

Model Question Paper-I with effect from 2021 (CBCS Scheme)

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First Semester Common to all BE, B.Tech, B.Plan, B.Arch, Bsc, Degree Examination

Subject Title : Scientific Foundation of Health

Subject Code : 21SFH19 / 29

Examination: **One Hour**

Maximum Marks:**50**

Instructions to the candidates

- i) Answer all the 50 questions, each question carries one mark.
- ii) Marking two answers for the same question makes the answer invalid.

Choose the correct option from those given in each of the sentences below.

1) **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 oneself
- (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

Q.3) **Community health aims**

- (A) Care of the infants old
- (B) Care of infirms
- (C) Improvement of health of all
- (D) Improvement of health of children

Q.4) **Overweight in BMI is**

- a) >30
- b) >25
- c) <25
- d) <30

5) **Causes of Obesity and Overweight**

- a) Energy imbalance
- b) Energy balance

- c)Energy imbalance between calories consumed and calories expended
- d)None of the above

Q.6) Is addiction a

- a)Mental disorder
- b)Physical disorder
- c)Both (a) & (b)
- d)None of the above

7). What are the reasons for taking drugs?

- a)To feel good
- b)To feel better
- c)To do better
- d)All of the above

Q.8) What states can do to avoid addiction

- a) Adding higher tax on sweetened beverages
- b)Benefits for organic fruits
- c)Availability of healthy food
- d)All of the above

Q.9) Social health hazards includes

- a)Stigma
- b) Anti social behavior
- c)Higher crime records
- d)All of the above

Q.10) What other factors increase the risk of addiction?

- a)Mental illness
- b)Early use
- c) Both (a) and (b)
- d)None of the above

Q.11) Why do some people become addicted to drugs, while others do not?

- a)Aggressive behavior in childhood

- b) Parental monitoring
- c) Neighborhood
- d) All of the above

Q.12) What is protective factors for addictions

- a) Positive relationship b) Drug experimentation c) Community poverty d) All of the above

Q.13) Types of addictive behaviour

- a) Alcoholism b) Drugs-Opium c) Video gaming d) All of the above

Q.14) Mental health hazards includes

- a) Anxiety b) Depression c) Organic mental disorders due to substance use d) All of the above

Q.15) How is substance use disorder treated? a) Multiple types of treatment b) Recognition of problem

- c) Alcohol drinking d) Both a and b

Q.16) Hyper obesity value in terms of BMI

- a) >25 b) <25 c) >40 d) <40 Q.

17) In the future, which of the following will play a vital role in helping the gaming industry demystify the nuances of gambling problems?

- a) sustainability b) a code of conduct c) internet gaming d) experienced recreational gamblers

Q.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) unite with a common goal of reducing the costs associated with gambling.
- c) reach a consensus.
- d) avoid unnecessary bickering and unite with the common goal of reducing the costs associated with gambling only.

Q.19) What is the definition of overweight?

- a) $\text{BMI} > 25 \text{ kg/m}^2$ b) $\text{BMI} = 25 \text{ kg/m}^2$ c) $\text{BMI} 25\text{-}29.9 \text{ kg/m}^2$ d) $\text{BMI} 25\text{-}30 \text{ kg/m}^2$

Q.20) Which of the following diseases does obesity increase the risk of developing?

a) Type 2 diabetes b) Cancer c) Cardiovascular disease d)None of the above

Q.21) Which of these factors is not required for communication growth?

a) Growth in size of organizations b) Negative atmosphere c) Globalisation d) Public relations

Q.22) Communication is a part of ----- skills

a)Soft b)Hard c)Rough d)Short

Q.23) Communication barriers involves

a)Jumping into the conclusion b)Arguing and debating c)Fear of offending d)All of the above

Q.24) Ways to improve the communication skills are a)Active listening skills, b)Passive listening skills

c)Both a & b d)None of the above

Q.25) Goals of communication are

a)To inform, to persuade b)To inform, Fear of offending c)To persuade, Fear of offending d)None of the above

Q.26) Objectives of communication skills are

a)Active listening skills b) Aware of own communication barrier c) Both a and b d)None of the above

Q.27) What are the steps to increase the vocal clarity a)Keep your language simple b)Slow down during conversation c) Feedback d) Both a and b

