

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

Autonomous Institute Affiliated to VTU

February / March 2025 Semester End Main Examinations

B

Programme: B.E.

Semester: I

Branch: Common to all Branches

Duration: 1hr.

Course Code: 23BT1AESFH / 22MA1AESFH

Max Marks: 50

Course: Scientific Foundations of Health

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

		PART- A	CO	PO	Marks
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.	1.	Intellectual wellness includes a. Eating balanced diet c. Having good nutrition b. Drinking sufficient water d. Mental exercise	CO1	PO 6,12	1
	2.	According to nutritional guidelines, which is recommended for good health and well-being? a. Skipping meals to reduce calorie intake b. Consuming a variety of nutrient-dense foods c. Relying on dietary supplements exclusively d. Eating high amounts of sugar and fats	CO2	PO 6,12	1
	3.	More research is necessary to confirm the assumption that _____ cause positive changes to quality of life. a. lifestyle changes b. research findings c. survey data d. questionnaire responses	CO1	PO 6,12	1
	4.	Muscular endurance is particular muscle group's a. refers to the amount of force a specific muscle group can produce in one, all-out effort b. refers to the amount of force a specific muscle group can produce at different times. c. ability to continuously contract against a given resistance d. None of these	CO2	PO 6,12	1
	5.	The formula for the body mass index is _____. a. a person's weight in kilograms squared divided by the square of his/her height in meters (kg^2/m^2) b. a person's weight in kilograms squared divided by his/her height in meters (kg^2/m) c. a person's weight in kilograms divided by his/her height in meters (kg/m) d. a person's weight in kilograms divided by the square of his/her height in meters (kg/m^2)	CO2	PO 6,12	1
	6.	Skinfold thickness tests is done for detection of a. Muscular strength c. Cardiovascular endurance b. Muscular endurance d. Obesity	CO2	PO 6,12	1
	7.	Which illegal drug is classified as a hallucinogen? a. Heroin b. LSD c. Cocaine d. Nicotine	CO4	PO 6,12	1
	8.	Under social engineering, both smoking and alcohol consumption are legally restricted to: a. Certain age groups c. Particular situations b. Particular family d. Both A & C	CO3	PO 6,12	1

9.	In _____, blood glucose homeostasis 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. both type 2 diabetes mellitus and gestational diabetes	CO5	PO 6,12	1
10.	What is health disparity? a. Difference in health status between different populations b. The same health status in all populations c. Only affects mental health d. Only affects physical health	CO1	PO 6,12	1
11.	The mineral which controls the functioning of thyroid is a. phosphorous b. calcium c. magnesium d. iodine	CO2	PO 6,12	1
12.	Basic Instincts of human life a. Self Preservance b. Social c. Sexual d. All	CO3	PO 6,12	1
13	The primary function of the immune system is to: a. Regulate body temperature b. Protect the body from infections and diseases c. Digest food d. Produce hormones	CO5	PO 6,12	1
14	Which of the following is the main cause for transmission of the Hepatitis virus? a. The bite of a mosquito c. Drinking contaminated water b. Sharing drug needles d. All of the above	CO5	PO 6,12	1
15.	Importance of health helps a person to a. perform his life tasks in a correct way c. Decreasing self esteem b. Higher medical costs d. Life insurance is higher	CO1	PO 6,12	1
16.	Friendship is a. Dyadic b. Egalitarian c. Both a & b d. None	CO3	PO 6,12	1
17	Communication barriers involves a. Jumping into the conclusion c. Fear of offending b. Arguing and debating d. All of the above	CO3	PO 6,12	1
18.	Which of the following is NOT a common cause of alcoholism? a. Genetic predisposition c. Excessive physical exercise b. Social and environmental influences d. Psychological stress	CO4	PO 6,12	1
19.	Which of the following is a characteristic of health-compromising behaviors? a. Consistently promoting well-being b. Often leading to immediate gratification but long-term harm c. Always having a positive impact on mental health d. Being encouraged by healthcare professionals	CO1	PO 6,12	1
20.	The main cause of contagious disease is _____. a. Contaminated Air c. Poor hygienic conditions b. Contaminated Food d. All of the above	CO5	PO 6,12	1
21	Which of the following is not a Communication Skill a. Confidence b. Listening c. Feedback d. Arguing	CO3	PO 6,12	1
22	The _____ policy of effective compromise strengthens good relationship between any two people. a. Face or forget c. Give and forget b. Give and take d. None of the above	CO3	PO 6,12	1
23	Which of the following statements is false about nutrients in milk? a. Milk is a good source of calcium b. Milk is a good source of protein c. Milk is a good source of vitamin C d. Milk is a good source of vitamin D	CO2	PO 6,12	1
24	The process of communication has four important stages. Identify the correct sequence of it a. Sender-Medium-Receiver-Response b. Medium- Sender-Receiver-Response	CO3	PO 6,12	1

