

USN



Internal Assessment Test 2 – March, 2023

Sub:	Scientific Foundations of Health				Sub Code:	BSFHK108	
Date:	03/03/2023	Duration:	60 mins	Max Marks:	50	Sem / Sec:	I / I to P / CHEM-CYCLE
							OBE

All Questions are Compulsory (MARK ONLY ONE ANSWER)

Marks: 1 X 50

Q#	Question	CO	RBT
Q1	What is the difference between a communicable disease and a non-communicable disease? A. communicable disease can be passed from person to person, a non-communicable disease cannot. B. communicable disease cannot be passed from person to person, while a non-communicable disease can be. C. Both types of disease can be passed from person to person, but communicable diseases require direct contact with bodily fluids. D. There is no difference because both still result in disease.	CO3	L1
Q2	Identify the term that best describes a disease caused partly by unhealthy behaviors and partly by other factors. A. Risk factors B. Sedentary lifestyle C. Lifestyle diseases D. Physical health.	CO5	
Q3	Which one of these is not a viral disease? A. Acquired Immune Deficiency Syndrome (AIDS) B. Malaria C. Measles D. Smallpox		
Q4	The Centers for Disease Control and Prevention (CDC) describes an _____ as an unexpected increase in the number of disease cases in a specific geographical area. A. Endemic B. Pandemic C. Prodemie D. Epidemic.		
Q5	HIV is a retrovirus that infects and colonizes cells in the _____. A. immune system B. immune system and the central nervous system C. endocrine system D. immune system and endocrine system.		
Q6	How are the infectious diseases, such as cold and influenza, most commonly spread? A. Breathing viruses in B. Hand-to-face contact C. Drinking infected water D. Eating contaminated food.		
Q7	Which of the following is a communicable disease? A. Cardiovascular diseases B. Cancer C. Chronic respiratory diseases D. Tuberculosis.		
Q8	Modes of horizontal transmission of disease, except A. Contact B. Genetic C. Vector D. Common vehicle.		
Q9	According to CDC (Centers for Disease Control and Prevention), when should infants start vaccines against serious diseases? A. Birth B. 6 weeks old C. 2 month's old D. 6 months old.		
Q10	Which of these individuals has a sedentary lifestyle? A. Saheli enjoys playing video games but does not like outdoor sports. B. Himani is on the gymnastics team and enjoys helping her father in the garden. C. Nirmal regularly helps around the house but he does not like outdoor activities. D. Vineeth does not play any outdoor sports but takes a brisk 30-minute walk every day.		
Q11	Which statement is incorrect about effective antibiotics? A. Show selective toxicity B. Kill the host cell C. Kill the pathogens D. Useless against virus.		
Q12	The transmission cycle of cholera can be broken by A) Treating with medications B) Destroying the small intestine lining where cholera virus grows C) Boiling all vegetables and fruits before consuming D) Chlorination of water.		
Q13	More research is necessary to confirm the assumption that _____ cause positive changes to quality of life. A. lifestyle changes B. research findings C. survey data D. questionnaire responses.		
Q14	Average incubation period of HIV to AIDS transformation is? A) 5 years B) Six months C) 2 years D) 10 years.		
Q15	Which of the following statement is not applicable to prevent chronic diseases? A) Quit smoking and avoid drinking alcohol B) Eat healthy – a balanced diet of fruits, veggies, whole grains C) Use vaccine to develop immunity to a particular disease D) Get regular physical activity and adequate sleep.		
Q16	Carcinoma arises from the A. Bone marrow B. Epithelial cells. C. Pigment containing cells D. None of the above.		
Q17	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.		
Q18	In India, non-communicable diseases (NCDs) contribute to 60% of all deaths. The major cause of NCD deaths is A. Cardiovascular diseases such as Coronary Heart Disease, Stroke, and Hypertension B. Chronic respiratory disease C. Cancers D. Diabetes.		
Q19	Hepatitis is caused due to A. Infected blood transfusion B. Dialysis C. Addiction of drugs D. Use of contaminated water.		
Q20	Two communicable diseases prevalent in developing countries caused by unsafe drinking water and bad sanitation are A. Acute diarrhoea and cancer B. Diarrhoea and schistosomiasis C. Onchocerciasis and leukaemia D. Rheumatism and malaria.		
Q21	COVID-19: What is the scientific name of COVID virus? A. Severe acute respiratory syndrome coronavirus 2 B. Severe acute respiratory symptoms coronavirus 1 C. Severe acute respiratory syndrome coronavirus 1 D. Severe acute respiratory symptoms coronavirus 2.		
Q22	A disease that is constantly present in a certain region or the population is called A. Pandemic disease B. Prodemie disease C. Endemic disease D. Epidemic disease.		
Q23	Vaccination is a major control measure for A. Infectious diseases B. Long term degenerative diseases C. Genetic diseases D. Deficiency diseases.		
Q24	Which of the following factors are related to exposomes? A. Lifestyle and physical-chemical factors B. Social and eco-system factors C. Internal exposures like lipid peroxidation, oxidative stress and DNA damage D. All of the above.		
Q25	If a disease jumps from a non-human animal to a human, then it is termed as A. Congenital disease B. Infectious disease C. Zoonotic disease D. Iatrogenic disease.		

