# SDAG GAMEME

	6 B 6 B 6 B 6 B 6 B 6 B 6 B 6 B 6 B 6 B		BSFHK158
USN		Question P	aper Version : A
]	First Semester B.E./B.Tech. De Scientific Four	gree Examination, Idation of Healt	
Γime	1 hr.]		[Max. Marks: 50
	INSTRUCTIONS	TO THE CANDIDA	ATES
1.	Answer all the <b>fifty</b> questions, each q	uestion carries one mark	· ·
2.	Use only Black ball point pen for wr	iting / darkening the circ	eles.
3.	For each question, after selecting y	our answer, darken th	e appropriate circle
	corresponding to the same question	number on the OMR	sheet.
4.	Darkening two circles for the same qu	estion makes the answe	r invalid.
5.	Damaging/overwriting, using whi	teners on the OMR	sheets are strictly
	prohibited.		
1.	According to WHO health is  a) A state of body and mind in a balance b) The reflection of smiling face c) The symbol of economic property d) A state of complete physical, mental a		erely absence of disease
2.	Psychosis is characterized by a) Loss of touch with reality b) Prolonged emotional reaction to a give c) Anxiety, fear, sadness, vague aches an d) All of these		
3.	Which year did the World Health Org fundamental human right? a) 1946 b) 1952	anization first express th	e right to health as a d) 2000
4.	Which of these things in health psycholo a) What causes illness c) How should illness be treated	gy concerned with? b) Who is responsible d) All of these	for illness
5.	Which of these is not an example of heal a) Regular exercise c) Going to Jim	th behaviour? b) Eating health food d) Smoking	
6.	The benefits in eating a balanced diet a) Good health c) Improved health and reduced illness	b) Good mood and end d) All of these	ergy

7.	Mental health hazards a) Anxiety c) Mental disorder du		b) Depression d) All of these	
8.	In healthy diet as per	WHO the amount of sa	alt to be consumed by a	
	a) Less than 5 g	b) Less than 7 g	c) Less than 10 g	d) Less than 25 g
9.	BMI stands for a) Body Material Inde c) Body Mass Index	ex	b) Body Mental Index d) Body Moving Index	
10.	Anorexia nervosa ind a) Nervous disorder	icator? b) Sleeping disorder	c) Eating disorder	d) Physical disorder
11.	Which of the following a) Pulses	ng food items provides b) Whole grain	dietary fibre c) Fruits and vegetable	es d) All of these
12.	Which of the following a) Racing heart	~	cs of stress c) Flushed cheeks	d) All of these
13.	The formula used to a) kg/m	ealculate BMI is	c) kg/m <sup>2</sup>	d) g/cm <sup>2</sup>
14.	The height of a person a) 23.152	n is 182 cm and weigh b) 24.152	t 80 kg. What is the BM c) 28.1	II of the person? d) 32.1
15.	Common health conse a) Cardiovascular disc) Musculoskeletal di	ease	ht and body obesity are b) Diabetes d) All of these	, Colon
16.	Which of the following a) Strength	. •	e general physical fitne c) Flexibility	ss? d) Intelligence
17.	Consumption of total a) 20.5%	fat should not exceed b) 30%	of total energy.	d) 35%
18.	Prashanth is showin routine he is in the state a) Stress		and psychological ex	haustion in his daily d) Resistance
19.	This is an instance of		appreciation and does	
	a) Social pressure	b) Internal pressure	c) Conflict	d) Social stress
20.	The following are the a) It improves perform c) It motivates	characteristics of posi	tive stress b) It feels exciting d) All of these	
21.	Examples of environr a) Weather	mental stresses are b) Traffic	c) Finance	d) Both (a) and (b)
22.		ng are major nutrients i b) Proteins	in our food c) Vitamins and Miner	als d) All of these

