CBCS SCHEME

		BSFHK15	8/BSFHK258/22BI
		Questio	n Paper Version : B
irst/Second Se	mester B.E./B.T	ech./B.Design Des	oree Examination
			5.00
So			alth
4.1.7			
: I hr.]		X	[Max. Marks: 50
	INSTRUCTION	S TO THE CANDI	DATES
	INSTRUCTION	5 TO THE CANDI	DATES
Answer all the fi	fty questions each	question carries one m	ark
		-	
Use only Black	ball point pen for w	riting / darkening the	circles.
For each questi	on, after selecting	your answer, darken	the appropriate circle
corresponding t	to the same questio	n number on the OM	R sheet.
			A. Carlotte and the second
Damaging/over	writing, using wl	niteners on the ON	IR sheets are strictly
prohibited.			
Which is an exam	ple for acute health cl	nange condition?	<u> </u>
a) Heart disease		b) Cancer	· ·
c) Diabetes		d) Cold and cough	
Health is			
	b) Wealth	c) Gold	d) Diamond
			J) Easter
a) Mainuuruon	b) Obesity	c) Anaemia	d) Fever
Preventive measur	res against disease for	good health	
a) Avoid touching	your face	b) Stay home if yo	u are sick
c) Avoid contamin	nated food and water	d) All of these	
Who proposed the	hionsychosocial mod	1-17	
	b) Sontag	c) Engel	d) None of these
a) Freud	0 / 0 0 11 000 0		The second secon
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Which of the following	lowing charters defin		"the process of enabling
Which of the foll people to increase	lowing charters defin	ed health promotion as mprove their health"? b) Tokyo Charter	
	irst/Second Second Seco	irst/Second Semester B.E./B.T June/ Scientific Four Instruction Answer all the fifty questions, each of the same question of the same question of the same question. Darkening two circles for the same of the same question of the same question of the same question of the same question. Which is an example for acute health chance the same of the same o	Question irst/Second Semester B.E./B.Tech./B.Design Design June/July 2024 Scientific Foundations of He I hr.] INSTRUCTIONS TO THE CANDI Answer all the fifty questions, each question carries one m Use only Black ball point pen for writing / darkening the For each question, after selecting your answer, darken corresponding to the same question number on the OM Darkening two circles for the same question makes the ans Damaging/overwriting, using whiteners on the OM prohibited. Which is an example for acute health change condition? a) Heart disease b) Cancer c) Diabetes d) Cold and cough Health is a) Money b) Wealth c) Gold Which of the following are not major health issues? a) Malnutrition b) Obesity c) Anaemia Preventive measures against disease for good health a) Avoid touching your face b) Stay home if yo c) Avoid contaminated food and water d) All of these Who proposed the biopsychosocial model?

7.	HIV is a retrovirus that infects and colonize a) Immune system b) Immune system and central nervous syste c) Endocrine system d) Immune system and Endorine system		
8.	In 2015, the global prevalence of HIV infec a) 0.2% b) 0.4%	tion was	d) 0.8%
9.	In H.J. Eysenck's twentieth – century theo classical phlegmatic temperament? a) Stable extrovert c) Unstable extrovert	by of personality, how b) Stable introvert d) Unstable introvert	did he reinterpret the
10.	In which year WHO did the first express 'right? a) 1946 b) 1952	'the right to health" as c) 1987	a fundamental human d) 2000
11.	Factors leading to addiction a) Environment c) Both a and b	b) Genes d) None of these	
12.	Which of the following is not a type of addi a) Drug b) Alcohol	ction? c) Behavioural	d) Yoga practicing
13.	Symptoms of substance use disorder a) Impaired control c) Having intense usage for the drug	b) Social problem d) All of these	
14.	Recognizing the addictions a) Problems at work c) Changes in behavior	b) Physical health issu d) All of these	e
15.	Which of the following is a protective factor a) Good self control c) Positive relationships	r of addictive people? b) Parental monitoring d) All of these	and support
16.	Which is an example of health hazard? a) Cardiovascular disease c) Stroke	b) Cancer d) All of these	
17.	What are the different sources of infection? a) Patients c) Visitors and Household workers	b) Health care workers d) All of these	5
18.	Which one is a type of infective agent? a) Bacteria b) Virus	c) Both a and b	d) None of these
19.	How to reduce risk for good health? a) Be a non-smoker c) Achieve a healthy weight	b) Be physically active d) All of these	e every day

