

U.S.N.

B.M.S. College of Engineering, Bengaluru-560019

Autonomous Institute Affiliated to VTU

April 2025 Semester End Make-Up Examinations

A

Programme: B.E.

Semester: I

Branch: Common to all Branches

Duration: 1hr.

Course Code: 23BT1AESFH

Max Marks: 50

Course: Scientific Foundations of Health

Instructions: 1. Answer All questions
2. Missing data, if any, may be suitably assumed.

Important Note: Completing your answers, compulsorily draw diagonal cross lines on the remaining blank pages. Revealing of identification, appeal to evaluator will be treated as malpractice.		PART- A	CO	PO	Marks
	1.	Which one of this is true with fat intake? a. Replacing both saturated fats and trans-fats with unsaturated fats b. Replacing both unsaturated fats and trans-fats with saturated fats c. Replacing both unsaturated fats and saturated fats with trans-fats d. None of these	CO 2	PO 6,12	1
	2.	Which of these influences Health? a. Genetics b. Gender c. Culture d. All of these	CO1	PO 6,12	1
	3.	Match the below personalities i. Optimistic A. Adaptive ii. Neurotic B. High-achieving iii. Conscientious C. Positiveness iv. Resilient D. Self-doubt a. i-C, ii-D, iii- B, iv- A b. i-A, ii-C, iii- B, iv- D c. i-D, ii-C, iii- B, iv- A d. i-B, ii-C, iii- D, iv- A	CO 1	PO 6,12	1
	4.	Dissociative Disorder include a. Mania b. Amnesia c. Parasomnias d. Pica	CO 1	PO 6,12	1
	5.plays an important role in upbringing children for behavior a. Family b. Money C. Religion d. Region	CO 1	PO 6,12	1
	6.	Definition of Nutrition a. The process obtaining the food necessary growth. b. The process of providing nutrients necessary for health. c. The process of providing or obtaining the food necessary for health and growth. d. All of these	CO2	PO 6,12	1
	7.	Mental health is a state of well-being in which an individual realizes a. own physical abilities, cannot cope with the normal stresses of life, can work unproductively. b. own abilities, can cope with the normal stresses of life, can work productively and is able to contribute to his or her community. c. own social abilities, can cope with the normal stress, can work unproductively and is not able to contribute to community. d. All of these	CO 1	PO 6,12	1
	8.	Physical health is the state of being a. ill b. sick and tired c. injured d. free from illness and injury	CO1	PO 6,12	1

9.	Author of “7 Habits of Highly Effective People” is a. Morgan Housel b. Dale Carnegie c. Stephen Covey d. Adam Grant	CO 1	PO 6,12	1
10.	Contemplation is a. Stage 1 of thought of changing or developing a new habit b. Stage 2 of habit formation c. Stage 3 of ready to put all planning into action d. Stage 4 of habit formation	CO1	PO 6,12	1
11.	For new born..... fosters healthy growth and improves cognitive development, and have longer term health benefits a. breast milk b. formula milk c. Cow milk d. all of these	CO 2	PO 6,12	1
12.	Trans-fats consumption should be.....of total energy intake a. less than 5% b. less than 10% c. less than 1% d. less than 15%	CO2	PO 6,12	1
13.	An intense fear of gaining weight or persistent behaviors to avoid gaining weight, despite being underweight is related to a. Pica b. Anorexia nervosa c. Bulimia nervosa d. Rumination disorder	CO 2	PO 6,12	1
14.	Holding a plank for longtime improves..... a. strength b. Muscular endurance c. Cardiovascular endurance d. Flexibility	CO 2	PO 6,12	1
15.	Individuals with Anorexia Nervosa should do.....as treatment a. Aerobics b. Resistance training c. Strength d. Flexible exercises	CO 2	PO 6,12	1
16.	Which of these influences Health? a. Genetics b. Gender c. Culture d. All of these	CO 2	PO 6,12	1
17.	Four stages of developing/changing a habit are a. Preparation, action, maintenance, contemplation b. Contemplation, action, Maintenance, execution c. Contemplation, Preparation, Action, Maintenance d. Preparation, contemplation, action, maintenance.	CO 1	PO 6,12	1
18.	Identify A, B, C of balanced health triangle a. A- Psychology, B- Mental, C- Social b. A- Physical, B- Behaviour, C- Social. c. A- Anxiety, B- Exercise, C- Emotion d. A- Physical, B- Mental, C- Social	CO 1	PO 6,12	1
19.diet is recommended for good health. a. Keto b. Balanced c. Vegan d. Paleo	CO 2	PO 6,12	1
20.	Eating disorder is a mental disorder defined by..... a. normal eating behaviors that negatively affect a person's health b. abnormal eating behaviors that negatively affect a person's health c. abnormal eating behaviours that positively affect a person's health d. all of these	CO 2	PO 6,12	1
21.	Characteristics of Ideal friends are a. Envy, fake, forced b. Love, trust, respect c. Fun, comfort, support d. Both b and c	CO3	PO 6,12	1
22.	During oral communication..... is important a. Maintaining eye contact b. Paying attention to nonverbal cues c. Not to interrupt d. All of these	CO 3	PO 6,12	1
23.	Social engineering does not include a. Phishing b. Baiting c. Security d. Tailgating	CO3	PO 6,12	1
24.	According to friendship graph, Ideal friendship should be a. Enjoyable but not healthy b. Healthy and enjoyable c. Not healthy, not enjoyable d. Healthy, but not enjoyable	CO 3	PO 6,12	1
25.	In effective communicationimproves listening skills. a. undivided attention b. Diverting attention c. multitasking d. ignoring	CO3	PO 6,12	1

