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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

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

7. Managing stress involves

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

8. 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

9. Three dimensions of Spiritual health are

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

10. Medical practices in health Behaviors include routine

- a) Taking medications
- c) Dancing and singing
- b) Consumption of health supplements
- 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
- c) Abnormal 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
- 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
- c) Bulmia nervosa
- b) Anorexia nervosa
- d) Pica
- 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

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

- a) Replacing both unsaturated fats and trans-fats with saturated fats

- c) Replacing both saturated fats and trans-fats with unsaturated fats

14. Skinfold thickness tests is done for detection of

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

15. Example of industrially processed fat is

- a) Trans-fat
- c) Poly-unsaturated fat
- b) Saturated 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
- c) 70.0
- b) 65.0
- d) 62.5

17. Enhancement in _____ leads to obesity

 - a) Adiposity
 - b) Apiposity
 - c) Epidosity
 - d) Ediposity

18. Prescription of calcium tablets, leads to deal with

 - a) Diabetes
 - b) Cardiovascular disease
 - c) Parkinsonism
 - d) Osteoporosis

19. Identify the correct sequence of communication

 - a) Medium- Sender-Receiver-Response
 - b) Sender-Medium-Receiver-Response
 - c) Receiver-Sender-Medium- Response
 - d) None of the above

20. _____ is required along with preparation to achieve perception.

 - a) Promotion
 - b) Practice
 - c) Thinking
 - d) Memorization

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

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

22. Withdrawal symptoms are not shown by

 - a) Opiates
 - b) Hallucinogens
 - c) Stimulants
 - d) Sedatives

23. Which of them is hallucinogenic drug?

 - a) LSD
 - b) Morphine
 - c) Cocaine
 - d) Heroine

24. Alcohol addiction causes

 - a) Deposition of fat in liver
 - b) Deposition of protein in liver
 - c) Rise in blood sugar level
 - d) Growth of cancer

25. Immunity is termed as

 - a) Body resistance to invading antigen
 - b) Raise in temperature
 - c) Process of production of hormones
 - d) Process of production of RBC

Part-B

Match the following

$$5 \times 2 = 10$$

1. Match the following eating disorders

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

2. Match the following nutrients with its functions

- | | |
|------------------------|----------------------------------|
| 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.
