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

Autonomous Institute Affiliated to VTU

February / March 2024 Semester End Main Examinations

Programme: B.E.

Semester: I / II

Branch: Common to all Branches

Duration: 1 hr.

Course Code: 23BT1AESFH / 22BT1AESFH / 22BT2AESFH

Max Marks: 50

Course: Scientific Foundations of Health

Instructions: Answer any THREE questions from Part -C

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	The ability of heart and lungs to deliver enough oxygen to different body parts A. Muscular strength B. Cardiovascular endurance C. flexibility D. Muscular endurance	CO2	PO6, 12	1
	2	Reduce food items like to maintain good health A Sugar added drinks B. Solid fats C. White flour D. All of the above.	CO2	PO6,12	1
	3	At each stage in the process of communication there is a possibility of interference which may hinder the process Such interference is known as..... A. Sender B. Receiver C. Barrier D. None of them	CO3	PO6,12	1
	4	High Sodium content in blood is known as A. Hypertension B. Hyperkalemia C. Hyponatremia D. Anemia	CO2	PO6,12	1
	5	People who do not restrict calories or use purging behaviors, such as vomiting or excessive exercise A. Binge eating disorder B. Bulimia nervosa C. Anorexia nervosa D. Pica	CO2	PO6,12	1
	6	Metabolism regulation, aiding cell growth, other biochemical functions are the functions A. Vitamins and Mineral B. Fats C. Protein D. Carbohydrates	CO2	PO6,12	1
	7	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-fat D. None of these	CO2	PO6,12	1
	8	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	PO6,12	1

9	Which communication style is not a barrier for Communication A. Passive B. Passive -aggressive C. Aggressive D. Assertive	CO3	PO6,12	1
10	Examples of social engineering are A. Vaccination B. Banning certain drugs and disposal of toxic waste C. Minimal marketing of tobacco and Alcohol D. All of the above	CO3	PO6,12	1
11	Eating disorder is a mental disorder defined by A. normal eating behaviors that negatively affect a person's physical and mental health B. abnormal eating behaviors that negatively affect a person's physical and mental health C. abnormal eating behaviors that positively affect a person's physical and mental health D. all of these	CO2	PO6,12	1
12	Hydrostatic underwater weighing is done to measure A. Muscular strength B. Muscular endurance C. Cardiovascular endurance D. Body composition	CO2	PO6,12	1
13	_____ increases the value of relationship A. Miscommunication B. Honest communication C. Poor communication D. None of these	CO3	PO6,12	1
14	Health beliefs are _____ determined, and all come together to form larger health belief systems. A. Atmosphere B. Geographically C. Culturally D. Timely	CO1	PO6,12	1
15	Control of substance abuse include A. Beverage and Chocolates B. Smoking, Alcohol and Drugs C. French Fries and Burgers D. Pizza and Pasta	CO4	PO6,12	1
16	Health disparity is "a particular type of health difference that is closely linked with A. Mental and Behavior Disadvantage B. Language and Barrier Disadvantage. C. Social, Economic, And Environmental Disadvantage D. Physical Disability Disadvantage	CO1	PO6,12	1
17	Identify the type of anxiety disorder A. Global Developmental Delay B. Agoraphobia C. Communication Disorders D. Autism Spectrum Disorder	CO1	PO6,12	1

18	Personality of people who are high-achieving, dependable, careful is called A. Pessimistic B. Introvert C. Extrovert D. Conscientious	CO1	PO6,12	1
19	Calculate the body weight of Arya in Kilograms by considering his height being 1.72mts and BMI 22.8. A. 67.5 Kgs B. 62.5 Kgs C. 60.9 Kgs D. 71 Kgs	CO2	PO6,12	1
20	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	CO3	PO6,12	1
21	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	PO6,12	1
22	Which of the following is the main cause for transmission of the Hepatitis virus? A. The Bite of a Mosquito B. Sharing Drug Needles C. Drinking Contaminated Water D. All of the above	CO5	PO6,12	1
23	Which of the following food items provides dietary fibre? A. Pulses B. Wholegrain C. Fruits and Vegetables D. All of the Above	CO2	PO6,12	1
24	Psychosis is characterized by A. Loss of touch with Reality B. Prolonged Emotional Reaction to a Given Stress C. Anxiety, Fear, Sadness, Vague Aches and Pains D. All the above	CO1	PO6,12	1
25	The infection is transmitted through contact in STD. A. Direct B. Non-direct C. Animals D. None	CO5	PO6,12	1
	PART -B			
1	Addictions and affect i. Alcohol ii LSD iii Tobacco iv Cannabis A. Nervous System B. Lungs C. Liver D. increases Heart rate	CO4	PO6,12	2

2	Match Diseases and Microorganisms. i. Measles ii. Cholera iii. Ring worms iv. diarrhea	A. Bacteria B. Parasite C. Virus D. Fungus	CO5	PO6,12	2
3	Match with Personality traits. i. Narcissistic ii. Neurotic iii. Conscientious iv. Resilient	A. Adaptive B. High-achieving C. Self-centered D. Self-doubt	CO1	PO6,12	2
4	Eating Disorders i. Anorexia Nervosa ii. Pica iii. Bulimia nervosa iv. Rumination Disorder	A. Regurgitation B. Restrict calories C. Eating non food substances D. Purging	CO2	PO6,12	2
5	Psychological Disorders i. ADHD ii. Parasomnia iii. Conversion disorder iv. Mania	A. Sleeping disorder B. Neurodevelopmental disorder C. Bipolar disorder D. Somatic symptom disorder	CO1	PO6,12	2
PART - C					
1	Briefly explain about Health behavior and its impacts on overall health.		CO1	PO6,12	5
2	Components of food plays a major role in growth and development of an individual. So explain different components of food with example and function		CO2	PO6,12	5
3	Varun is working in a company and his personality is introvert type. Help him how he can improve his communication skills in order to be productive in his work place.		CO3	PO6,12	5
4	Rajesh is a plumber and addicted to drug along with many friends from many days. This affected his work and health. His family members are worried & looking for cognitive approach for de-addiction process. Evaluate the present condition & recommend different approaches for recovery from drug abuse		CO4	PO6,12	5
5	Diseases can be caused by various microorganisms. Explain the chain or process of infection caused by microbes and who are more susceptible for diseases.		CO5	PO6,12	5
