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Question Paper Version:

First/Second Semester B.E./B.Tech./B.Arch./B.Planning Degree Examination

## Scientific Foundation of Health

(COMMON TO ALL BRANCHES)

Time: 1 hrs.

[Max. Marks:50]

### INSTRUCTIONS TO THE CANDIDATE

1. Answer all the fifty questions. each question carries one mark.
2. Use only Black ball point pen for writing/ darken the circles
3. For each question. after selecting your answer, darken the he appropriate circle corresponding to the same question number on OMR Sheet.
4. Darkening two circles for the same question makes the answer invalid.
5. Damaging / Overwriting, using whiteners on the OMR sheets are strictly

prohibited.

1. What is the primary foundation of a positive mindset?

- a) Wealth
- b) Health
- c) Education
- d) Relationships

2. Which of the following is NOT an influencing factor of health?

- a) Genetics
- b) Socioeconomic status
- c) Favorite color
- d) Environmental factors

3. Health beliefs can significantly impact one's well-being. Which of the following is an example of a positive health belief?

- a) "I'll never get sick, so I don't need to exercise."
- b) "Preventive check-ups are important for early detection of health issues."
- c) "Illness is a punishment for bad karma."
- d) "I only need to eat vegetables; meat is unhealthy."

4. What is an advantage of good health?

- a) Increased medical bills
- b) Reduced quality of life
- c) Improved overall well-being
- d) More frequent illnesses

5. How does behavior influence health?

- a) It has no impact on health.
- b) Healthy behaviors can promote good health.
- c) Unhealthy behaviors only affect mental health.
- d) Behavior only matters in old age.

6. In what ways does society influence health?

- a) Society has no impact on health.
- b) Social support and norms can affect health behaviors.
- c) Society only influences physical health.
- d) Society primarily impacts genetics.

7. What is the role of family in maintaining health?

- a) Families have no influence on health.
- b) Families can provide emotional support and influence health behaviors.
- c) Families only affect children's health.
- d) Families are responsible for providing medical care.

8. Which personality trait is often associated with better health outcomes?

- a) Introversion
- b) Neuroticism
- c) Optimism
- d) Pessimism

9. Which of the following is NOT a method to improve psychological health?

- a) Regular exercise
- b) Seeking therapy or counseling
- c) Isolation and social withdrawal
- d) Practicing mindfulness and relaxation techniques

10. What is the term for a persistent pattern of thoughts, feelings, and behaviors that significantly impair a person's daily functioning?

- a) Stress
- b) Resilience
- c) Psychological disorder
- d) Happiness

11. What is the recommended daily intake of water for an average adult?

- a) 1 liter
- b) 2 liters
- c) 3 liters
- d) It varies by individual needs

12. Which nutrient is essential for building and repairing tissues in the body?

- a) Carbohydrates

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- b) Vitamins  
c) Proteins  
d) Fats
13. What is obesity?  
a) A normal and healthy body weight  
b) Excessive body fat that may impair health  
c) A sign of strong willpower  
d) A rare medical condition
14. How can obesity be managed effectively?  
a) Crash dieting  
b) Regular exercise and a balanced diet  
c) Avoiding all food  
d) Prescription medications only
15. Which of the following is NOT an eating disorder?  
a) Anorexia nervosa  
b) Bulimia nervosa  
c) Binge-watching  
d) Binge-eating disorder
16. What is a common characteristic of anorexia nervosa?  
a) Frequent episodes of binge eating  
b) Intense fear of gaining weight or becoming fat  
c) Frequent weightlifting and bodybuilding  
d) Excessive consumption of sugary foods
17. What component of fitness involves the ability to move a joint through its full range of motion?  
a) Cardiovascular fitness  
b) Muscular strength  
c) Flexibility  
d) Agility
18. Which of the following fitness components is related to the heart and lungs?  
a) Muscular strength  
b) Cardiovascular fitness  
c) Balance  
d) Speed
19. What is the definition of wellness?  
a) The absence of all health issues  
b) A state of complete physical fitness  
c) The overall well-being of an individual in multiple dimensions  
d) The ability to lift heavy weights
20. What is the purpose of a warm-up before exercise?  
a) To increase the risk of injury  
b) To cool down the body  
c) To gradually prepare the body for more intense activity  
d) To skip exercise entirely
21. Which of the following best describes the role of trust in relationships?  
a) Trust is irrelevant in healthy relationships.  
b) Trust is built through manipulation and deceit.  
c) Trust is essential for building and maintaining healthy relationships.  
d) Trust is unnecessary as long as there is clear communication.
22. How can social engineering initiatives promote healthier eating habits?  
a) By discouraging access to healthy foods  
b) By providing incentives for choosing unhealthy foods  
c) By creating environments that make healthy choices more accessible and appealing  
d) By isolating individuals from society
23. What is the role of empathy in resolving conflicts within relationships?  
a) Empathy fuels conflicts and should be avoided.  
b) Empathy can help individuals understand each other's perspectives and find common ground.  
c) Empathy leads to isolation from others.  
d) Empathy promotes competition in relationships.
24. Which of the following is a sign of an unhealthy relationship?  
a) Open and honest communication  
b) Mutual respect and support  
c) Manipulation and control  
d) Empathy and understanding
25. How can social engineering influence individuals to adopt healthier lifestyles?  
a) By isolating them from society  
b) By discouraging community support  
c) By changing societal norms and providing incentives for healthier choices  
d) By promoting unhealthy behaviors
26. What is the importance of active listening in effective communication?  
a) Active listening leads to isolation from others.  
b) Active listening encourages dominance in conversations.  
c) Active listening promotes understanding and empathy.  
d) Active listening hinders the communication process.
27. Which of the following is a characteristic of a healthy friendship?  
a) A lack of trust and honesty  
b) Power struggles and competition  
c) Mutual respect and support  
d) Isolation from others

