EAST POINT COLLEGE OF ENGINEERING & TECHNOLOGY

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

EPSFK108/208

USN:

First / Second Semester B.E. Degree Examination, MAY 2026

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.

Question Paper Version - A

SECTION - A: Answer Following Questions. 50 M	
Q.N.	**Questions**
1	Being inactive form of life style is called as **A)** Sedentary Life style **B)** Spirited Life Style **C)** Busy Life Style **D)** Lovely
2	A Person who is able to serve himself,his nation and his community is called as? **A)** Gangster **B)** Sick Person **C)** Healthy **D)** Saddest
3	Balance in exercise, balanced nutrition and adequate rest is reffered as **A)** Social health **B)** Physical health **C)** Emotional Health **D)** Intectual Health
4	Individual who do not think they will get flue are less likely to get a yearly flue short is an example of **A)** Negative belief **B)** Uncertainity **C)** Healthy Belief **D)** Nonew of the above
5	Emotional health brings an abilityin individual to **A)** React to the situation **B)** Respond to the situation **C)** Withdraw from the situation **D)** None of the above
6	A person has ability to bounce back difficult experiences and adapt to adversity is called as ----health **A)** Mental health **B)** Financial Health **C)** Social Health **D)** Physical Health
7	The prime factor which influences psychological health is **A)** Positive mindset **B)** Gloomy outlook **C)** Dim view **D)** All the above
8	One who suffer from mental illness always see himself as **A)** Happy and Active **B)** Gloomy & Pessimist **C)** Unhappy and Worried **D)** Both (b) and (c)
9	Spiritual wellness involves **A)** Developing compassion caring and forgiving **B)** Peace of mind,happiness and mercy full **C)** Human values, honesty and self realization **D)** All the above

10	Lack of physical health for loger time affects			
	A)	Productivity and performance of Individual	**B)**	Financial health of individual
	C)	Mental health of Individual	**D)**	All the Above
11	An increased intake of energy dense foods that are high in fat and sugar leads to			
	A)	Cancer	**B)**	Obesity and Overweight
	C)	Brain hemorrhage	**D)**	Visual Disability
12	Mindfulness of eating means			
	A)	Chewing food	**B)**	Enjoying food
	C)	Creating positive vibration to food	**D)**	Both (b) and (c)
13	What should be the proper proportion of fats in every meal			
	A)	Equal to carbohydrate, vitamins and minerals	**B)**	Greater than carbohydrates, vitamins and minerals
	C)	Less than carbohydrate,vitamins and minerals	**D)**	None of the above
14	Anorexia nervosa, Bulimia nervosa and Binge eaters are belongs to			
	A)	Eating Disorders	**B)**	Breathing Disorders
	C)	Sleeping Disorders	**D)**	All the above
15	The fundamental cause of obesity and over weight is			
	A)	Balance in calori intake and calori spent	**B)**	Imbalance in calori intake and calori spent
	C)	Calori spent is more than calories consumed	**D)**	None of the above
16	Excessive intake of nutrients which creates a stress on bodily function called as			
	A)	Malnutrition	**B)**	Over nutrition
	C)	Modified nutrition	**D)**	Moderate nutrition
17	Which of the following is Non Communicable Diseases(NCD'S)			
	A)	Stroke	**B)**	Cold
	C)	Cough	**D)**	Fever
18	The following is an example for saturated fat			
	A)	Pork	**B)**	Chicken
	C)	Butter	**D)**	Cheese
19	Excess of BMI(Body Mass Index) in a person leads to			
	A)	Cancer	**B)**	Obseity
	C)	Sugar	**D)**	Weight Loss
20	Physical fitness in an index of			
	A)	Perfect height and weight ratio	**B)**	Perfect Body Structure
	C)	Perfect body composition	**D)**	All the above
21	Which of the following is behavioural addiction			
	A)	Nicotine	**B)**	Alcohol
	C)	Drugs	**D)**	Gambling
22	The key strand to overcome from addiction			
	A)	Stop using substances	**B)**	A powerful and positive mindset
	C)	Poverty	**D)**	None of the above
23	Which of the following statement is true			
	A)	Addiction leads to physical disorders which in turn leads to mental disorder	**B)**	Addiction which affects only physical health
	C)	Addiction which affects only mental health	**D)**	All the above

