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A Chury	CBCS SCHEME 21SFH19/29				
USN	Question Paper Version : A				
First/Second Semester B.E./B.Tech./B.Arch./B.Planning Degree					
Examination, July/August 2022 Scientific Foundations of Health					
	(COMMON TO ALL BRANCHES)				
Time:	1 hrs.] [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.				
1.	 According to WHO, heath is a) A state of body and mind in a balanced condition. b) The reflection of a smiling face c) The symbol of economic prosperity d) A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity 				
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 the above				
3.	Which one of the following factors affects the development of child? a) Endocrinal glands b) Nutritious diet c) Diseases and injuries d) All of these				
4.	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				
5.	 Which of these things is health psychology concerned with? a) What causes illness? b) Who is responsible for illness? c) How should illness be treated? d) All of these 				
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6. Which of these is not an example of a health behaviour? a) Smoking b) Taking regular exercise c) Eating healthy food d) Going to the gym 7. Which statement is wrong in the context of personality? a) Personality is unique and specific b) Personality is a joint product of heredity and environment c) Personality spreads over the subconscious and unconscious behaviour of the person d) Personality is limited only to the appearance of a person 8. Who proposed the biopsychosocial model? a) Freud b) Sontag c) Engel d) None of these 9. Which of these is not a benefit of mindfulness? a) Reduced anxiety and stress b) Decreasing depression c) Decreased emotional regulation d) Better memory 10. Mental health hazards includes a) Anxiety b) Depression c) Organic mental disorders due to substance use d) All of the above 11. Which of the following components are major nutrients in our food? a) Carbohydrates b) Lipids and proteins c) Vitamins and minerals d) All of these 12. The benefits in eating a balanced diet a) good health b) good mood and energy c) improved health and reduced illne d) All of these 13. Nutritional means a) Tastes really good b) Tastes really bad c) Containing necessary substances for the body to grow and stay healthy d) Is mostly green 14. In a healthy diet as per WHO the amount of salt to be consumed by a person per day is a) less than 5g/b) less than 5 mg c) less than 50 mg d) less than 0.5 g 15. BMI stands for a) Body Material Index b) Body Mass Index c) Body Mass Indicator d) None of these 16. What is anorexia nervosa? a) Nervous system blockage b) Sleeping disorder c) Eating disorder d) Physical disability Version A - 2 of 6

- 17. Which of the following food items provides dietary fibre? a) Pulses b) Wholegrain c) Fruits and vegetables d) All of these
- 18. Which are intimately related? a) Diseases and health c) Body and mind
- b) Body and health d) Body and spiritual values
- 19. Exercise is often described as training and should include a) Exertion of the heart b) Exertion of the lungs c) Exertion of the muscles d) All of these
- 20. Exercising regularly should be a/an not a short-term activity, so think of your progress as part of a long term plan to line better. a) Lifestyle b) Choice c) Obligation d) None of these
- 21. Communication is a a) Art of transmitting information, ideas and attitudes from one person b) Tool for controlling and motivating people c) We can't influence others without communication
 - d) (a) and (b)
- 22. Communication strengthens and relationships in an organization. a) Employee and Employer b) Employee and Father c) Father and Mother d) Friends and Colleagues
- 23. Our dress code is an example of a) Verbal
 - c) Written

communication.

b) Non-verbal d) Spoken

24. 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) and (ii) only
- c) (i) and (iv) only

- b) (ii) and (iii) only d) (iii) and (iv) only
- 25. Which of the following is not a barrier of effective listening?
 - a) Engaging inside conversations
 - b) Mentally preparing what you will say next
 - c) Being present in the moment
 - d) Making judgment about the speaker

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26.	Body language and facial expressions are re a) Object communication c) Oral communication	elated to b) Written communication d) Non-verbal communication	
27.			
£1.	Negative characteristics of friendships inclu a) Unsupportive c) Criticize in a joking manner	b) Oppressive d) Solve problems together	
28.	Basic instincts of human life a) Self preservation	b) Sexual	
	c) Social	d) All of these	
29,	What are the steps to increase the vocal clan		
	a) Keep your language simple c) Feedback	b) Slow down during conversationd) Both (a) and (b)	
30.	What is the goal of social engineering? a) Sabotage a person's social media c) To catfish someone	b) To gain vital personal information d) To build trust	
31.	Alcohol abuse and smoke share a window of a) Adolescence c) Middle age	of vulnerability especially during b) Adulthood d) Old age	
32.	Adolescents involved in risky behaviours o a) high self-esteem c) poor self-control	ften have b) a large peer group d) a tolerant attitude	
33.	Chemical dependence in generally known t a) 42 and 51 c) 12 and 21	o start between the ages of b) 22 and 31 d) 32 and 41	
34.	Alcoholics anonymous maintains that alcoholism is a) a disease that can be cured b) a disease that can be managed but never cured c) a problem only if a person starts experiencing its synergistic effects d) a serious problem only for binge drinkers		
35.	 Which of the following is true of the synergistic effects of smoking? a) It helps to reduce stress and maintain a lower body weight b) It increases a person's likelihood of engaging in physical exercises c) It enhances the detrimental effects of other risk factors d) It reduces the chances of early mortality 		
36.	. The interaction between weight and smoking can increase one's		
	a) Mortality c) Deviant behaviour	b) Self control d) Fertility	
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37.	a) Habitual behaviour	tic of addition? b) Loss of control
	c) Negative consequence	d) Denial
38.	Addiction involves an excessive a) Tolerance for alcohol or drugs b) Amount of debt or financial problems c) Preoccupation with the addictive behavior d) Risk of losing one's job or failing out of	our School
39.	Temporary physical and psychological sy substance is discontinued is a) Relapse c) Withdrawal	mptoms that occur when use of an addictive b) Compulsion d) Addiction
40.	Transdermal drug administration means that a) Placed under the tongue c) Absorbed through the skin	at a drug is b) Injected into a vein d) Inhaled
41.	How are infectious diseases, such as colds a) Breathing viruses in c) Drinking infected water	and influenza, most commonly spread? b) Hand-to-face contact d) Eating contaminated food
42.	Which is the most important hygiene habit a) Use a tissue to cover a sneeze c) Wash hands frequently	to teach young children? b) Don't share a glass or eating utensil d) Take a bath daily
43.	Chronic stress has been linked to which of a) Headaches c) Depression	these health problems? b) Constipation d) All of these
44.	Which of the following increases your risk a) Not getting enough exercise c) Being overweight	for type 2 diabetes? b) Eating too much sugar d) (a) and (c)
45.	According to CDC, when should infants sta a) Birth c) 6 weeks old	art vaccines against serious diseases? b) 2 months old d) 6 months old
46.	Modes of horizontal transmission of diseas a) Contact c) Common vehicle	e, except b) Vector d) Genetic
47.	An infected person is less likely to en proportion of the members of the group are a) Active immunity c) Herd immunity	 counter a susceptible person when a large immune. b) Passive immunity d) Specific immunity
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- 48. Occurrence in the community of a number of cases of disease that is usually large or unexpected.
 - a) Endemic

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c) Pandemic

- b) Epidemic d) Infection
- 49. Leading cause of diarrheal diseasea) Enterotoxigenic Escherichia colic) Rotavirus
- b) Salmonella (non-typhoid) d) Campylobacter jejuni
- 50. Mammography should be done annually in women of what age?
 a) 50 years old and above
 b) 60 years old and above
 c) 45 years old and above
 d) 30 years old and above

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