26	Match below addictions i. Addiction cycle A. Substance addiction ii. Alcohol B. Behavioural addiction iii. Internet C. Happy life iv. Non-addicts D. Craving and usage a. i-B, ii-C, iii- A, iv- D b. i-A, ii-C, iii- B, iv- D c. i-B, ii-D, iii- C, iv- A d. i-D, ii-A, iii-B, iv- C	CO4	PO 6,12	1
27 communication increases the value of relationship a. Mis b. Honest c. Poor d. None of these	CO 3	PO 6,12	1
28	Energy out > Energy in = Weight loss; Identify the correct corelation. a. Negative energy balance b. Energy equilibrium c. Energy output equation d. None of this	CO 3	PO 6,12	1
29	Body Energy balance can be maintained by regulating a. diet b. physical activity c. Both A & B d. None of these	CO 3	PO 6,12	1
30	One can become good orator through..... a. Spoken words b. Body language c. Voice modulation d. All	CO 3	PO 6,12	1
31	Match the Balanced diet composition i. Carbohydrates A. 15% ii. Proteins B. 60% iii. Fat C. vital iv. Micronutrients D. 25% a. i-B, ii-C, iii- A, iv- D b. i-A, ii-C, iii- B, iv- D c. i-B, ii-D, iii- A, iv- C d. i-B, ii-C, iii-D, iv- A	CO2	PO 6,12	1
32	Thepolicy of effective compromise strengthens good relationship between any two people. a. Face or forget b. Give and take c. Give and forget d. None of the above	CO 3	PO 6,12	1
33	Protein in diet function for a. Energy storage and hormone b. Tissue growth and maintenance c. Good bowel function d. Metabolism regulation	CO3	PO 6,12	1
34	The part of brain affected when a person consumes alcohol leading to loss of balance is..... a. cerebral cortex b. Thalamus c. cerebellum d. medulla	CO 4	PO 6,12	1
35	Alcohol addiction is harmful because it causes a. deposition of protein in liver b. deposition of fat in liver c. rise in blood sugar level d. cancer growth	CO4	PO 6,12	1
36	Cognitive behavioral therapy not include a. psychotherapy that helps people identify and change negative thought patterns and behaviors b. teaches people how to challenge these negative thoughts and replace them with more helpful one c. Manipulate and allow people confused d. helps people learn practical self-help strategies to improve their quality of life	CO4	PO 6,12	1
37	Phases of rehabilitation process are a. Detox, spa and relapse b. Assessment, detox, rehab, and aftercare c. Rehab, detox and party d. Assessment, routine, and misuse	CO 4	PO 6,12	1
38	Identify proper definition for Inflammatory response a. Certain kinds of white blood cells surround and destroy or otherwise attack any kind of germs b. Process which bacteria, viruses, fungi or other organisms enter the body, attach to cells, and multiply	CO 5	PO 6,12	1