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P.T.O.

1. A	6. A	11. B	16. B	21. A	26. B	31. D	37. B
2. C	7. D	12. D	17. C	22. C	27. A	32. B	38. A
3. B	8. B	13. A	18. A	23. A	28. D	33. C	39. D
4. D	9. C	14. D	19. D	24. D	29. A	34. A	40. C
5. B	10. A	15. C	20. B	25. C	30. C	35. D	41. B
						36. C	42. D
							43. C

Q26	Which of the following is not a barrier of effective listening? A. Engaging inside conversations B. Being present in the moment C. Mentally preparing what you will say next D. Making judgment about the speaker.	CO	RBT
Q27	Which of the following is not a communication skill A. Confidence B. Listening C. Feedback D. Arguing.	CO3	L1
Q28	What are the steps to increase the vocal clarity A. Keep your language simple B. Slow down during conversation C. Feedback D. Both A) and B).	CO5	
Q29	Communication is a part of _____ skill. A. Soft B. Hard C. Rough D. Short.		
Q30	A virus such as COVID which emerges suddenly and spreads globally is called A. Epidemic B. Endemic C. Pandemic D. Zoonotic.		
Q31	Basic Instincts of human life A. Self-preservation B. Social instinct C. Sexual instinct D. All of these.		
Q32	Which of the following statement does not fit to biological theory of instinct? A. human instinct are blueprints for behavior and pre-programmed in the brain B. Instinct are not common across species and does not protect us C. Instinct manifest as immediate or automatic reactions below the conscious level D. Instinct helps us to adopt to the environmental stimuli.		
Q33	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) & ii) only B. ii) & iii) only C. i) & iv) only D. iii) & iv) only.		
Q34	Using abbreviations in communication leads to which type of communication barrier A. Language/ Linguistic B. Physical C. Cultural D. Organizational.		
Q35	How one can improve the communicate skills A. Listen with willingness B. Respond appropriately C. Provide feedback D. All of the above.		
Q36	Friendship A. Dyadic B. Egalitarian C. Both A) and B) D. None of these.		
Q37	Which can be used to overcome the communication barrier A. By writing a letter B. Using a translator C. Not communicating at all D. Using your own language.		
Q38	Which of the following statement does not fit the meaning of active listening? A. Distraction or temptation to interrupt own thought process B. Giving the speaker full and undivided attention C. Showing open and positive body language to keep mind focused D. Ask open ended questions designed to elicit additional information.		
Q39	Communication barriers involves A. Jumping into conclusion B. Arguing in a debate C. Fear of offending D. All of the above.		
Q40	Which of the following statement does not fit to basic instincts? A. All three basic instinct are present in us, but two of these instinct will be stronger than the third B. Least used basic instinct known as blind spot C. All three basic instinct are equally dominates reactions and hence human behaviors D. Basic instincts create almost an instinctual tier structure with a dominant, a secondary, and a blind spot.		
Q41	In communication theory – “communication as a two way process of meaning construction” meaning A. in which the focus is on the continuous development of meaning itself B. in which two or more people construct new meanings together C. in which the sender attempts to construct or reconstruct the meaning developed by the receiver D. in which receiver attempts to construct or reconstruct the meaning developed by the sender.		
Q42	Why communication is key to healthy relationships? A. Help to share feelings, opinions and expectations B. help to know each other and avoid misunderstanding C. set clear expectations for positive and satisfying relationship. D. All of these.		
Q43	Our dress code is an example of _____ communication. A. Verbal B. Written C. Non-verbal D. Visual.		
Q44	How to improve communication in a relationship? A. Open and honest face-to-face discussion, avoid abusive language B. Approach conversations in calm and relaxed way C. Use positive body language. D. All of these.		
Q45	What does the reproductive number ( $R_0$ ) of a virus tell us (during pandemic)? A. How many contacts will be infected from one case B. How long the 'incubation period' will be C. How many people will die D. How virulent the infection will be.		
Q46	Which of these listening skills mainly focuses on feelings and emotions of the speaker? A. Informative listening B. Sympathetic listening C. Biased listening D. Discriminative listening.		
Q47	Which of the following can happen after taking antibiotics? A. Yeast infection B. Severe diarrheal infection C. Allergic reaction D. All of the above.		
Q48	Objectives of communication skills are A. Active listening skills B. Aware of own communication barrier C. Both A) and B) D. None of the above.		
Q49	What is meant by antibiotic resistance? A. It means the bacteria have developed antibiotic resistance B. It means our body has become resistant to the antibiotic C. Both A) and B) D. None of the above.		
Q50	What is the goal of social engineering? A. use of centralized planning to manage social change. B. regulate the future development and behaviour of a society C. passive measures to bring social changes because they do not require an individual to take personal action. D. All of these.		

**All Questions are Compulsory (Mark ONLY ONE ANSWER)**  
**May all beings be happy and peaceful!!**

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 02/03/23  
 CCL

44 D  
 45 A  
 46 B  
 47 D  
 48 C  
 49 A  
 50 D

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