



Second Semester B.Arch./B.Plan. Degree Examination, Dec.2023/Jan.2024
Scientific Foundations of Health

Time: 1 hr.]

[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.

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1. Health psychology is linked to
a) Behavioral science
b) Clinical psychology
c) Behavioral medicine
d) All of the above
 2. Health compromising behavior is
a) Good for health b) Harmful to health c) Mediate health d) None of these
 3. Benefit of social support network is
a) Sense of belongingness
b) Increased sense of worth
c) Feeling of security
d) All of these
 4. Any event of circumstance that strains or exceeds an individual ability to deal with a problem is
a) Stress b) Stressor c) Coping d) Tension
 5. Which one is an example of internal cause of stress?
a) Major life changes
b) Worry
c) Relationship difficulty
d) Financial problems
 6. Mindfulness can help you to :
a) Read textbook much faster
b) Double your memory capacity
c) Become overconfident before exam
d) Increase your focus and ignore distractions
 7. A mentally sick person has
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 one self
d) Tendency to solve all the problems without aid of other

8. Behavior pattern, which leads to be more relaxed, laid back approach to life
 a) Type A b) Type B c) Type C d) Type D
9. refers to the expectations that is future good things will happen to you and bad things will not
 a) Optimism b) Pessimism c) Neutral d) None of these
10. Important source of social support for an individual is from
 a) Family b) Community c) College d) None of these
11. What are the 6 nutrients?
 a) Carbs, Meats, Fibers, Water, Protein ad Dairy
 b) Fruits, Milks, Fibers, Water, Ports and Vitamins
 c) Carbs, Fats, Minerals, Water, Protein, and Vitamins
 d) Carbs, Fats, Fibres, Cheese, Proteins and Vegetables
12. A person who has a BMI above 25 is considered to be
 a) under weight b) over weight c) obese d) Highly obese
13. Someone who is deficient in the mineral, iron (HB) could be considered to have
 a) Anorexia b) Anemia c) Osteoporosis d) Buliema
14. Obesity increase the risk of developing diet related disease such as
 a) Heart disease b) hypertension c) diabetes d) All of the above
15. The main reason for eating a wide verity of foods is
 a) to learn the food label b) to provide all the nutrients you need
 c) to keep from getting bored with your diet d) to help improve physical fitness
16. Nutrients that build and repair tissues and cells
 a) Fat b) Minerals c) Vitamins d) Protein
17. Obesity is a condition where the body accumulations excess
 a) Carbohydrates b) Fats c) Protein d) Energy
18. Which is these is not a component of physical fitness
 a) Strength b) Flexibility c) Speed d) Memory
19. Total wellness can only be achieved by the balance of :
 a) Emotional, Social and Spiritual health b) Physical, Intellectual and Social health
 c) Spiritual, Physical and Intellectual health d) All of the above
20. The primary advantages of health related physical fitness is
 a) Decreased risk of disease b) A good appearance
 c) Excellence in sports d) Increased work efficiency
21. Which of following was a major reason for the development of drugs?
 a) For clinical purposes b) To experience
 c) Adventure d) Curiosity
22. What is drug addiction?
 a) addiction to food b) dependence on drugs
 c) Taking medicines with valid medical prescriptions d) not eating a balanced diet

23. In which age drug addiction is a major problem?
 a) Childhood b) Adolescence c) Adulthood d) Old age
24. W.H.O Stands
 a) World Hobby organization b) World Health Organization
 c) Wealth Health organization d) None of these
25. The basic determinant of treatment in drug addict is
 a) Vitamin B-complex therapy b) high intelligence
 c) Motivation d) Behavioral therapy
26. Drug dependence occurs due to
 a) one having curiosity about use of drugs
 b) sudden withdrawal symptoms
 c) development of tolerance
 d) All of above
27. Sound mind lies in sound
 a) Heart b) Body c) Blood d) Fitness
28. Cirrhosis of liver is caused by the chronic intake of
 a) Alcohol b) tobacco c) cocaine d) opium
29. Which part of the brain has earliest ill effects in a drunk person?
 a) cerebrum b) cerebellum c) medulla d) pons verolii
30. Tobacco addiction occurs due to
 a) caffeine b) nicotine c) cocaine d) thiamine
31. According to research, about what percent of each day does the average person spend listening?
 a) 65% b) 45% c) 35% d) 25%
32. All are the qualities of good friend, except
 a) stick with you when things are tough b) trust worthy
 c) respectful d) Jealous
33. Communication is a part of Skills.
 a) Soft b) Hard c) Rough d) Short
34. How much listening effect on our communication
 a) 5 - 15% b) 20 - 25% c) 25 - 40% d) 40 - 70%
35. is the last step of listening process
 a) Receiving b) Interpreting c) Responding d) Stop talking
36. Positive characteristics of friendship include all of the following, except :
 a) Listing b) trustworthy c) sincere complement d) Gossiping
37. Positive friendship can help to
 a) Increase self esteem b) Increase happiness level
 c) Decrease the likelihood of developing mental illness d) All of the above

38. A serious disagreement or argument or situation between yourself or group of individuals is
- a) verbal abuse b) Neglect c) conflict d) Emotional abuse
39. What is the sign of a toxic friendship?
- a) Lack of empathy b) Laughing and giving hugs
c) Being supportive d) Pushing you hard to be a better person
40. What are the BIG 3 traits of a healthy relationship?
- a) Communication, Honesty, Commitment b) Communication, Respect, Trust
c) Respect, Honesty, commitment d) Respect, trust, commitment
41. The term means having all four dimensions of health in good shape and equally balanced
- a) Refusal skills b) Physical health c) Social health d) Wellness
42. Which of the following diseases is not affected by heredity
- a) chickenpox b) allergies c) cancer d) asthma
43. The way you act, think or feel that causes you to make one choice over another is your
- a) lifestyle b) attitude c) heredity d) environment
44. Infectious diseases can be caused by :
- a) Bacteria b) Virus c) Fungi and paracites d) all of the above
45. How long should hands be washed for, after wetting hands and applying soap?
- a) 5 seconds b) 2 – 3 minutes
c) 15 – 20 seconds d) for as long as you feel appropriate.
46. Which one of the following is an acute disease?
- a) T.B b) AIDS c) Elephantiasis d) Common cold
47. The ability to overcome resistance for longer duration is called :
- a) Speed b) Strength c) Endurance d) Flexibility
48. The purpose is to limit the incidence of disease by controlling causes and risk factors
- a) Primordial prevention b) Primary prevention
c) Secondary prevention d) tertiary prevention
49. Quality of life can tell us about :
- a) Whether the patients illness is diminished
b) Whether various aspects of well being are improving
c) the need for drug treatment
d) can predict vulnerability
50. Which of the following is not a chronic disease?
- a) Diabetes b) Asthma c) Cancer d) Cold

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