

CBCS SCHEME

BSFHK158/258/22BD27

USN

--	--	--	--	--	--	--	--

Question Paper Version : D

First/Second Semester B.E./B.Tech./B.Design Degree Examination,
June/July 2025

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.**

-
1. Basic instincts of human life
 - a) All of these
 - b) Self perservance
 - c) Social
 - d) Sexual
 2. Body language plays an important role in
 - a) Communication
 - b) Judgment
 - c) Both (a) and (b)
 - d) None of these
 3. Our dress code is an example of
 - a) Verbal
 - b) Non-verbal
 - c) Written
 - d) Spoken
 4. Friendship is
 - a) Dyadic
 - b) Egalitarian
 - c) Both (a) and (b)
 - d) None of these
 5. Barriers of communication are
 - a) Attitudinal
 - b) Cultural
 - c) Language
 - d) All of these
 6. Which among the following is a type of security instinct of human life?
 - a) Ambition
 - b) Pride
 - c) Material
 - d) Both (a) and (c)

7. What is "24-hour rule"?
a) Never sleep on an argument
b) Talk about little things in life
c) Face-to-Face communication
d) All of these
8. Communication is a part of _____ skill
a) Hard
b) Soft
c) Technical
d) Rough
9. An example of social engineering is
a) Wearing seat belt
b) Banning the use of certain drugs
c) Facility development of health habits
d) All of these
10. The ratio of positive to negative behaviours in a healthy relationship is
a) 5 to 1
b) 3 to 1
c) 1 to 1
d) 6 to 1
11. The following is an example of chronic disease:
a) Diabetes
b) Cold
c) Cough
d) Headache
12. The disease Ebola is caused by
a) Bacteria
b) Virus
c) Fungi
d) Larger parasites
13. Health compromising behaviours are commonly seen in _____ class of people
a) High
b) Middle
c) Low
d) None of these
14. Which among the following are examples of pathogen?
a) Bacteria
b) Fungi
c) Virus
d) All of these
15. Which of the following health communication style makes use of the patients knowledge and experience?
a) Doctor-centered communication
b) Patient-centered communication
c) Practitioner-centered communication
d) None of these
16. Health has intimacy with _____
a) Behaviour
b) Society
c) Personality
d) All of these
17. _____ is a standard indicators of life
a) Social belonging
b) Religious beliefs
c) Safety
d) All of these
18. Trans-cutaneous electrical simulation therapies are used in treatment of
a) Stress
b) Muscles
c) Pain management
d) Sleep

19. The Committee on the Rights of Child (CRC), published guidelines on the rights of children and adolescents in the year
- a) 2015
 - b) 2013
 - c) 2010
 - d) 1999
20. Factors influencing health are
- a) Social inclusion
 - b) Social exclusion
 - c) Both (a) and (b)
 - d) None of these
21. Which of the following is NOT a characteristic of addiction?
- a) Negative Consequences
 - b) Loss of control
 - c) Habitual behavior
 - d) Denial
22. Which of the following statement is true?
- a) Addiction leads to physical disorder which in turn leads to mental disorder.
 - b) Addiction affects physical health
 - c) Addiction affects mental health
 - d) All of these
23. A major effect and health hazard from substance addiction is :
- a) Loss of control
 - b) Injury
 - c) Cardiovascular disease
 - d) Fetal Damage
24. Excessive use of any drug (legal or illegal) constitutes
- a) Drug abuse
 - b) Drug addiction
 - c) Drug misuse
 - d) Drug tolerance
25. _____ is an example of substance addiction.
- a) Shopping
 - b) Video games
 - c) Tobacco
 - d) Using the internet
26. Depression, anxiety and loneliness are the effects of :
- a) Substance addiction
 - b) Behavioral addiction
 - c) Both (a) and (b)
 - d) None of these
27. The purpose of using drugs is :
- a) To detoxify the body
 - b) To feel high pleasure, relieve stress, forget problems
 - c) To boost physical health
 - d) All of these
28. Cognitive-Behavioural Therapy (CBT) helps the addicted patients to overcome:
- a) Substance abuse
 - b) Substance disorder
 - c) Craving
 - d) All of these
29. Transdermal drug administration means that a drug is absorbed
- a) Through the skin
 - b) Through Alveoli
 - c) Through stomach lining
 - d) Through intestinal walls

30. The psychoactive drug mescaline is obtained from which plant?
a) Peyote cactus
b) Marijuana
c) Mushrooms
d) Poppy
31. An increased intake of energy foods that are high in fat and sugar leads to
a) Cancer
b) Obesity and overweight
c) Brain haemorrhage
d) Visual disability
32. Anorexia nervosa, Bulimia nervosa, and Binge eaters belong to :
a) Eating disorders
b) Breathing disorders
c) Sleeping disorders
d) All of these
33. How many minutes should an average person walk a day?
a) 30 minutes
b) 40 minutes
c) 20 minutes
d) 45 minutes
34. Which of the following is a Non-Communicable-Disease (NCD)?
a) Stroke
b) Cold
c) Cough
d) Fever
35. The person suffering from Pica disorder craves to eat:
a) Ice
b) Apple
c) Grains
d) Egg
36. The recommended level of salt intake is
a) 9-12g/day
b) 5g/day
c) less than 5g per day
d) All of these
37. BMI stands for
a) Body Material Index
b) Body Mental Index
c) Body Mass Index
d) Body Moving Index
38. Bariatric surgery is a treatment for
a) Gut disorder
b) Overweight
c) Legs
d) Sleeplessness
39. Aerobics is classified as
a) Vigorous – Intensity physical activity
b) Moderate physical activity
c) Moderate intensity physical activity
d) All of these
40. Which of the following is a behavioural addiction?
a) Nicotine
b) Alcohol
c) Drugs
d) Gambling
41. Being inactive form of lifestyle is called as
a) Sedentary lifestyle
b) Spirited lifestyle
c) Busy lifestyle
d) Lively

42. Which year did the world health organization first express the right to health as a fundamental human right?
 - a) 1946
 - b) 1952
 - c) 1987
 - d) 2000
43. Which among these considered as positive stress?
 - a) Acute stress
 - b) Chronic stress
 - c) Episodic stress
 - d) Eustress.
44. Which of the following factors is necessary for a healthy person?
 - a) Vaccination
 - b) Balanced diet
 - c) Personal Hygiene
 - d) All of these
45. Emotional health brings an ability in individuals to
 - a) React to the situation
 - b) Respond to the situation
 - c) Withdraw from the situation
 - d) None of these
46. Which of the following food items provides dietary fibre?
 - a) Pulses
 - b) Wholegrain
 - c) Fruits and vegetables
 - d) All of these
47. Which one of the following is not a bacterial disease?
 - a) AIDS
 - b) Dengue
 - c) Measles
 - d) All of these
48. In _____, blood glucose homeostatis ceases to function because the beta cells of the pancreatic islets are destroyed.
 - a) Type 1 diabetes mellitus
 - b) Type 2 diabetes mellitus
 - c) Gestational diabetes
 - d) None of these
49. Spiritual wellness involves:
 - a) Developing compassion, caring and forgiving
 - b) Peace of mind, happiness and mercy
 - c) Human values, honesty and self-realization
 - d) All of these
50. Who proposed the biopsychosocial model?
 - a) Freud
 - b) Sontag
 - c) Engel
 - d) None of these

* * * * *

