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

Autonomous Institute Affiliated to VTU

December 2023 Supplementary Examinations

Programme: B.E.

Branch: Common to all Branches

Course Code: 21BT1AESFH / 21BT2AESFH

Course: Scientific Foundations of Health

Semester: I / II

Duration: 2 hrs.

Max Marks: 100

Instructions: 1. Part A & B compulsory, answer any four in the part C.
2. Missing data, if any, may be suitably assumed.

PART-A

Multiple choice questions

40 x 1 = 40 Marks

1. Important role of health are:

- (a) Fighting diseases
- (b) Enjoying life
- (c) Feeling happy
- (d) All the above

2. BMI stands for:

- (a) Body mass index
- (b) Body material index
- (c) Body mass indication
- (d) None of the above

3. Tobacco addition occurs due to:

- (a) Caffeine
- (b) Nicotine
- (c) Cocaine
- (d) Histamine

4. Influencing factors of health are:

- (a) Social, economic and political factors
- (b) Social factors only
- (c) Economic factors only
- (d) Political factors only

5. Social health hazards includes:

- (a) Stigma
- (b) Anti-social behavior
- (c) Higher crime records
- (d) All of the above

- 6. Psychological disorders are:**
- (a) Anxiety
 - (b) Depression and stress
 - (c) Anxiety and stress
 - (d) All the above
- 7. The first person becoming sick in an epidemic disease is called**
- (a) Primary case
 - (b) Secondary case
 - (c) Contact case
 - (d) Index case
- 8. Education helps in:**
- (a) Achieving their potential
 - (b) Social exclusion
 - (c) Poor quality of housing
 - (d) None of the above
- 9. WHO principles include:**
- (a) Development of child
 - (b) Promotion and protection of health
 - (c) Health is a fundamental right
 - (d) All of the above
- 10. Which of the following is not a symptom of mental illness:**
- (a) Insomnia
 - (b) Depression
 - (c) Positive attitude
 - (d) Delusions and hallucinations
- 11. Body language plays important role in:**
- (a) Communication
 - (b) Judgement
 - (c) Both a & b
 - (d) None of the above
- 12. Which can be used to overcome communication barrier:**
- (a) Use of translator
 - (b) Writing letter
 - (c) Not communicating
 - (d) Using your own language
- 13. Hyper-obesity value in terms of BMI is:**
- (a) >25
 - (b) <25
 - (c) >40
 - (d) <40
- 14. Communication is a part of _____ skill:**
- (a) Soft
 - (b) Hard
 - (c) Rough
 - (d) Short

15. SUD stands for:

- (a) Substance use disorder
- (b) Substance use diagnosis
- (c) Both a & b
- (d) None of the above

16. What causes tunnel vision:

- (a) Smoking
- (b) Alcohol
- (c) Barbiturate
- (d) Vitamin A deficiency

17. What is defined to be a condition in which person develops intense cravings for the substance and the inability to control their behaviors in regards to obtaining and using it?

- (a) Use
- (b) Abuse
- (c) Substance
- (d) Dependence

18. Ways to improve communication are:

- (a) Active listening skills
- (b) Passive listening skills
- (c) Both a & b
- (d) None of the above

19. The percentage of population suffering from serious mental illness is:

- (a) 1%
- (b) 5%
- (c) 8%
- (d) 10%

20. What influence your health:

- (a) Heredity
- (b) Environment
- (c) Mental state
- (d) All the above

21. Spiritual wellness includes

- (a) Developing compassion, caring, forgiving
- (b) Physical health, environment health
- (c) Physical health, Mental health
- (d) None of the above

22. Which molecules in the body influence our mood?

- (a) Endorphins
- (b) Saliva
- (c) Vitamins
- (d) Minerals

23. Community health aims:

- (a) Care of the old infants
- (b) Care of infirms
- (c) Improvement of health of all
- (d) Improvement of health of children

24. Causes of Obesity and Overweight:

- (a) Energy imbalance
- (b) Energy balance
- (c) Energy imbalance between calories consumed and calories expended
- (d) None of the above

25. "Nutritional" means:

- (a) Tastes really bad
- (b) Tastes really good
- (c) Containing necessary substances for the body to grow and stay healthy
- (d) Is mostly green

26. Health compromising behaviors are commonly seen in people from:

- (a) High class
- (b) Low class
- (c) Middle class
- (d) None of the above

27. 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

28. Antipsychotics do which of the following?

- (a) Alleviate Major positive symptoms (such as thought disorder and hallucinations)
- (b) Alleviate Major negative symptoms (such as social withdrawal)
- (c) Reducing the burden of institutional care
- (d) All of the above

29. An anxiety disorder is:

- (a) An emotional state identified by panic attacks
- (b) An emotional condition classified by excessive checking
- (c) Disordered thinking
- (d) An excessive or aroused state characterized by feelings of apprehension, uncertainty and fear

30. Which of the following health communication style makes use of the patient's knowledge and experience?

- (a) Doctor-centred communication
- (b) Patient-centred communication
- (c) Practitioner-centred communication
- (d) None of the above

