

BALLARI INSTITUTE OF TECHNOLOGY & MANAGEMENT

(Autonomous Institute under Visvesvaraya Technological University, Belagavi)

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Course Code

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First / Second Semester B.E. Degree Summer Semester Examinations, September/October 2025

SCIENTIFIC FOUNDATION OF HEALTH

Duration: 1 hr

Max. Marks: 50

Instructions to the Candidates:

- All questions are compulsory
- Each question carries 1 mark
- Use only black ball point pen
- Darkening two circles for the same question makes the answer invalid
- Damaging/overwriting, using whiteners on the OMR are strictly prohibited.

Q.NoQuestions

1. What is the advantage of good health?
 A. One can earn more. B. One can lead a happy life.
 C. One can be impulsive. D. One can be in-active.
2. One has to learn to control _____ to be healthy.
 A. Others. B. Mind and body. C. Tasks. D. None
3. To live mindfulness means to live in_____
 A. Past. B. Present. C. Future. D. Thoughts.
4. Which is NOT one of the reasons that you should aim for eating balanced diet?
 A. You'll have more energy. B. You'll impress your friends.
 C. You'll protect yourself against diseases. D. You're more likely to keep a healthy weight.
5. Which is the positive way of thinking?
 A. I am ok you are not ok. B. I am not ok you are ok.
 C. I am ok you are ok. D. I am not ok you are not ok
6. An example of good health is getting 8 hours of sleep every night.
 A. Mental health. B. Emotional health. C. Lifestyle. D. Physical health
7. The term means having all four dimensions of health in good shape and equally balanced.
 A. Physical health. B. Social health. C. Wellness. D. Refusal skills
8. The term _____ means keeping clean to prevent the spread of disease
 A. Hygiene. B. Refusal skills. C. Social health. D. Wellness.
9. Which of the following diseases is NOT affected by heredity?
 A. Asthma. B. Chickenpox. C. Allergies. D. Cancer.
10. Stress effect on health can be _____
 A. Curable. B. non-curable. C. Manageable. D. None
11. What decides our character?
 A. Food we eat. B. Book we read. C. Thoughts we think. D. All of these
12. Try to add more _____ to your meals.
 A. Carbohydrates. B. Fiber. C. Junk food. D. Soda.
13. Eating regular meals helps to regulate
 A. Blood sugar levels. B. Blood pressure, C. Hormones. D. A and C.

14. An eating disorder is a mental disorder defined by
 - A. Abnormal thinking.
 - B. Abnormal eating behaviours.
 - C. Abnormal friends.
 - D. Abnormal surroundings.
15. How do we store energy in our bodies?
 - A. Batteries.
 - B. Muscles.
 - C. Hair.
 - D. Fat.
16. The ability of joint to move beyond the normal range
 - A. Speed.
 - B. Balance.
 - C. Flexibility.
 - D. Body mass.
17. Stress management training is based on a theory stress.
 - A. Cognitive
 - B. Behavioural
 - C. Psycho dynamic
 - D. Cognitive behavioural.
18. The ability of heart and lungs to deliver enough oxygen to the different body parts.
 - A. Muscular strength.
 - B. Muscular strength endurance
 - C. Flexibility.
 - D. Cardio-respiratory endurance
19. The science of food and how the body uses it in health and disease is called?
 - A. The dietary guidelines.
 - B. The food guide pyramid.
 - C. Sensible eating.
 - D. Nutrition.
20. An example of behavioural signs of stress?
 - A. Frequent mood swings.
 - B. Compulsive eating.
 - C. Crying.
 - D. Nervousness and sadness.
21. What is friendship?
 - A. Bond between people.
 - B. Sharing feelings.
 - C. Sharing thoughts.
 - D. All of these
22. Why humans need friendship?
 - A. Humans are social being.
 - B. Humans see profits.
 - C. Humans want food.
 - D. Humans need shelter.
23. Which of the following is not a social engineering technique?
 - A. Blogging.
 - B. Hacking.
 - C. Phishing.
 - D. Pharming.
24. 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
25. Healthy relationship helps to
 - A. Strengthen your immune system.
 - B. Help you recover from disease.
 - C. Lengthen your life span.
 - D. All of these
26. Which of these is the third step in the listening process?
 - A. Stop talking.
 - B. Interpreting.
 - C. Responding.
 - D. Receiving.
27. Which of these is not a step in the listening process?
 - A. To stop talking.
 - B. Receiving.
 - C. Misinterpreting.
 - D. Responding.
28. To Build Communication skills
 - A. Listen to another person.
 - B. Speak in polite manner.
 - C. Speak less and listen more.
 - D. All of these
29. Which of these listening skills mainly focuses on feelings and emotions of the speaker?
 - A. Informative listening.
 - B. Discriminative listening.
 - C. Biased listening.
 - D. Sympathetic listening.
30. Which of these is not a mode of effective listening?
 - A. Attentive listening.
 - B. Biased listening.
 - C. Responsive listening.
 - D. Active listening.
31. Physical signs of stress?
 - A. Difficulty in sleep.
 - B. Poor memory.
 - C. Anger.
 - D. Impulsive actions.
32. Local community drug prevention schemes have used which of the following?
 - A. Peer-pressure resistance training.
 - B. Peer pressure.
 - C. Peer promotion.
 - D. Peer propaganda.