	c. Receiver -Sender-Medium- Response d. None of the above			
25	Why do some people become addicted to drugs, while others do not? a. Aggressive behavior in childhood c. Neighborhood b. Parental monitoring d. All of the above	CO4	PO 6,12	1
26	Which of the following is a social consequence of drug addiction? a. Improved relationships c. Legal issues and job loss b. Financial stability d. Enhanced concentration	CO4	PO 6,12	1
27	Which neurotransmitter is most affected by alcohol consumption? a. Dopamine b. Serotonin c. GABA d. Acetylcholine	CO4	PO 6,12	1
28	What is the primary goal of addiction treatment programs? a. To eliminate all drug use b. To reduce harm and promote recovery c. To manage symptoms only d. To provide legal advice	CO4	PO 6,12	1
29	Foods like pizza, burger and noodles are rich in a. carbohydrates b. Proteins c. vitamins d. minerals	CO2	PO 6,12	1
30	Financial health refers to a. Physical activity b. Mental illness c. Good income d. None.	CO5	PO 6,12	1
31	What other factors increase the risk of addiction? a. Mental illness c. Both (a) and (b) b. Early use d. None of the above	CO4	PO 6,12	1
32	Divya takes medications for various conditions, including Prinivil (for high blood pressure), insulin (for diabetes), and Claritin (for allergy symptoms). This is an example of a. synergism. b. cross-tolerance. c. antagonism. d. polydrug use.	CO5	PO 6,12	1
33	Which of the following diseases is also called as “Salmonella enterica serotype Typhi”? a. Typhoid b. Malaria c. Diarrhea d. Yellow fever	CO5	PO 6,12	1
34	Potassium can mitigate the _____ effects of elevated sodium consumption on blood pressure a. Positive c. Both positive and negative b. Negative d. Neither positive nor negative	CO2	PO 6,12	1
35	Ram has got good relationship with all his peers, family and friends. He practices regularly three ‘Cs’ of Healthy Relationships. Choose the correct option: a. Communication, Cooperation, Compromise b. Communication, Correlation, Compromise c. Communication, Cooperation, Compassion d. None of the above	CO3	PO 6,12	1
36	This causes the maximum accumulation of fat in the liver a. meat and egg b. alcohol c. saturated fat d. starch	CO4	PO 6,12	1
37	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	CO3	PO 6,12	1
38	Which of the following food items provides dietary fiber? a. Pulses b. Wholegrain c. Fruits and vegetables d. All of the above	CO2	PO 6,12	1
39	Which of the following is a sign that someone may be abusing drugs? a. Increased productivity b. Social withdrawal c. Improved relationships d. Regular attendance at work	CO4	PO 6,12	1
40	What is Verbal Communication? a. Talking to someone b. When someone is talking and someone else is listening	CO3	PO 6,12	1

	c. When more than one person is talking d. All the above			
41	HIV is a retrovirus that infects and colonizes cells in the _____. a. immune system b. immune system and the central nervous system c. endocrine system d. immune system and endocrine system	CO5	PO 6,12	1
42	Physical wealth means a. Health b. Money c. Freedom d. None	CO5	PO 6,12	1
43	Community health aims at a. Better health and family planning b. Better hygiene and clean environment c. Removing communicable diseases d. All the above	CO1	PO 6,12	1
44	Which of the following is not an Obesity and Overweight complications? a. Plague b. Type 2 Diabetes c. Heart Diseases d. Sleep Apnea	CO2	PO 6,12	1
45	Which of the following diseases have been associated with sedentary lifestyle? a. colon cancer b. stroke c. cardiovascular disease d. all of these	CO1	PO 6,12	1
46	Body Energy balance can be maintained by: a. regulating energy intake through the diet b. adjusting physical activity levels c. Both A & B d. None of these	CO1	PO 6,12	1
47	Energy out > Energy in = Weight loss ; Analyze this equation & identify the correct option explaining this. a. Negative energy balance b. Energy equilibrium c. Energy output equation d. None of this	CO1	PO 6,12	1
48	Which of the following health communication style makes use of the patient's knowledge and experience? a. doctor-centered communication b. patient-centered communication c. practitioner-centered communication d. none of these	CO1	PO 6,12	1
49	What is a major health risk associated with intravenous drug use? a. Skin cancer c. HIV/AIDS b. Hypertension d. Increased metabolism	CO4	PO 6,12	1
50	Vaccines work by: a. Destroying pathogens directly b. Stimulating the immune system to produce an immune response c. Providing immediate immunity without activation of the immune system d. Eliminating pathogens from the body	CO5	PO 6,12	1
