

USN



Internal Assessment Test 1 – July, 2023

Sub:	Scientific Foundations of Health				Sub Code:	BSFHK258		
Date:	05/07/2023	Duration:	60 mins	Max Marks:	50	Sem / Sec:	I / A, B, C, D, E, F & G	OBE

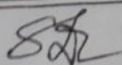
All 50 Questions are Compulsory (Select best possible answer)

Marks: 1 X 50

Q	Text	CO	RBT
Q1	How does advertisement influence our health? A) it promotes social messages and lifestyle and stimulates social action toward purchase of that product. B) makes us associate happiness with consumerism C) It has both positive and negative influences on health D) All of these.	CO1	L1
Q2	How does WHO define health? A) health means absence of disease in the body or infirmity B) health is a state of complete physical, mental, and social well-being C) health is a state of complete physical, mental, and social well-being and not only the absence of disease or infirmity D) health is a state of complete physical and mental well-being and not the absence of disease or infirmity.	CO2	
Q3	WHO stands for A) World Health Orientation B) World Health Organization C) World Human Organization D) World happy Organization.		
Q4	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.		
Q5	Health regulates the level of _____ efficiency of living organisms. A) Regulatory B) Metabolic C) Strength D) All of the above		
Q6	_____ refers to an excessive accumulation of body fat with associated health risks while _____ refers to a body weight greater than normal. A) Overweight; obesity B) Fat weight; fat free weight C) Obesity; overweight D) Low BMI; high BMI.		
Q7	Which of the following charters defined health promotion as 'the process of enabling people to increase control over, and to improve, their health'? A) Charter of the United Nations (1945) B) Tokyo Charter (1946) C) Ottawa Charter (1986) D) none of these.		
Q8	Which of the following statements is correct? Planetary health diet A) nurture both planet and people. B) shift towards plant based eating C) help to control non-communicable diseases. D) All of the above.		
Q9	This approach to health promotion is synonymous with health education as it aims to increase individuals' knowledge about the causes of health and illness. A) behaviour change approach B) community development approach C) biomedical approach D) none of these.		
Q10	Which of the following processes are important in explaining obesity? A) food environment B) physical activity C) individual psychology D) all of these.		
Q11	The value of BMI for underweight, normal weight, overweight, obesity and hyper-obesity are A) <18, 18-25, 25-30, 30-40, >40 B) <25, 25-30, 30-35, 35-40, >40 C) <15, 15-20, 20-25, 25-30, >30 D) <18, 18-30, 30-35, 35-40, >40		
Q12	The ability of muscle to exert force one time is called A) Muscular endurance B) Muscular strength C) Power D) Reaction time.		
Q13	The feature common to both anorexia and bulimia nervosa is A) Refusal to maintain normal body weight B) Purging to prevent weight gain C) fear of a gaining weight D) None of these.		
Q14	According to the WHO: sugar intake should reduce to _____ % of total energy intake in order to get additional health benefit A) 5 B) 10 C) 30 D) 20.		
Q15	Micronutrients are A) Carbohydrate and proteins B) Vitamins and minerals C) Saturated Fats D) Bio-active compounds.		
Q16	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.		
Q17	According to 21st century holistic view of life, which of the following statement is best description of food A) Food intake is directed to only by physical hunger because food is just a fuel for the body B) Food intake is directed not only by physical hunger but also by appetite and satiety, both of which involve social, emotional, and cultural considerations. C) Food intake is directed by physical hunger and appetite, which involve physical and social considerations. D) Food intake is directed by physical hunger and satiety, which involve physical and emotional considerations.		
Q18	Which year did WHO first express the right to health as a fundamental human right? A) 1940 B) 1968 C) 1946 D) 1988		
Q19	What is HIA? A) Health Impact Assessment B) Health Index Assessment C) Health Impact Assignment D) Health Index Assignment		
Q20	For a sedentary or obese individual, the best choice of an exercise program would be: A) low intensity, high impact. B) low intensity, low impact. C) high intensity, low impact. D) high intensity, high impact.		
Q21	Obesity is responsible for which of the following diseases? A) heart disease B) type 2 diabetes C) colon cancer D) all of these.		
Q22	High protein diets are: A) usually unsuccessful in the long run. B) successful at improving aerobic training. C) recommended for quick weight loss. D) recommended by most certified nutritionists.		
Q23	What is mindfulness? A) Aware about our thought process, emotions B) Paying attentions to bodily sensations and surrounding environment C) Basic human ability to be remain at present moment and non-judgmentally D) All of the above.		
Q24	Which of these is not an example of a health behavior? A) smoking B) Taking regular exercise C) Eating healthy food D) Going to the gym.		
Q25	A healthy weight loss program should emphasize all of the following EXCEPT: A) a reduced-calorie diet that is high in complex carbohydrates and low in fat. B) an exercise program C) a high-protein, low-carbohydrate diet. D) behaviour modification aimed at changing bad eating habits.		