33. A lack of judgment regarding a particular substance or behaviour will be healthy or damaging one-self is known as:
 A. Loss of control. B. Obsession. C. Compulsion. D. Denial.
34. Exclusive use of any drug (legal or illegal) constitutes.
 A. Drug tolerance. B. Drug addiction. C. Drug abuse. D. Drug misuse.
35. An example of water borne disease is:
 A. Diphtheria. B. Tonsillitis. C. Diarrhoea. D. Measles.
36. Health compromising behaviour is
 A. Good for health. B. Harmful for health. C. Mediate health. D. None of these.
37. Alcohol consumption has been linked to
 A. Liver cirrhosis. B. High blood pressure. C. Stroke. D. All of these
38. Endless stream of unspoken thoughts that run through your head
 A. Asanas. B. Self-talk C. Positive thinking. D. Meditation.
39. Best way to find a good listener
 A. Be a good observer. B. Be a good speaker.
 C. Be a good listener yourself. D. Be a good friend.
40. Which one is an example of internal cause of stress?
 A. Major life changes. B. Worry. C. Relationship difficulties. D. Financial problems.
41. Which of the following is an example of non-infectious disease?
 A. Pneumonia. B. High blood pressure. C. Influenzas. D. Typhoid.
42. Arthritis is the disease of
 A. Skin. B. Kidney. C. Livers D. Joints.
43. Dengue is caused by
 A. Bacteria. B. Virus. C. Fungus. D. Pollution.
44. Health compromising behavior commonly seen in
 A. High class B. Middle class C. Low class D. None of these
45. More research is necessary to confirm the assumptions that ----- cause positive changes to quality of life.
 A. Lifestyle changes B. Research findings C. Survey data D. Questionnaire responses
46. Risk for coronary heart disease may increase with high intakes of
 A. Coconut oil B. Coconut. C. Red palm oil. D. Animal fats.
47. Photophobia is caused by the deficiency of
 A. Vitamin B1 B. Vitamin B12. C. Vitamin B4 D. Vitamin B6
48. How far does the mutual relationship of parents influence child personality?
 A. Largely. B. Gradually. C. Speedily, D. Commonly.
49. A sensory experience in the absence of stimulation of receptors is called
 A. Delusion. B. Paranoia. C. Hallucinations. D. Illusions.
50. Unable to explain and overcome is called:
 A. Fear. B. Mania. C. Paranoia. D. Phobia.
