Acharya's NIV School of Architecture LIBRARY Bangalore

CBCS SCHEME

21SFH29

USN

Question Paper Version : A

Second Semester B.Arch./B.Planning Degree Examination, Dec.2025/Jan.2026

Scientific Foundation 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. A mentally sick person has _____,
   a) Tendancy to get upset with change of routine
   b) Feeling of friendship and trust for all
   c) Tendency to perform all the daily chores by himself/herself
   d) Tendency to solve all the problems without aid of others

2. A person is mentally sick if one is _____.
   a) Worried
   b) With moods fluctuating between depression and elation
   c) Excessively happy
   d) Extra talkative

3. Community health aims,
   a) Care of infants and elderly
   b) Care of infirms
   c) Improvement of everyone's health
   d) Improvement of child health

4. Overweight in BMI is _____,
   a) > 30
   b) > 25
   c) < 25
   d) < 30

5. Causes of obesity and overweight,
   a) Energy imbalances
   b) Energy balance
   c) Energy imbalance between calories consumed and calories used
   d) None of these

6. Addiction is _____,
   a) Mental disorder
   b) Physical disorder
   c) Both (a) and (b)
   d) None of these

7. What are the reasons for taking drugs?
   a) To feel good
   b) To feel better
   c) To do better
   d) All of these

8. What do "STATES" do to avoid addition?
   a) Adding higher tax on sweetened beverages
   b) Benefits for organic fruits
   c) Availability of healthy food
   d) All of these

9. Social health hazards include _____.
   a) Stigma
   b) Anti-social behavior
   c) Higher Crime record
   d) All of these

10. What other factors increase the risk of addiction?
    a) Mental illness
    b) Early use
    c) Both (a) and (b)
    d) None of these

11. Why do some people become addicted to drugs, while others don't?
    a) Aggressive behavior in childhood
    b) Parental monitoring
    c) Neighbourhood
    d) All of these

12. What is protective factors for addiction?
    a) Positive relationship
    b) Drug experimentation
    c) Community poverty
    d) All of these

13. Types of addictive behavior?
    a) Alcholism
    b) Drugs-opium
    c) Video gaming
    d) All of these

14. Mental health hazards includes.
    a) Anxiety
    b) Depression
    c) Organic mental disorder due to substance use
    d) All of these

15. How is "Substance-use" disorder treated?
    a) Multiple types of treatment
    b) Recognition of problem
    c) Alcohol drinking
    d) Both (a) and (b)

16. Physical health enhances _____,
    a) Heart function
    b) Breathing
    c) Both (a) and (b)
    d) None of these

17. In the future, which of the following will play a vital role in helping gaming industry to de-mystify the nuances of gambling problems?
    a) Sustainability
    b) A code of conduct
    c) Internet gaming
    d) Experienced recreational gamblers

18. Researchers, mental health professionals, problem gambling organizations and the casino industry have a responsibility to the problem gamblers themselves to _____.
a) Avoid bickering unnecessarily
b) Units with a common goal of reducing the costs associated with gambling
c) Reach a conseusus
d) Avoid unnecessary bickering and units with common goal of reducing the costs associated with gambling only.

19. What is the definition of OVERWEIGHT?
a) BMI > 25 kg/m^2
b) BMI = 25 kg/m^2
c) BMI ≈25 – 29.9 kg/m^2
d) BMI ≈25 – 30 kg/m^2

20. Which of the following diseases does obesity increase the risk of developing?
a) Type-2 diabetes
b) Cancer
c) Cardio-Vascular disease
d) None of these

21. Which are the ways that can help oneself to achieve good health and well-being?
a) Eat healthy food
b) Drink lots of water
c) Protecting skin from sunlight
d) All of these

22. Influencing factors of health are _____.
a) Social, Economic, Political factors
b) Social factors only
c) Economical factors only
d) Political factors only

23. Factors which influences health are _____.
a) Individual behaviour
b) Individual factors
c) Public service and infrastructure
d) All of these

24. Other factors that affect health include_____.
a) Social exclusion, Housing, Education
b) Social exclusion only
c) Housing only
d) Education only

25. Health behavior refers to _____.
a) Hand washing
b) It is dynamic in nature
c) Both (a) and (b)
d) None of these

26. Factors which influence well being are _____.
a) Enough sleep
b) A sense of belongingness
c) Regular exercise
d) All of these

27. Disease means,
a) Discomfort
b) Comfort
c) Disability
d) Both (a) and (c)

28. Psychological disorders are _____.
a) Anxiety, depression, stress
b) Stress, anxiety
c) Depression, anxiety
d) None of these

29. Wellness refers to _____.
a) Individuals
b) Group
c) Individuals and Groups
d) None of these

30. Physical health refers to _____.
a) Drinking sufficient water
b) Getting adequate sleep
c) Getting little sleep
d) Both (a) and (b)

31. This causes tunnel-vision _____.
a) Smoking
b) Alcohol
c) Barbiturates
d) Vitamin-A deficiency

32. After drinking alcohol, consumption of this leads to death?
a) Morphine
b) Opium
c) Barbiturate
d) All of these

33. Constituent of alcoholic beverages is _____.
a) Propyl alcohol
b) Methyl alcohol
c) Ethyl alcohol
d) Mix of all of these

34. This is a consequence of alcohol addiction.
a) Psychosis, Hypertension and fatty-liver syndrome
b) Cardiovascular disease, hypertension, fatty liver syndrome
c) Ulcers, all types of mental illness, vitamins deficiency, cardio-vascular disease
d) All of these

35. This causes the maximum accumulation of fat in the liver,
a) meat and egg
b) alcohol
c) saturated fat
d) starch

36. What is defined to be regular and excessive use of a substance in spite of its dangers?
a) Use
b) Abuse
c) Substance
d) Dependence

37. What is defined to be a condition in which a person develops intense cravings for the substance and the inability to control their behaviours in regards to obtaining and using it?
a) Use
b) Abuse
c) Substance
d) Dependence

38. What is the goal of social-engineering?
a) Sabotage a person's social media
b) To gain vital personal information
c) To cat-fish someone
d) To build trust

39. Using abbreviations in communications can lead to which type of communication barrier?
a) Language/Linguistic
b) Physical
c) Cultural
d) Organizational

40. Which can be used to overcome the communication barrier?
a) Using a translator
b) By writing a letter
c) Not communicating at all
d) Using own language

41. Advantages of being healthy?
a) Building confidence
b) Reduces stress
c) Optimizes performance
d) All of these

42. Psychological disorder refers to _____
a) Mental illness
b) Physical illness
c) Both (a) and (b)
d) None of these

43. Social exclusion refers to _____
a) Poverty
b) Old age
c) Mental health
d) All of these

44. Planning refers to_____
a) Communities in which they live in
b) Health services
c) Financial stabilities
d) None of these

45. WHO principles include _____
a) Development of child
b) Health is one of the Fundamental Rights
c) Promotion and Protection of health
d) All of these

46. Which are intimately related?
a) Disease and health
b) Body and health
c) Body and mind
d) Body and Spiritual values

47. 'Financial health' refers to _____
a) Physical activity
b) Mental illness
c) Good income
d) None of these

48. Spiritual health refers to _____
a) Meditation
b) Exercising
c) Body composition
d) All of the above

49. What influences your health?
a) Heredity
b) Environment
c) Physical environment
d) All of these

50. Cultural environment refers to _____
a) Collection of beliefs, behavior of group
b) Health care facility
c) Both (a) and (b)
d) None of these

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