		CO	RBT
Q26	Extreme, harmful eating behaviors that can cause serious illness or even death. A) Bulimia Nervosa B) Eating Disorders <input checked="" type="radio"/> C) Anorexia Nervosa D) Rumination.	CO1 CO2	LI
Q27	Processed and ultra-processed foods are bad for health due to A) Low nutrient diversity B) High glycemic Index C) Low satiety <input checked="" type="radio"/> D) All of the above.		
Q28	What is acute stress? A) positive type of stress that keeps us energized <input checked="" type="radio"/> B) short term, encountered in day-to-day life C) seems never-ending and inescapable D) All of the above.		
Q29	Individuals with bulimia have a perceived lack of control over their eating behavior, and often report which of the following? A) High levels of self-disgust B) Low self-esteem C) High levels of depression <input checked="" type="radio"/> D) All of the above.		
Q30	Pick one of the following familial factors that plays a role in the development of eating disorders? A) Parental attitudes to sex <input checked="" type="radio"/> B) Parental obesity C) Parental attitudes to the media D) Parental attitudes to the politics.		
Q31	_____ eating disorder involves eating things that are not having nutritional value. A) Anorexia nervosa <input checked="" type="radio"/> B) Pica C) Bulimia nervosa D) Rumination.		
Q32	Healthy diet should satisfy the needs of A) energy requirements B) Social and cultural requirements C) Emotional and spiritual requirements <input checked="" type="radio"/> D) All of the above.		
Q33	Three golden rules for healthy, ethical and sustainable diets: _____ % calorie from plant origin, _____ % calorie from ultra-processed food and eat diversified, organic food. A) minimum 50%, maximum 50% <input checked="" type="radio"/> B) minimum 83%, maximum 17% C) minimum 17 %, maximum 83 % D) maximum 83%, minimum 17%.		
Q34	The six essential nutrients are: A) Carbohydrates, lipids, enzymes, vitamins, minerals, and water. B) Carbohydrates, proteins, antioxidants, vitamins, minerals, and water. <input checked="" type="radio"/> C) Carbohydrates, proteins, fats, vitamins, minerals, and water. D) Carbohydrates proteins fats, enzymes, neutralizers, and water.		
Q35	Holistic human health is important for us and it mean living in harmony with A) Body & Mind B) Family & Society C) Nature <input checked="" type="radio"/> D) All of the above.		
Q36	Which of these is not a benefit of mindfulness? A) Reduced anxiety and stress <input checked="" type="radio"/> B) Decreased emotional regulation C) Decreasing depression D) Better memory.		
Q37	Consumption of total fat should not exceed _____ of total energy. A) 20.5 % B) 40% <input checked="" type="radio"/> C) 30 % D) 25%		
Q38	Which of the following health communication style makes use of the patient's knowledge and experience? A) doctor-centred communication <input checked="" type="radio"/> B) patient-centred communication C) practitioner-centred communication D) none of these.		
Q39	The height of a person is 175 cm and weight 70 kg. What is the BMI of the person? <input checked="" type="radio"/> A) 22.857 B) 25.152 C) 28.1 D) 19.334.		
Q40	A mentally sick person has <input checked="" type="radio"/> A) Tendency to get upset with change of routine B) Feeling of friendship and trust for all C) Tendency to perform all the daily chores by oneself D) Tendency to solve all the problems without aid of others.		
Q41	This approach to health promotion is synonymous with health education as it aims to increase individuals' knowledge about the causes of health and illness. <input checked="" type="radio"/> A) behavior change approach B) community development approach C) biomedical approach D) none of these.		
Q42	What are health beliefs? A) It is an individual's understanding about the cause of illness and ways to overcome an illness. B) it is the belief of people about health and culturally determined. <input checked="" type="radio"/> C) Both A and B. D) None of these.		
Q43	Which philosopher was central to the conceptualization of human beings as composed of mind and body? <input checked="" type="radio"/> A) Rene Descartes B) Plato C) John Locke D) Confucius.		
Q44	The ability of heart, blood vessels and respiratory system to supply oxygen and necessary fuel to muscles during exercise is called A) Physical fitness <input checked="" type="radio"/> B) Cardiovascular fitness C) Health related fitness D) Skill related fitness.		
Q45	Psychosis is characterized by <input checked="" type="radio"/> 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.		
Q46	Which of the following is are characteristics of stress? A) Racing heart B) Sweating palm C) Flushed cheeks <input checked="" type="radio"/> D) All of the above.		
Q47	Which of the following is not included in the general physical fitness? A) Strength <input checked="" type="radio"/> B) Intelligence C) Endurance D) Flexibility.		
Q48	Which of the following statements is included in the FDA Dietary Guidelines? A) choose a variety of fruits and vegetables daily B) choose a variety of grains daily, especially whole grains C) choose a diet low in saturated fat and cholesterol <input checked="" type="radio"/> D) all of the above		
Q49	The _____ test is used most often to test cardiovascular endurance. A) Hooper run <input checked="" type="radio"/> B) Cooper run C) Carter run D) Dalton Run.		
Q50	Which vitamin is good for eyes? <input checked="" type="radio"/> A) Vitamin D B) Vitamin K <input checked="" type="radio"/> C) Vitamin A D) None of these.		

All 50 Questions are Compulsory (Mark best possible answer)
May all beings are happy and peaceful!!


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