

BALLARI INSTITUTE OF TECHNOLOGY & MANAGEMENT

(Autonomous Institute under Visvesvaraya Technological University, Belagavi)

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First / Second Semester B.E. Degree Examinations, February 2025

SCIENTIFIC FOUNDATION OF HEALTH

Duration: 1 hr**Max. Marks: 50**

Note: 1. All questions are compulsory 2. Each question carries 1 mark 3. Use only black ball point pen 4. Darkening two circles for the same question makes the answer invalid 5. Damaging/overwriting using whiteners on the OMR are strictly prohibited.

<u>O.No</u>	<u>Question</u>
1.	What do you understand about 'GOOD HEALTH'?
	A. Physically fit. B. Mentally fit. C. Absence of disease. D. Physically, mentally, social well-being.
2.	During stress our brain release _____
	A. Cortisol. B. Adrenaline. C. Both A&B. D. Nothing.
3.	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
4.	An example of good is volunteering to do things for your community.
	A. Social health. B. Physical health. C. Mental health. D. Emotional health.
5.	The term _____ means keeping clean to prevent the spread of disease
	A. Hygiene. B. Refusal skills. C. Social health. D. Wellness.
6.	Which of the following diseases is NOT affected by heredity?
	A. Asthma. B. Chickenpox. C. Allergies. D. Cancer.
7.	What are the changes necessary for good health?
	A. Habits B. Behaviour. C. Attitude. D. All of these.
8.	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.
9.	One has to learn to control _____ to be healthy.
	A. Others. B. Mind and body. C. Tasks. D. None
10.	Family influence on health?
	A. Depends upon individual. B. Indirect. C. None of the above. D. Direct.
11.	How many min, should you play or do exercise every day?
	A. 10. B. 30. C. 60. D. 40.
12.	Ability to touch our toes is an example of _____
	A. Muscular endurance. B. Muscular strength C. Aerobic fitness. D. Flexibility
13.	Add at least _____ of fruits or veggies to your meal
	A. 200 gr. B. 600 gr. C. 400 gr. D. 300 gr.
14.	When energy intake decreases and energy expenditure increases bodyweight
	A. Remains the same. B. Goes up C. Goes down. D. Is unstable.
15.	Food energy measured in _____
	A. Calories. B. Joules. C. Ergs. D. Watts.
16.	The term BALANCED DIET means
	A. A diet containing most nutrients in the correct proportions. B. A diet containing all nutrients in the correct proportions. C. A diet containing some nutrients in the correct proportions. D. A diet containing none nutrients in the correct proportions

17. The first step in trying to treat overweight and obesity.
A. Healthy eating plan. B. Special diets. C. Eating a lot. D. A&B.
18. The feature common to both anorexia nervosa and bulimia nervosa is
A. Calcium deposits. B. Purging to prevent weight gain.
C. Fear of gaining weight. D. Refusal to maintain normal body weight
19. How do we store energy in our bodies?
A. Batteries. B. Muscles. C. Hair D. Fat.
20. What is junk food?
A. Fattening and unhealthy food. B. Tasty food. C. Stored food. D. All of these
21. Which of these is not a step in the listening process?
A. To stop talking. B. Receiving. C. Misinterpreting. D. Responding
22. To Build Communication skills
A. Listen to another person. B. Speak in polite manner.
C. Speak less and listen more. D. All of the above.
23. 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.
24. Why humans need friendship?
A. Humans are social being. B. Humans see profits.
C. Humans want food. D. Humans need shelter.
25. This approach to health promotion is based on the assumption that humans are rational decision-makers, this approach relies heavily upon the provision of information about risks and benefits of certain behaviours.
A. behaviour change approach. B. community development approach.
C. biomedical approach. D. none of these
26. In which of these listeners puts himself in place of the speaker
A. Focused listening. B. Evaluative listening.
C. Attentive listening. D. Empathetic listening.
27. Which of these is the third step in the listening process?
A. Stop talking. B. Interpreting. C. Responding. D. Receiving.
28. At each stage in the process of communication, there is a possibility of interference which may hinder the process. Such interference is known as
A. Sender. B. Receiver. C. Barrier. D. None of these
29. Healthy relationship helps to
A. Strengthen your immune system. B. Help you recover from disease.
C. Lengthen your life span. D. All the above.
30. Which social network is considered the most popular for social media marketing?
A. LinkedIn. B. Facebook. C. Twitter. D. None of these
31. Not being able to stop drinking once has begun is
A. Craving. B. Loss of control. C. Dependence. D. Tolerance.
32. Health compromising behaviour.
A. Good for health. B. Harmful for health. C. Mediate health. D. None of these
33. A network of family, friends, neighbours, and community members that is available in times of need to give psychological, physical, and financial help.
A. Social support. B. Friends support.
C. Family support. D. Emotional support.
34. Approach unpleasantness in a more positive and productive way is
A. Self-talk. B. Narcissism. C. Positive thinking. D. None of these
35. Example of skilful communication.
A. Attentive listening skills. B. Empathy. C. Both A& B. D. None of these
36. A long-term user of cocaine may develop symptoms of other psychological disorders, such as:
A. Major depression. B. Social phobia. C. Eating disorders. D. All
37. Which one is an example of internal cause of stress?
A. Major life changes. B. Worry. C. Relationship difficulties. D. Financial problems.

38. 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.
39. Signs of compulsive buying include:
 A. Showing new clothes to others and family when bring them home.
 B. Purchasing several gifts when they go on sale.
 C. Repeatedly buying more than need or can afford.
 D. Purchasing only one item in favourite.
40. Which of the following is NOT an example of drug misuse?
 A. Taking a friends prescription medications to treat a migraine.
 B. Not following instructions when taking a prescription medication.
 C. Taking an over-the-counter medication more often than is recommended.
 D. Regular use of increasing amounts of cocaine to get high.
41. When increased amount of a drug other substance or behaviour is needed to produce the desired effect this phenomenon is known as
 A. Tolerance B. Psychophysical dependence C. Withdrawal D. Physiological dependence.
42. Symptoms of addiction are needing to use more of the drug over time.
 A. The person can't cut back on the amount of the drug used.
 B. The person wants to use the drug.
 C. The person cannot stop using the drug. D. All of these
43. Addiction can be managed with treatment
 A. True. B. False. C. We cannot decide D. None of these
44. _____ can be key factors in whether a person will become addicted to drugs.
 A. Genes. B. Environment. C. life stages. D. all
45. Addiction is more than just using a lot of drugs.
 A. changes occur in the brain over time.
 B. Some abused drugs bring on a feeling of intense pleasure.
 C. Other drugs will cause a person to feel or do things better, as well as feel less stressed.
 D. All the above
46. How far does the mutual relationship of parents influence child personality?
 A. Largely. B. Gradually. C. Speedily D. Commonly.
47. Unable to explain and overcome is called:
 A. Fear B. Mania. C. Paranoia D. Phobia.
48. Dengue is caused by
 A. Bacteria. B. Virus. C. Fungus. D. Pollution,
49. An example of water borne disease is:
 A. Diphtheria. B. Tonsilitis. C. Diarrhoez. D. Measles.
50. Which of these treatments has been found to be most effective in treating addiction?
 A. Rehab and 12 step programs.
 B. Cognitive behavioural therapy and transtheoretical model of behavioural change.
 C. Mindfulness and meditation.
 D. All the above.

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