



**EAST
POINT**

COLLEGE OF ENGINEERING & TECHNOLOGY

An Autonomous Institution Affiliated to Visvesvaraya Technological University (VTU) Belagavi

:PSFK108/208

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QUESTION PAPER VERSION : C

First / Second Semester B.E. Degree Examination, 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 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. What is the purpose of communication in resolving conflicts?
A) Escalating conflicts B) Ignoring differences
C) Expressing opinions and needs in a non-threatening way D) Provoking disagreements
2. What is the fundamental drive of the instinct of self-preservation?
A) Ensuring survival and well-being B) Self-harm
C) Destruction D) Irresponsibility
3. What is the significance of the social bonding instinct?
A) Isolation and loneliness B) Finding support, protection, and a sense of belonging
C) Disconnection from others D) Rejection of relationships
4. How can community involvement be used to change health behaviors through social engineering?
A) Rejection of active role B) Encouragement of active role
C) Disregard for community involvement D) Resistance to community involvement
5. How can government play a role in changing health behaviors through social engineering?
A) Regulation and legislation B) Neglect of regulation and legislation
C) Resistance to regulation and legislation D) Lack of regulation and legislation
6. Which of the following is not an Obesity and Overweight complications?
A) Plague B) Type 2 Diabetes
C) Heart Diseases D) Sleep Apnea
7. Temporary physical and psychological symptoms that occur when use of an addictive substance is discontinued is

- A) compulsion
C) withdrawal
- B) relapse.
D) Addiction
8. Charlotte, a college student, is a habitual drinker. She has become preoccupied with obtaining alcohol and obsessed with her need to drink. Charlotte is exhibiting
- A) lack of responsibility
C) denial
- B) tolerance
D) compulsion.
9. Which of the following is classified as a stimulant
- A) Methamphetamine
C) Alcohol
- B) Marijuana
D) LSD
10. Drugs in suppository form are absorbed into the bloodstream through the
- A) rectal or vaginal walls
C) stomach lining
- B) alveoli
D) intestinal walls.
11. Which of the following statements about cocaine is NOT true?
- A) A cheap and widely available form of cocaine that can be smoked is known as crack.
C) When snorted, it can damage the mucous membranes
- B) It is a powerful stimulant.
D) It can cause drowsiness, depression, and loss of appetite.
12. Excessive use of any drug constitutes
- A) Drug tolerance
C) Misuse
- B) Drug addiction
D) None of the above
13. Tobacco addiction occurs due to
- A) Caffeine
C) Cocaine
- B) Nicotine
D) histamine
14. What are protective factors for addictions?
- A) Positive relationship
C) Community poverty
- B) Drug experimentation
D) All of the above
15. Morphine, codeine, and heroin have what in common?
- A) They are all opioids
C) They are illegal in the United States
- B) They are all amphetamines.
D) They are all available without a prescription.
16. Which of the following statements about amphetamines is true?
- A) They are stimulants
C) They are not addictive
- B) They have no known side effects
D) They can cause a dangerous drop in heart rate and respiratory rate.
17. Spiritual health refers
- A) Meditation
C) Body composition
- B) Exercising
D) All of the above
18. What is HIA?
- A) Health impact assessment
B) Health impact assignment

- C) Health index assessment D) Health index assignment
19. Which of the following disease is not caused by Virus?
- A) Ebola B) Genital herpes
C) Tuberculosis D) Shingles
20. Which of these is an example of chronic illness?
- A) Severe Cold B) Flu
C) Upset Stomach D) Heart Disease
21. A feeling of uncertainty, as when diagnosed with a chronic illness, is known as
- A) Clear loss B) Ambiguous loss
C) Post-traumatic growth D) Comorbid symptoms
22. Which of these groups is the most likely to have anemia?
- A) Men B) Women
C) Teenagers D) Older adults
23. Financial health refers to
- A) Physical activity B) Mental illness
C) Good income D) None of the above
24. How are infectious diseases, such as colds and influenza, most commonly spread?
- A) Breathing viruses in air B) Hand-to-face contact
C) Drinking infected water D) Eating contaminated food
25. The HBM is short for which of the following
- A) Health Behaviour Model B) Harfatum Bilateral Mechanism
C) Health Belief Model D) Higher Behavioural Mechanism
26. Probability of dying between birth and exactly one year of age expressed per 1000 live births
- A) Birth rate B) Infant Mortality Rate(IMR)
C) Death rate D) None of the above
27. Which of the following is not a common lifestyle disease?
- A) Diabetes B) Heart disease
C) Cancer D) Scurvy
28. What can increase the risk of developing certain types of cancer?
- A) Smoking and alcohol consumption B) Spending time in the sun
C) Regular exercise D) Maintaining a healthy weight and diet
29. What is the most effective way to reduce stress?
- A) Avoiding stressors B) Taking medications
C) Engaging in physical activity D) Talking to a friend
30. What is the most important factor that influences our health?