24	A major effect and health hazards from substance addiction is			
	A)	Loss of self control	**B)**	Injury
	C)	Cardio vascular disorder	**D)**	Fetal damage
25	Addiction not only impairs a range of bodily function but also changes the way a person think is refeered as			
	A)	Physiological Complication	**B)**	Psychological complication
	C)	Biological complication	**D)**	None of the above
26	---- is an example for substance addiction			
	A)	Shopping	**B)**	Video Games
	C)	Tobacco	**D)**	Using Internet
27	Depression, Anxiety, Loneliness are the effects of			
	A)	Substance addiction	**B)**	Behaviour addiction
	C)	Both(a) and (b)	**D)**	None of the above
28	What is SUD stands in addiction			
	A)	Subjective unit of distress	**B)**	Substance unit of distress
	C)	Substance use disorder	**D)**	None of the above
29	The purpose of using drugs are			
	A)	To detoxify the body	**B)**	To feel high pleasure, relieve stress, forget problems
	C)	To boost physical health	**D)**	All the above
30	Addiction not only damage physical and mental health but also affects			
	A)	Relationship & Financial status	**B)**	Only friend circle
	C)	Only economic status	**D)**	None of the Above
31	A Good listener is the one who			
	A)	Non Judgmental	**B)**	More talkative
	C)	Make uncomfortable	**D)**	Create stress
32	The value of good relationship depends on			
	A)	Self care	**B)**	Mutual respect
	C)	Mutual money exchange	**D)**	None of the above
33	The art of transmitting information,ideas and attitudes from one person to another is reffered as-			
	A)	Tradition	**B)**	Obstruction
	C)	Communication	**D)**	None of the above
34	Goals of communication are			
	A)	Sending and receiving of information	**B)**	Inform to persuade and to build relationships
	C)	Encode and decoding of information	**D)**	All the above
35	One of the step to increase vocal clarity is-			
	A)	Slow down the conversation	**B)**	Fasten the conversation
	C)	Stop the conversation	**D)**	None of the above
36	Communication is the key to healthy relationships because it			
	A)	Avoid misunderstanding	**B)**	Create misunderstanding
	C)	Brings expectation	**D)**	None of the above
37	"Wearing seat belt while driving" is an example for			
	A)	Unhealthy behaviour through social engineering	**B)**	Health behaviour through social engineering
	C)	Social responsibility	**D)**	Both (b) & (c)

38	-- influence people mindset to both positive and negative			
	A)	Social gathering	**B)**	Travelling
	C)	Media	**D)**	All the above
39	Dress code of individual is an example of --- communication.			
	A)	Spoken	**B)**	Verbal
	C)	Non - verbal	**D)**	None of the above
40	An unhealthy relationship cause			
	A)	Lot of stress	**B)**	Trust in each other
	C)	Harmony in each other	**D)**	All the above
41	How to maintain better quality of life in chronic illness			
	A)	Good medical advice,living healthy life style and negative mindset	**B)**	Good medical advice and positive mindset
	C)	Good medical advice and living healthy life style	**D)**	Good medical advice living healthy life style and positive mindset
42	The disease which can not be cured but it can be managed is called as			
	A)	Acute illness	**B)**	Infection disease
	C)	Chronic illness	**D)**	Allergy
43	The following is an example for chronic disease			
	A)	Diabetes	**B)**	Cold
	C)	Cough	**D)**	Head ache
44	Following are the measures required in maintaining quality of life in chronically ill state.			
	A)	Emotional support	**B)**	Understanding the medication
	C)	Reliable information about disease,its treatment and management	**D)**	All the above
45	The following are the steps to avoid transmitted infections			
	A)	Good hygiene	**B)**	Vaccinations
	C)	Temperature	**D)**	Both (a) & (b)
46	Virus, Bacteria, Fungus are mean of transmission of --- disease.			
	A)	Infection	**B)**	Cancer
	C)	Stroke	**D)**	Obesity
47	Health compromising behaviour are commonly seen in ---- class of people			
	A)	High	**B)**	Middle
	C)	Low	**D)**	None of these
48	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
49	Health has intimacy with			
	A)	Behaviour	**B)**	Society
	C)	Personality	**D)**	All the above
50	What is a sign of toxic friendship			
	A)	Lack of empathy	**B)**	Understanding
	C)	Being supportive	**D)**	None of these