31. 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

- 32. The influence of families, schools and neighborhoods in explaining social inequalities in health can be categorized in which of the following systems?**
- (a) Microsystem
 - (b) Macrosystem
 - (c) Mesosystem
 - (d) Exosystem
- 33. Feelings such as sadness, despair and anxiety are indications of:**
- (a) Physical health
 - (b) Mental illness
 - (c) Sociocultural health
 - (d) Psychological health
- 34. Which one of these is NOT a type of work involved in chronic illness?**
- (a) Illness work
 - (b) Cultural work
 - (c) Everyday work
 - (d) Biographical work
- 35. Which of the following statements is correct?**
- (a) There is a marked downward ability for adults aged 60 and over to respond to infections
 - (b) There is a reduced efficiency of the immune system strongly correlating with increased age
 - (c) Optimum immune function is mainly achieved in childhood
 - (d) All of these
- 36. _____ is a basic emotion of man**
- (a) Anger
 - (b) Fear
 - (c) Love
 - (d) All the above
- 37. _____ is a problem focused coping.**
- (a) Venting emotions
 - (b) Denial
 - (c) Acceptance
 - (d) Turning to religion
- 38. HIV is a retrovirus that infects and colonizes cells in the _____**
- (a) Immune system and the central nervous system
 - (b) Immune system
 - (c) Endocrine system
 - (d) Immune system and endocrine system
- 39. The main difference between psychiatrists and psychologists is that psychiatrists are:**
- (a) biology majors
 - (b) college professors
 - (c) medical doctors
 - (d) behaviourists

40. Which of the following is an example of a substance use disorder (SUD)?

- (a) Alcohol related disorders
- (b) Caffeine related disorders
- (c) Inhalant related disorders
- (d) All the above

PART-B

Match the following

10 x 2 =20 Marks

1. Match the following

- | | |
|----------------|-----------------------------|
| A. Carrot | (i) Energy giving food |
| B. Lemon | (ii) Healthy eyes |
| C. Soya bean | (iii) Immunity |
| D. Ground nuts | (iv) Rich source of protein |

2. Match the following

- | | |
|------------------|-------------------|
| A. Obesity | (i) Alcohol |
| B. Drugs | (ii) Language |
| C. SUD | (iii) BMI |
| D. Communication | (iv) To do better |

3. Match the following

- | | |
|--------------------------|----------------------------------|
| A. Environmental illness | (i) Avoiding sedentary lifestyle |
| B. Physical wellness | (ii) Good self esteem |
| C. Intellectual wellness | (iii) Handling stress situation |
| D. Emotional wellness | (iv) Engagement through learning |

4. Match the following

- | | |
|--------------------------|---------------------------|
| A. Psychosis | (i) Good self-esteem |
| B. Social health hazards | (ii) Mental illness |
| C. Addiction | (iii) Sadness and fear |
| D. Globalization | (iv) Communication growth |

5. Match the following

- | | |
|-----------------------|-------------------------------------|
| A. Financial health | (i) Meditation |
| B. Health education | (ii) Good income |
| C. Spiritual health | (iii) Video gaming |
| D. Addictive behavior | (iv) Community development approach |

6. Match the following

- | | |
|---------------------|------------------------|
| A. HIV | (i) Immunity |
| B. Healthy food | (ii) Virus |
| C. Depressed health | (iii) Illicit drug |
| D. Marijuana | (iv) Lack of nutrition |

7. Match the following

- | | |
|------------------|--------------|
| A. Hypermetropia | (i) Sugar |
| B. Proteins | (ii) Retina |
| C. Amylase | (iii) Enzyme |
| D. Lactose | (iv) Soya |

8. Match the following

- | | |
|--------------|----------------------|
| A. DPT | (i) TB |
| B. DOTS | (ii) Vaccine |
| C. AB | (iii) Hormone |
| D. Adrenalin | (iv) Universal donor |

9. Match the following

- | | |
|---------------------|-------------------------|
| A. Food | (i) Excessive intake |
| B. Over nutrition | (ii) Food with benefits |
| C. Undernutrition | (iii) Nourishes body |
| D. Functional foods | (iv) limited intake |

10. Match the following

- | | |
|---------------------------|---------------------|
| A. BMI Below 18.5 | (i) Overweight |
| B. BMI between 25 to 25.9 | (ii) Obese |
| C. BMI over 35 | (iii) Under weight |
| D. BMI between 30 to 35 | (iv) Morbid obesity |

PART C

Write descriptive answers (Answer any FOUR)

4 X 10 = 40 Marks

1. Define health. Explain the advantages of maintaining good health. Add a note on methods to improve good psychological health.
2. Describe in detail about nutritional guidelines for good health and well-being.
3. Enlighten the value of relationship and behavior. Describe the importance of social engineering in changing health behaviors.
4. Highlight the difference between addictive and non-addictive people and their behavior with society.
5. Write a detailed note on healthy practices that helps to prevent and fight against diseases for good health.