## BSFHK158

23.	communic	ation includes tone of	of voice body language	e and facial expression.
	a) Non verbal	b) Verbal	c) Letter	d) None of these
24.	Anxiety, Depression	, tiredness and loss	of self esteem are	sign of illness.
	a) Mental	b) Physical	c) Social	d) All of these
25.	Which among the fo			CAIL CA
	a) Bacteria	b) Fungi	c) Virus	d) All of these
26.	When international	day against drug abı	use is celebrated?	
	a) 26 <sup>th</sup> June		c) 14 <sup>th</sup> September	d) 1 <sup>st</sup> December
27	, •	11	1 1	
27.		mall piece of geneti	c code and a coat of page	rotein and a fat molecule to
	protect them. a) Bacillus		b) Corona	
	c) Mucar Saccharon	ivces	d) None of the ab	nove
	c) widear succitation	1,003	a) Frome of the do	
28.		•	berculosis and pneum	· · · · · · · · · · · · · · · · · · ·
	a) Bacteria	b) Fungi	c) Virus	d) None of these
29.	While taking to frie	nde vou do not nov e	attention to the skills of	f communication.
47.	a) Written	b) Oral	c) Audio	d) Visual
	u) Whiteh	o) oran	c) Hudio	d) Visual
<b>30.</b>	Which of the follow	ing is a bad commu	nication in relationship	?
	a) Becoming defens			
	b) They do not pay s	-		
	c) They never argue	/ -		
	d) They try to spend	Quality time with e	each other	A
31.	arises when	a person is continuo	ously thwarted in his at	ttempts to reach a goal.
	a) Fear	b) Anxiety	c) Depression	-
			, ,	,
32.		ised for different typ		
	a) Rational Emotive		b) Cognitive beha	avior
	c) Contingency man	agement	d) All of these	
33.	Which are intimatel	v related		
	a) Disease and Heal		b) Body and Heal	lth
	c) Body and Mind		d) All of these	
2.4	NT ( 1 )		1 1 11 6.1	
34.		stic of friendship inc	lude all of these excep	
	<ul><li>a) Oppressive</li><li>c) Solve problems to</li></ul>	ngether	b) Criticize in jok d) Unsupportive	ang manner
	c) solve problems w	geniei	d) Onsupportive	
35.	Body language and	facial expressions ar	re related to	
	a) Object communic		b) Written comm	unication
	c) Oral communicat	ion	d) Non-verbal con	mmunication
26	Dogio in the 4 Cl'C			
36.	Basic instinct of life	h) Comu-1	a) Caai-1	a) A 11 a £41
	a) Self preservation	b) Sexual	c) Social	d) All of these
37.	Our dress code is a	example of		
-	a) Verbal	b) Non-verbal	c) Written	d) Spoken

38.		lrug addiction is a maj	•	
	a) Childhood	b) Adolescent	c) Adulthood	d) Old age
39.			not a short term activ	
	a) Life style	b) Choice	c) Obligation	d) Compulsion
40.			a person develops inter their behavior with reg c) Addiction	
	a) Tolerance	o) Aduse	c) Addiction	d) Dependence
41.	b) An outbreak which c) A rapid global out	emic epidemic involving m h recurs again and aga break starting from a s f common cold virus a	in single focus	
42.	_	ctors, which are the	most important factors	s for virus spread and
	infection? a) Age	b) Sex	c) Genetic factor	d) Travel
43.	<ul><li>a) How virulent the i</li><li>b) How many people</li><li>c) How many contact</li></ul>			
44.	The feature common a) Fear of againing w c) Purging to prevent		bulimia nervosa is b) Refusal maintain n d) None of these	ormal body weight
45.	The test is us		cardiovascular enduranc	e.
	a) Hooper run	b) Cooper run	c) Carter run	d) Dalton run
46.	The ability to make ra) Flexibility	maximum turn or twist b) Speed	t on the joint is c) Strength	d) Coordination
47.		scles during exercise i	d the respiratory systems called b) Skill related fitness d) Cardiovascular fitn	3
48.	a) Muscular Enduran	exert force one time is	b) Muscular strength	
	c) Power	CAY	d) Reaction time	
49.	proportion of the me	mber of the group are	incounter a susceptible immune c) Passive immunity	
50.	Body language plays a) Communication	on important role in b) Judgement	c) Both (a) and (b)	d) None of these

# CBCS SCHEME

	Selection and the selection an		BSFHK158
USN	N	Question 1	Paper Version: B
]	First Semester B.E./B.Tech. Degree		
	Scientific Founda	ation of Heal	th
Time:	e: 1 hr.]		[Max. Marks: 50
	INSTRUCTIONS TO	O THE CANDID	ATES
1.	Answer all the <b>fifty</b> questions, each quest	tion carries one mark	k.
2.	Use only Black ball point pen for writin	g / darkening the cir	rcles.
3.	For each question, after selecting your	answer, darken tl	he appropriate circle
	corresponding to the same question nu	mber on the OMR	sheet.
4.	Darkening two circles for the same quest	ion makes the answ	er invalid.
5.	Damaging/overwriting, using whiten	ers on the OMR	sheets are strictly
	prohibited.		
1.	What is a virus pandemic  a) A sharp and rapid epidemic involving mor  b) An outbreak which recurs again and again  c) A rapid global outbreak starting from a sir  d) A characteristic of common cold virus and	ngle focus	
2.	Of the following factors, which are the minfection?  a) Age  b) Sex	nost important factor c) Genetic factor	s for virus spread and
3.	What does the reproductive number of a viru a) How virulent the infection will be b) How many people will die c) How many contacts will be infected from d) How long the incubation period will be		
4.	The feature common to both anorexia and but a) Fear of againing weight c) Purging to prevent weight gain	ılimia nervosa is b) Refusal maintain r d) None of these	normal body weight
5.	The test is used most often to test car a) Hooper run b) Cooper run	rdiovascular enduranc c) Carter run	ee. d) Dalton run

