) Proteins  
c) Vitamins and Minerals  
d) All of these

23. \_\_\_\_\_ communication includes tone of voice body language and facial expression.  
 a) Non verbal                      b) Verbal                      c) Letter                      d) None of these
24. Anxiety, Depression, tiredness and loss of self esteem are \_\_\_\_\_ sign of illness.  
 a) Mental                      b) Physical                      c) Social                      d) All of these
25. Which among the following are examples of pathogen?  
 a) Bacteria                      b) Fungi                      c) Virus                      d) All of these
26. When international day against drug abuse is celebrated?  
 a) 26<sup>th</sup> June                      b) 12<sup>th</sup> March                      c) 14<sup>th</sup> September                      d) 1<sup>st</sup> December
27. \_\_\_\_\_ contain a small piece of genetic code and a coat of protein and a fat molecule to protect them.  
 a) Bacillus                      b) Corona  
 c) Mucar Saccharomyces                      d) None of the above
28. Infections like gastritis, eye irritation, tuberculosis and pneumonia are caused by \_\_\_\_\_  
 a) Bacteria                      b) Fungi                      c) Virus                      d) None of these
29. While talking to friends you do not pay attention to the skills of \_\_\_\_\_ communication.  
 a) Written                      b) Oral                      c) Audio                      d) Visual
30. Which of the following is a bad communication in relationship?  
 a) Becoming defensive in heated discussion  
 b) They do not pay share personal life with each other  
 c) They never argue about important things  
 d) They try to spend Quality time with each other
31. \_\_\_\_\_ arises when a person is continuously thwarted in his attempts to reach a goal.  
 a) Fear                      b) Anxiety                      c) Depression                      d) Frustration
32. \_\_\_\_\_ Therapy is used for different types of addiction.  
 a) Rational Emotive                      b) Cognitive behavior  
 c) Contingency management                      d) All of these
33. Which are intimately related  
 a) Disease and Health                      b) Body and Health  
 c) Body and Mind                      d) All of these
34. Negative characteristic of friendship include all of these except  
 a) Oppressive                      b) Criticize in joking manner  
 c) Solve problems together                      d) Unsupportive
35. Body language and facial expressions are related to  
 a) Object communication                      b) Written communication  
 c) Oral communication                      d) Non-verbal communication
36. Basic instinct of life  
 a) Self preservation                      b) Sexual                      c) Social                      d) All of these
37. Our dress code is a example of \_\_\_\_\_  
 a) Verbal                      b) Non-verbal                      c) Written                      d) Spoken

38. In which age group drug addiction is a major problem?  
 a) Childhood                      b) Adolescent                      c) Adulthood                      d) Old age
39. Exercising regularly should be a/an \_\_\_\_\_ not a short term activity.  
 a) Life style                      b) Choice                      c) Obligation                      d) Compulsion
40. What is defined to be a condition in which a person develops intense cravings for the use of substance and the inability to control their behavior with regards to obtaining and using it?  
 a) Tolerance                      b) Abuse                      c) Addiction                      d) Dependence
41. What is a virus pandemic  
 a) A sharp and rapid epidemic involving more than one country  
 b) An outbreak which recurs again and again  
 c) A rapid global outbreak starting from a single focus  
 d) A characteristic of common cold virus and HIV
42. Of the following factors, which are the most important factors for virus spread and infection?  
 a) Age                      b) Sex                      c) Genetic factor                      d) Travel
43. What does the reproductive number of a virus tell us?  
 a) How virulent the infection will be  
 b) How many people will die  
 c) How many contacts will be infected from one case  
 d) How long the incubation period will be
44. The feature common to both anorexia and bulimia nervosa is  
 a) Fear of againing weight                      b) Refusal maintain normal body weight  
 c) Purging to prevent weight gain                      d) None of these
45. The \_\_\_\_\_ test is used most often to test cardiovascular endurance.  
 a) Hooper-run                      b) Cooper run                      c) Carter run                      d) Dalton run
46. The ability to make maximum turn or twist on the joint is \_\_\_\_\_  
 a) Flexibility                      b) Speed                      c) Strength                      d) Coordination
47. The ability of the heart, blood vessels and the respiratory system to supply oxygen and necessary fuel to muscles during exercise is called  
 a) Health related fitness                      b) Skill related fitness  
 c) Physical fitness                      d) Cardiovascular fitness
48. Ability of muscle to exert force one time is called  
 a) Muscular Endurance                      b) Muscular strength  
 c) Power                      d) Reaction time
49. An infected person is less likely to encounter a susceptible person mean a large proportion of the member of the group are immune  
 a) Active immunity                      b) Herd immunity                      c) Passive immunity                      d) Specific immunity
50. Body language plays on important role in \_\_\_\_\_.  
 a) Communication                      b) Judgement                      c) Both (a) and (b)                      d) None of these

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