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28. In healthy relationships, what is the role of compromise?
- It is unnecessary as one person should always get their way.
  - It can help resolve conflicts and maintain harmony.
  - It leads to power struggles.
  - It promotes isolation from others.
29. What is the primary goal of social engineering initiatives in the context of health behaviors?
- To isolate individuals from society
  - To discourage all forms of social interaction
  - To create environments that make healthy choices the default option
  - To promote unhealthy behaviors
30. How can empathy contribute to conflict resolution in relationships?
- By fueling conflicts and arguments
  - By promoting manipulation and control
  - By helping individuals understand each other's perspectives and find common ground
  - By encouraging isolation from others
31. What are characteristics of health-compromising behaviors?
- Promoting physical well-being
  - Enhancing mental health
  - Risky actions that may harm one's health
  - Acts of kindness towards others
32. What is addiction?
- A harmless hobby
  - A normal part of life
  - A complex condition involving physical and psychological dependence on a substance or behavior
  - An occasional indulgence
33. How does addiction typically develop?
- Overnight
  - Gradually, with repeated exposure and cravings
  - Through genetic inheritance only
  - Without any external influences
34. Which of the following is an example of a behavioral addiction?
- Smoking
  - Alcoholism
  - Internet gaming disorder
  - Diabetes
35. What are influencing factors that can contribute to the development of addiction?
- Strong support systems
  - Healthy coping strategies
  - Genetics, environment, and stress
  - High self-esteem
36. What distinguishes addictive behaviors from non-addictive behaviors?
- Addictive behaviors always lead to positive outcomes.
  - Addictive behaviors are only related to substance abuse.
  - Addictive behaviors involve loss of control, cravings, and negative consequences.
  - Addictive behaviors are completely voluntary.
37. What are the potential effects of addiction on an individual's life?
- Improved physical health
  - Enhanced relationships
  - Mental and physical health deterioration, financial problems, and social isolation
  - Increased happiness and well-being
38. Which of the following is NOT a common type of addiction?
- Substance addiction
  - Process addiction
  - Healthy habit
  - Behavioral addiction
39. How can individuals initiate recovery from addiction?
- By continuing addictive behaviors
  - By seeking professional help and support
  - By increasing the intensity of their addiction
  - By ignoring the consequences of addiction
40. What is the term for the physiological and psychological need for a substance to function normally?
- Craving
  - Dependency
  - Moderation
  - Voluntary choice
41. Which of the following is a common preventive measure against the spread of infectious diseases?
- Frequent handwashing with soap and water
  - Avoiding vaccinations
  - Sharing personal items with others
  - Ignoring personal hygiene
42. How can individuals reduce their risk of cancer?
- By adopting a balanced diet and regular exercise
  - By smoking and excessive alcohol consumption
  - By avoiding all medical check-ups
  - By ignoring their health
43. What is the primary goal of managing a chronic illness like diabetes?
- To ignore the condition and hope it improves
  - To rely solely on medication without lifestyle changes
  - To achieve a high-quality life while managing symptoms
  - To isolate oneself from society
44. What makes youth health and wellness a challenge for the future?
- Because youth are naturally immune to health problems
  - Because youth face unique health challenges and habits developed in youth can impact future health
  - Because youth do not care about their well-being
  - Because youth have unlimited resources for maintaining wellness

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45. What is the primary purpose of measuring health and wealth status?
- a) To compare oneself to others
  - b) To judge individuals based on their health and wealth
  - c) To assess well-being, identify areas for improvement, and make informed decisions
  - d) To promote competition and isolation
46. Which of the following is a common practice to prevent the spread of infectious diseases like COVID-19?
- a) Avoiding social distancing
  - b) Sharing utensils with others
  - c) Wearing a mask in crowded places
  - d) Ignoring personal hygiene
47. How can individuals reduce their risk of developing type 2 diabetes?
- a) By maintaining a sedentary lifestyle and consuming a high-sugar diet
  - b) By avoiding all medical check-ups
  - c) By adopting a healthy diet and regular exercise routine
  - d) By isolating themselves from society
48. What is one way to cope with chronic conditions and improve quality of life?
- a) Ignoring the condition and hoping it goes away
  - b) Isolating oneself from society.
  - c) Seeking medical treatment only
  - d) Adopting healthy lifestyle changes and seeking support
49. Why is youth health and wellness a significant concern for the future?
- a) Because youth are naturally immune to health issues
  - b) Because youth have access to unlimited healthcare resources
  - c) Because youth are not interested in their health
  - d) Because youth habits can have a lasting impact on future health
50. What is the primary purpose of assessing health and wealth status?
- a) To judge individuals based on their financial status
  - b) To encourage unhealthy competition
  - c) To assess well-being, identify areas for improvement, and make informed decisions
  - d) To promote isolation from society

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