20.	Which is not the risk factor for addictive per a) Aggressive behavior in childhood c) Good social skills	ople? b) Lack of parental sugd) Poor social skills	pervision
21.	The source of antioxidant and minerals a) Vegetables and fruit c) Mutton and meat	b) Coke and pizza d) Baked foods	
22.	Which of the following is whole grain food: a) Brown rice and wild rice c) Ragi ball and Barley malt	b) Oat's meal d) All of these	
23.	Excessive intake of food leads to a) Obesity c) Over smartness	b) Fit body d) Lowers body calorid	e
24.	Which of the following components are maj a) Carbohydrates c) Vitamins and Minerals	or nutrients in our food b) Lipids and proteins d) All of these	?
25.	Egg is a rich source of a) Proteins b) Vitamins	c) Minerals	d) None of these
26.	Potatoes, beans, pulses and oats are rich in _a) Proteins b) Vitamins	c) Minerals	d) Carbohydrates
27.	Which of the following food items provides a) Pulses c) fruits and vegetables	dietary fibre? b) Whole grain d) Pizza	
28.	Which of the following food components are a) Rice and Maize c) Butter, cheese and oil	e rich in fat? b) Milk, egg and beans d) None of these	S
29.	Which of the following vitamin helps in blo a) Vitamin – A c) Vitamin – D	od clotting b) Vitamin – C d) Vitamin – K	y
30.	Guava, Lemon, Orange and Tomato are rich a) Vitamin – A c) Vitamin – C	in b) Vitamin – B d) Vitamin – D	
31.	According to WHO, what is health? a) Health is a state of complete physical, absence of disease. b) Health is not a state of complete physical, c) Complete physical, mental and social well d) None of these	, mental and not the abs	ence of disease.

32.	Advantages of good health a) Reduces confidence c) Increased stress	b) Improves brain health and confidence d) Reduces performance	ce
33.	What is balanced nutrition? a) A healthy nutrition diet provides the body b) A healthy nutrition diet provides macronutrients such as protein, vitamins, ad c) Nutrition is adequate fibre and food energ d) None of these	the body with essential nutrition: equate fibre and food energy.	fluid,
34.	What are the examples of positive attitude? a) Teasing others c) Looking at the glass half empty	b) Looking at the glass half full d) None of these	
35.	The only disability in life is a a) Bad attitude c) Commenting on life	b) Positive attitude d) Making fun on others	
36.	What factors influencing Good Health? a) State of our environment and genetics c) Relationship with friends and family	b) Income and education d) All of these	
37.	What is the key to having a positive attitude a) Always do your best c) Think you cant do anything	e? b) Do only what you think you can d) Believe in yourself	
38.	Individual personality is influenced by a) Experiences c) Inherited characteristics	b) Environment d) All of these	
39.	Well being also involved reducing the risk a) Minimizing hazards in the work place b) Using contraceptive when having sex c) Avoiding the use of tobacco, alcohol and d) All of these		
40.	How does personality affect health? a) Failure in handle stress c) Avoiding bad habits	b) Failure in activity level d) None of these	
41.	How many minutes should an average per a) 30 minutes c) 20 minutes	son walk a day? b) 40 minutes d) 60 minutes	
42	What is the recommended daily water inta a) 0.5 litre b)! litre	ke? c) 2 litres d) 4 litres	¥

43.	and
	a) Fluency and speed
	b) Adequate response and immediate response
	c) Speedy interaction and speed response
	d) Fast and attention
	A. ·
44.	The primary goal of communication is to
	a) To create barriers b) To create noise
	c) To effect a change d) None of these
	d) None of these
45.	Body language play a important role in
	a) Communication b) Judgement
	c) Both A and B d) None of these
	d) I tone of these
46.	Ways to improve the communication skill:
	a) Active listening skill b) Passive listening skill
	c) Both A and B d) None of these
	d) Ivolic of these
47.	Which of the following is not a communication skill?
	a) Listening b) Feedback
	c) Conversation d) Playing game
	d) I laying game
48.	Which of the following is barrier of communication?
	a) No interest in conversation b) Ability to listen
	c) Transparency and Trust d) None of these
	d) Notice of these
49.	What is not a basic instincts of Human life?
	a) Self perseverance b) Sexual instinct
	c) Social instinct d) Making wealth and property all time.
	dy Making wealth and property an time.
50.	Which of the following social engineering changes the Health behaviours?
	a) Banning the use of certain drugs
	b) Providing purified water to people
	c) Legalizations can be passed to make environment healthier
	d) All of these
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