Q.28) How one can improve the communicate skills

a)Listen with willingness b)Respond appropriately c) Provide feedback d) All of the above

Q.29) Body language plays an important role in

a)Communication b)Judgment c)Both a and b d)None of the above

Q.30) Consumption of this causes increase in the fat synthesis, dilation of blood vessels, low blood sugar and stomach-inflammation

(a) drug addiction and tobacco (b) alcohol (c) tobacco (d) drug addiction

Q.31) This causes tunnel vision

(a) Smoking (b) Alcohol (c) Barbiturates (d) Vitamin A deficiency

Q.32) After drinking alcohol, consumption of this leads to death

(a) Morphine (b) Opium (c) Barbiturate (d) All of these

Q.33) Constituent of alcoholic beverage is

(a) Propyl alcohol (b) Methyl alcohol (c) Ethyl alcohol (d) Mix of all of these

Q.34) This is a consequence of alcohol addiction

(a) psychosis, hypertension and fatty liver syndrome

(b) cardiovascular diseases, hypertension and fatty liver syndrome

(c) ulcers, all types of mental illness, vitamin deficiency, cardiovascular diseases

(d) all of these

Q.35) This causes the maximum accumulation of fat in the liver

(a) meat and egg (b) alcohol (c) saturated fat (d) starch

Q.36) What is defined to be a regular and excessive use of a substance in spite of dangers?

a) Use b) Abuse c) Substance d) Dependence

Q.37) What is defined to be a condition in which a person develops intense cravings for the substance and the inability to control their behaviors in regards to obtaining and using it?

a) Use b) Abuse c) Substance d) Dependence

Q.38) What is the goal of social engineering?

a) Sabotage a person's social media

b) To gain vital personal information

c) To catfish someone

d) To build trust

Q.39) Using abbreviations in communication leads to which type of communication barrier

a) Language/ Linguistic b) Physical c) Cultural d) Organizational

Q.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 your own language

41) What is health?

- a) Physical wellbeing b) Mental Wellbeing
- c) Social Wellbeing d) All of the above

42) Important roles of health are

- a) Fighting diseases b) Feeling happy
- c) Enjoy life d) All of the above

43) As per WHO health is defined as a state of complete

- a) physical wellbeing b) Mental wellbeing
- c) Social wellbeing d) Physical, Mental and social Wellbeing

44) Wellness is

- a) Positive approach b) Negative approach
- c) Positive or Negative approach d) Positive and Negative approach

45) Risk factors that increase a person's illness or injury due to

- a) Smoking b) Extreme physical activity
- c) Alcohol drinking d) All of the above

4.6) Wellness dimensions are

- a) 4 b) 2
- c) 6 d) 8

47) Physical wellness includes

- a) Enhancing sedentary lifestyle b) Avoiding sedentary lifestyle
- c) Creativity d) None of the above

48) Intellectual wellness includes

- a) Eating balanced diet
- b) Drinking sufficient water

c)Having good nutrition

d)Mental exercise

49) Symptoms of substance use disorder is

a)Impaired control

b)Social Problems

c)Risky use

d)All of the above

50)Emotional wellbeing includes

a)Stress situation management

b)Smoking

c)Drinking alcohol

d)None of the above



Q.11)Environmental wellness includes

- a)Good self-esteem b)Eating balanced diet
- c)Can handle stressful situation d)None of the above

Q.12)Social Wellness includes

- a)Problem solving b)Improving natural environment
- c)Maintaining relationship with family and friends d)None of the above

Q.13)Spiritual wellness includes

- a)Developing compassion, caring, forgiving b)Developing compassion, problem solving
- c)Developing creativity d)None of the above

Q.14)Types of health are

- a)Physical health, social health b)Physical health, Mental health
- c)Physical health, environment health d)None of the above

Q.15)Physical health includes

- a)Adequate rest b)Balanced diet
- c)Both a and b d)None of the above

Q.16)Physical health enhances

- a)Heart function b)Breathing
- c)both a and b d)None of the above

Q.17)Mental health includes

- a)Emotional,social,Psychological wellbeing b)Social wellbeing
- c)Emotional wellbeing d)None of the above

Q.18)Health is

- a) Opposite of disease b)It improves efficiency
- c)Both a and b d)None of the above

Q.19)Psychological health means

- a)Feeling comfortable b) Enjoying life
- c)both a & b d)None of the above

Q.20) What are the ways which can help you to achieve good health and wellbeing?

