

USN

## 21SFH29

Question Paper Version: A

## Second Semester B.Arch./B.Planning Degree Examination, June/July 2023 Scientific Foundation of Health

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 circl corresponding to the same question number on the OMR sheet.			
4.	Darkening two circles for the same question makes the answer invalid.			
5.	- who one is the same question makes the answer invalid.			
٥.	Damaging/overwriting, using whiteners on the OMR sheets are strictly prohibited.			
	Promoted.			
1.	is defined as a complete state of physical, mental and social well being and not merely the absence of disease.  a) Mind b) Health c) Brain d) Wealth			
2.	The medulla is responsible for the regulation of			
2	a) Heart rate b) Blood pressure c) Respiration d) All of the above			
3.	Parents are urged to get their children against measles, polio, whooping			
b	cough and other childhood disease.			
D	a) fight b) vaccinated c) treatment d) killed			
4.	is an important and controllable risk factor for many leading cause of death and diseases.			
C	a) Food b) Fruit e) Diet d) Body			
5.	Sleep is a vital health habit and its classified into			
C	a) NREM (Non – Rapid eye movement b) REM (Rapid eye movement) c) Both (a) and (b) d) None of the above			
6. J	Stress is a negative emotional experience accompanied by predictable biochemical that are directed either forward altering the stressful event.  a) Physiological b) Cognitive c) Behavioural changes d) all of the above			
<b>7.</b>	Behavioural Techniques are a) Relaxation skills b) Pacing c) Behavioural Activation d) all of the above			

2	8.	a) Good to Health c) Medium of Health		Harmful to Healt None of these	h
<b>L</b>		Wellness has a direct influence on overall last a) True b) False			d) None of the above
9	10.	Wellness is achieved by proper balance of a) 11 b) 9	_e)	dimensions o	of wellness. d) 4
C	11.	Is Health is Internal (or) External? a) Internal b) External	e)	Both (a) & (b)	d) None of the above
X	12.	Positive emotional well being can be achie a) Positive affirmation b) Smile	ved t	hrough Stay positive	d) All of the above
X	13.	Overall Health is constituted by a) Physical Health b) Mental Health	c)	Financial Health	.d) All of the above
	14.	Good Mental Health is categorized ona) Absence of depression c) Ability of face challenges	b)	Absence of Anxie All of the above	ty
1	15.	A person who suffers from mental illness a a) Pessimist b) Sad	lway	vs see him as Negative	d) All of the above
8	16.	Benefits of Good health are  a) Increased longevity c) Good immunity and mental clarity	b) -d)	Improved energy All of the above	
d	17.	Good personality needs a) Healthy Body b) Healthy mind	c)	Wealthy	_d) Both (a) & (b)
d	18.	Health Disparities includes  a) Mortality b) Life expectancy	c)	Burden of disease	-क्षे) All of the above
C	19.	770	_0)	Both (a) & (b)	d) None of the above
d	20.	Disease means a) Discomfort b) Comfort	c)	Disability	d) Both (a) and (c)
C	21.	Environmental Psychologists emphasize the into consideration when examining behavioral Genetics  c) Physical & Social context	or. b)	portance of taking  Brain structure  None of these	which of the following
d	22.	SUD is a) Substance Until Disorder c) Substance Under Depression	b)	Substance Under I Substance Use Dis	

	23.	Medical diagnosis of	obesity is based on a l	BMI cut off point of	, V
6		a) 25.0	b) 30.0	c) 40.0	d) 50.C
	24.	The positive stress is	called as .		
0		a) Eustress		c) Stressless	d) None of these
	25.	Chicken guniya is	disease		
b	20,	a) Hariditary	_b) Deficiency	c) Pathogenic	d) Congential
`	26	Skull consists of	homas	3	
Ь	20.	Skull consists of a) 14 bones	(b) 22 bones	c) 12 bones	d) 8 bones
	27.	What does the (10):	- "C:1 10" C	, o	
7	21.		n "Covid – 19" refers		
0		a) 19 variants of Co	rona virus	b) 19 symptoms of	Corona virus disease
			orona virus pandemic.		
		d) The Corona virus	s and the disease it cau	se were identified in 2	2019.
	• •			Α,	
(	28.	Antibiotics are used	(or) administered for t	the purpose	
	′	a) to reduce pain	b) to reduce edema	c) to prevent infec	tion d) to relieve fever
		1 1 2		>>\frac{1}{2}	
\	29.	The percentage of w	vater in the average adu	ilt human body.	
6		a) 80 %		c) 40 %	d) 90 %
		All and the second			,
	30.	Which of these is no	ot an example of a Hea	lth behavior?	
0	_		b) Regular exercise		ood d) Walking
		, ,			
	31.	What does the term	"Mortality" refer to?		
0	_	a) Death	b) Illness	c) Health	d) Morbidity
U		2 /	4	Jan V	w u) Wording
	32	. Which of the follow	ving is not a componen	ts of skill - related phy	vsical fitness?
b		a) Agility	b) Muscular streng	oth c) Coordination	d) Reaction time
9		4) 128)	) Wastan Strong	coordination	d) Reaction time
	33	means wh	en person is healthy an	nd free from Disease	
(	,	a) Endurance	b) Life style	c) Wellness	d) None of these
		a) Endaganoe	o) Enostyle	) Weiliess	d) None of these
	34	. Anorexia nervosa t	vnically begins on		
	J T	a) A menorrhea	ypically ocgins on	b) Dsymenorrhea	
(		c) Fibrosis		d) Premenstrural s	22 m duo
		(7) 11010313		y d) Tremenstrurars	syndrome
	25	Which is not a type	of physical activity?		
6	<del>ر</del> 35		es of physical activity?	a) Walleine	1) D :
		a) Drinking	b) Cycling	c) Walking	d) Dancing
	24	The correct -	f a a		
	A 36	-	f communication proce		1) #11 0: :
	U	a) Encoder	b) Decoder	c) Medium	d) All of the above
	31	7 The CY C			
	بخس		nation is translated into		
	-	a) Decoding	b) Transmitting	e) Encoding	d) Medium

b	38.	The response of the receiver takes at a) sender b) feedback	ter decoding a message. c) receiver	d) medium
0	39.	is a relationship of mutual a	The state of the s	
U-		a) Friendship b) Mentorship	p c) Partnership	d) Leadership
J	40.	Qualities of a true friend  a) Forgives c) Love with unconditional	b) Believes d) All of the above	
C	41.	Which of these is not a step in the Li a) Receiving b) To stop tal	stening process? king c) Misinterpreting	d) Responding
b	42.	Our dress code is an example ofa) Verbalb) Non – verb	Communication. c) Dramatic	d) All of the above
b	43.	Communication is a part ofs  a) Hard b) Soft	skills c) Short	d) Rough
1	44.	Substance Addiction  a) Behavioral addiction  c) Drug addiction	b) Heroin addiction d) All of the above	, ,
J	45.	Which one of the following is not a la a) Cholera b) Tuberculos	bacterial disease? sis c) Anthrax	-d) Influenza
d	46.	has a long term effect on the has a Common cold b) Chicken po	nealth of an Individual	d) Chewing tobacco
a	47.	The stimulant present in tea, coffee a) Caffeine b) Tannin	c) Cocaine.	d) Astringent
b		Childhood blindness can be caused by a) HIV/AIDS b) Measles	c) Malaria	d) Tuberculosis
6	49.	If an infectious agent can only multip a) Bacteria b) Virus	ple inside living cells, this age c) Parasite	nt d) Fungus
6	50.	Which organ is adversely affected by a) Kidney b) Liver	y alcohol? c) Heart	d) Lungs