- A) Genetics
C) Environmental factors
- B) Lifestyle choices
D) Social determinants
31. What is the most significant environmental factor that affects our health?
- A) Air pollution
C) Soil contamination
- B) Water pollution
D) All of the above
32. What is the relationship between physical activity and health?
- A) Physical activity has no impact on health
C) Physical activity negatively impacts health
- B) Physical activity positively impacts health
D) It depends on the individual
33. Which of the following behaviors can have a negative impact on health?
- A) Eating a balanced diet
C) Smoking
- B) Exercising regularly
D) All of the above
34. What is one short-term benefit of good health?
- A) Reduced risk of chronic illnesses
C) Increased lifespan
- B) Improved mood and cognitive function
D) Better management of chronic conditions
35. How does a healthy population impact community well-being?
- A) Decreases community well-being
C) No impact on community well-being
- B) Enhances community well-being
D) Increases community well-being
36. Which population experiences higher rates of certain diseases?
- A) Rural populations
C) Wealthy individuals
- B) Urban populations
D) Individuals living in poverty
37. What is the importance of portion control in a healthy diet?
- A) Increases the risk of obesity and related diseases
C) No impact
- B) Decreases the risk of obesity and related diseases
D) Makes the risk of obesity and related diseases unpredictable
38. Why is hydration important for overall health and well-being?
- A) Increases risk of dehydration
C) No impact
- B) Decreases risk of dehydration
D) Makes the risk of dehydration unpredictable
39. What should be the focus of a balanced diet?
- A) Consuming only one type of food
C) Consuming only highly processed foods
- B) Consuming a variety of foods from all food groups in the right proportions
D) Consuming large portion sizes
40. What should be the main focus of a healthy diet?
- A) Limiting fruit and vegetable intake
C) Limiting healthy fats
- B) Limiting sugar and salt intake
D) Limiting water intake

41. What are the benefits of unsaturated fats found in foods such as avocados, nuts, and olive oil?

- A) Increase cholesterol levels and risk of heart disease
- B) Lower cholesterol levels and reduce the risk of heart disease
- C) No impact
- D) Raise cholesterol levels and reduce the risk of heart disease

42. Why is it important to make informed food choices based on nutritional value?

- A) To maintain good health and prevent chronic diseases
- B) To harm health and increase risk of chronic diseases
- C) No impact
- D) To maintain poor health and increase risk of chronic diseases

43. Why is it important to adopt healthy habits to prevent obesity and overweight disorders?

- A) To maintain good health and prevent chronic diseases
- B) To harm health and increase risk of chronic diseases
- C) No impact
- D) To maintain poor health and increase risk of chronic diseases

44. What is the recommended amount of physical activity for overall health and well-being?

- A) 30 minutes a day, 5 days a week
- B) 1 hour a day, 7 days a week
- C) 45 minutes a day, 3 days a week
- D) No physical activity is necessary

45. How can body composition be improved?

- A) By doing only cardiovascular exercise
- B) By following a balanced diet
- C) By avoiding physical activity
- D) By incorporating a combination of regular physical activity and a balanced diet

46. Which of the following is not a benefit of strength training?

- A) Improved muscle tone
- B) Increased metabolism
- C) Better balance and coordination
- D) Reduced creativity

47. What is the most important aspect of active listening?

- A) Interrupting the speaker
- B) Multitasking while listening
- C) Paying attention to the speaker
- D) Being distracted

48. What is the most important aspect of building strong friendships in the context of education?

- A) Avoiding communication
- B) Interrupting the speaker
- C) Multitasking while listening
- D) Effective communication

49. What is the role of social support in friendships in the context of education?

- A) To increase stress and anxiety
- B) To decrease emotional and practical support
- C) To discourage personal growth and self-discovery
- D) To provide emotional and practical support during times of need

50. How does communication contribute to personal and professional success?

- A) Decreased productivity
- B) Increased misunderstandings
- C) Weakened relationships
- D) Improved decision making