- a) Eating healthy meals, regular exercising, b) Drinking lot of water only
- c) Regular exercising only d) None of the above

Q.21) Which are the ways can help oneself to achieve good health and wellbeing?

- a) Eat healthy meals b) Drink lot of water
- c) Protecting skin from sunlight d) All of the above

Q.22) Influencing factors of health are

- a) Social, Economic, Political factors b) Social factor only
- c) Economical factor only d) Political factor only

Q.23) Factors which influence health are

- a) Individual behavior b) Individual factors
- c) Public service and infrastructure d) All of the above

Q.24) Other factors which affecting health

- a) Social exclusion, Housing, Education, b) Social exclusion only
- c) Housing only d) Education only

Q.25) Health behavior refers to

- a) Hand washing b) It is dynamic in nature
- c) Both a and b d) None of the above

Q.26) Factors which influencing wellbeing are

- a) Enough sleep, A sense of belongingness b) Regular exercise only
- c) A sense of belongingness only d) None of the above

Q.27) Disease means

- a) Discomfort b) Comfort
- c) Disability d) Both a and c

Q.28) Psychological disorders are

- a) Anxiety, depression, stress b) Stress, Anxiety

c) Depression, anxiety d) None of the above

Q.29) Wellness refers to

a) Individuals b) Group

c) Individuals or Group d) None of the above

Q.30) Physical health refers to

a) Drinking sufficient water b) Getting adequate sleep

c) Getting sleep d) Both a and b

Q.31) Intellectual health refers to

a) People who learn new things b) Good self esteem

c) Free of hazards d) None of the above

Q.32) Intellectual health refers to

a) learning new challenges b) Good self esteem

c) Maintaining good interpersonal relations d) Developing compassion

Q.33) Emotional health refers to

a) Good self esteem b) Exercise

c) Caring d) Forgiving

Q.34) Emotional health refers to

a) Empathy towards others feeling b) Problem solving

c) Having good nutrition d) Drinking lot of water

Q.35) Importance of health is helps a person to

a) perform his life tasks in a correct way b) Higher medical costs

c) Decreasing self esteem d) Life insurance is higher

Q.36) Influencing factors of health are at

a) Individual level b) Community level

c) Both a and b d) None of the above

Q.37) Factors influencing health are

- a) Social inclusion b) Social exclusion
- c) Both a and b d) None of the above

Q.38) Education helps in

- a) Achieving their potential b) Poor quality of housing
- c) Social exclusion d) None of the above

Q.39) What is HIA

- a) Health impact assessment b) Health impact assignment
- c) Health index assessment d) Health index assignment

Q.40) Advantages of being healthy

- a) Fighting diseases b) Decreases brain health
- c) Decreases performance d) None of the above

Q.41) Advantages of being healthy

- a) Building confidence b) Reduces stress
- c) Optimizes performance d) All of the above

Q.42) Psychological disorders refers to

- a) Mental illness b) Physical illness
- c) Both a and b d) None of the above

Q.43) Social exclusion refers to

- a) Poverty b) Old age
- c) Mental ill health d) all of the above

Q.44) Planning refers to

- a) Communities in which they live in b) Health services
- c) Financial stability d) None of the above

Q.45) WHO principles includes

- a) Development of child b) Health is one of the fundamental right
- c) Promotion and protection of health d) All of the above

Q.46) Types of health

- a) Mental health only
- b) Physical health only
- c) Mental and physical health
- d) None of the above

47). Financial health refers to

- a) Physical activity
- b) Mental illness
- c) Good income
- d) None of the above

Q.48) Spiritual health refers

- a) Meditation
- b) Exercising
- c) Body composition
- d) All of the above

Q.49) What influence your health

- a) Heredity
- b) Environment
- c) Physical environment
- d) All of the above

Q.50) Cultural environment refers to

- a) Collection of beliefs, behavior of group
- b) Health care facility
- c) Both a and b
- d) None of the above

