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

Autonomous Institute Affiliated to VTU

April 2023 Semester End Main Examinations

Programme: B.E.

Branch: Common to all Branches

Course Code: 22MA1AESFH

Course: Scientific Foundation of Health

Semester: I

Duration: 1 hr.

Max Marks: 50

Date: 10.04.2023

Instructions: 1. Answer all questions from Part A & B.
2. Answer any three questions in Part C.

Part A

25 X 1= 25 marks

Multiple choice questions

- Vegetables and fruits are the important part of diet because:**
 - They are colorful
 - They are easily available
 - They give you energy
 - They provide you with wide variety of vitamins, minerals and nutrients
- The World Health Day is celebrated on**
 - 7th April
 - 6th October
 - 10th December
 - 1st March
- Wellness is the state of**
 - Living unhealthy life styles
 - Living healthy life styles
 - Living stressful life styles
 - Living compromised life styles
- Nutrition can be defined as:**
 - The study of the effect of food and how it is processed in the body
 - The science of how nutrients are obtained for people to use
 - The study of how energy flows throughout the body and how it is processed.
 - None of the above
- Example for a communicable disease is**
 - COVID-19
 - Cancer
 - Cardiovascular disease
 - Diabetes
- Example of unhealthy behavior is**
 - Eating healthy diet
 - Smoking
 - Going for regular health checkups
 - Doing regular physical activities

7. Managing stress involves

- a) Involves learning what triggers anxiety and finding solution
- b) Involves having control on everything
- c) Involves overthinking on different aspects of your life
- d) Involves meeting perfection at every task

8. Potassium can mitigate the _____ effects of elevated sodium consumption on blood pressure

- a) Positive
- b) Negative
- c) Both positive and negative
- d) Neither positive nor negative

9. Three dimensions of Spiritual health are

- a) Behaviour, psychology and emotional
- b) Religious, personality and behaviour
- c) Religious, individualistic, and material world-oriented
- d) None of the above

10. Medical practices in health Behaviors include routine

- a) Taking medications
- b) Consumption of health supplements
- c) Dancing and singing
- d) Health checkups and timely vaccination

11. Eating disorder is characterized by

- a) Normal eating behaviors that negatively affect a person's physical and mental health
- b) Abnormal eating behaviours that positively affect a person's physical and mental health
- c) Abnormal eating behaviors that negatively affect a person's physical and mental health
- d) None of the above

12. People with the below disorder, don't try restrict calories or use purging behaviors, such as vomiting or excessive exercise

- a) Binge eating disorder
- b) Anorexia nervosa
- c) Bulimia nervosa
- d) Pica

13. Which one of this is true with fat intake?

- a) Replacing both unsaturated fats and trans-fats with saturated fats
- b) Replacing both unsaturated fats and saturated fats with trans-fats
- c) Replacing both saturated fats and trans-fats with unsaturated fats
- d) None of these

14. Skinfold thickness tests is done for detection of

- a) Muscular strength
- b) Obesity
- c) Cardiovascular endurance
- d) Muscular endurance

15. Example of industrially processed fat is

- a) Trans-fat
- b) Saturated fat
- c) Poly-unsaturated fat
- d) Unsaturated fat

16. Gaurav's BMI is 22.8 with height being 1.72 m. Calculate bodyweight of Gaurav in Kg.

- a) 67.5
- b) 65.0
- c) 70.0
- d) 62.5

- ## Part-B

5x2=10

i. Anorexia nervosa	A. eating non-food substance
ii. Bulimia nervosa	B. Regurgitate
iii. Pica	C. Restrict calories
iv. Rumination disorder	D. Purging

i. Carbohydrates	A. Metabolism regulation
ii. Protein	B. Energy
iii. Fibre	C. Tissue growth and maintenance
iv. Vitamin & minerals	D. Bowel health

3. Match the 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 |

4. Match the following with disease

- | | |
|--------------------|----------------------|
| i. Corona | A. Sleeping sickness |
| ii. Trypanosoma | B. TB |
| iii. Mycobacterium | C. Typhoid |
| iv. Salmonella | D. Covid-19 |

5. Match the following eating disorders

- | | |
|-------------------------|------------------------------|
| i. Anorexia nervosa | A. eating non-food substance |
| ii. Bulimia nervosa | B. Regurgitate |
| iii. Pica | C. Restrict calories |
| iv. Rumination disorder | D. Purging |

Part-C

Answer in detail any 3 questions

5X3 =15 Marks

1. Young individuals between the ages of 15 and 30 living with a chronic illness are three times more likely to attempt suicide than their healthy peers, according to a new study from the University of Waterloo. In your view what approaches can help in managing chronic illness?
2. Assume that you are working as a volunteer in a rehabilitation center meant for deaddiction, what are the principles you follow for effective drug addiction treatment?
3. Define addiction. Write a note any 3 types of addiction found in engineering students.
4. John and Jovian are good friends, studied together. Jovian is very talkative and John is quiet. Both joined a marketing company which involved interacting with many clients. John and Jovian are in probationary period for 6 months after which they would be made permanent employees. After 6 months Jovian is made a permanent employee and John is asked to continue in probationary period for additional 6 months.
 - (a) What might be the reason for the state of John?
 - (b) What skills John is lacking? and how he can improve?
5. Define health. Explain the advantages of maintaining good health. Add a note on methods to improve good psychological health.