7. The ability of the heart, blood vessels and the respiratory system to supply oxygen and necessary fuel to muscles during exercise is called

The ability to make maximum turn or twist on the joint is \_\_\_\_

a) Health related fitness

a) Flexibility b) Speed

b) Skill related fitness

c) Strength

c) Physical fitness

6.

d) Cardiovascular fitness

d) Coordination

8.	Ability of muscle to e a) Muscular Endurance c) Power	exert force one time is o	called b) Muscular strength d) Reaction time	
9.	An infected person proportion of the mer	nber of the group are in	counter a susceptible	person mean a large
10.	Body language plays a) Communication	on important role in	c) Both (a) and (b)	d) None of these
11.	${a) \text{ Fear}}$ arises when a	CV.	y thwarted in his attemp c) Depression	ts to reach a goal. d) Frustration
12.	Therapy is us a) Rational Emotive c) Contingency mana	sed for different types of gement	of addiction. b) Cognitive behavior d) All of these	
13.	Which are intimately a) Disease and Health c) Body and Mind		b) Body and Health d) All of these	
14.	Negative characterist: a) Oppressive c) Solve problems tog	ic of friendship include	e all of these except b) Criticize in joking r d) Unsupportive	nanner
15.	Body language and fa a) Object communica c) Oral communication		elated to b) Written communica d) Non-verbal commu	
16.	Basic instinct of life a) Self preservation	b) Sexual	c) Social	d) All of these
17.	Our dress code is a exa) Verbal	kample of b) Non-verbal	c) Written	d) Spoken
18.	In which age group d a) Childhood	rug addiction is a majo b) Adolescent	or problem? c) Adulthood	d) Old age
19.	Exercising regularly sa) Life style	should be a/an b) Choice	not a short term activic) Obligation	ty. d) Compulsion
20.	of substance and the using it?	e inability to control t	a person develops inten their behavior with reg	ards to obtaining and
	a) Tolerance	b) Abuse	c) Addiction	d) Dependence
21.	Which of the following a) Pulses	ng food items provides b) Whole grain	dietary fibre c) Fruits and vegetable	es d) All of these
22.	Which of the following a) Racing heart	ng are the characteristic b) Sweaty palms	cs of stress c) Flushed cheeks	d) All of these

23.	The formula used to a) kg/m	calculate BMI is b) g/cm	c) kg/m <sup>2</sup>	d) g/cm <sup>2</sup>
24.	The height of a perso a) 23.152	n is 182 cm and weigh b) 24.152	t 80 kg. What is the BM c) 28.1	I of the person? d) 32.1
25.	Common health cons a) Cardiovascular dis c) Musculoskeletal di	ease	ht and body obesity are b) Diabetes d) All of these	, COS
26.	Which of the following a) Strength	ng is not included in th b) Endurance	e general physical fitnes c) Flexibility	ss? d) Intelligence
27.	Consumption of total a) 20.5%	fat should not exceed b) 30%	of total energy.	d) 35%
28.	routine he is in the sta		and psychological ex	haustion in his daily d) Resistance
	a) Stress	, 1 0	3	,
29.	Dileep gets satisfacti This is an instance of a) Social pressure		appreciation and does c) Conflict	everything perfectly. d) Social stress
	,			d) bociai siiess
30.	The following are the a) It improves perform c) It motivates	characteristics of posi nance	b) It feels exciting d) All of these	CS -
31.	b) The reflection of so c) The symbol of eco	I mind in a balanced comiling face nomic property		
32.	Psychosis is charactera) Loss of touch with b) Prolonged emotion	rized by		erely absence of disease
33.	Which year did the fundamental human ra) 1946		zation first express the	e right to health as a d) 2000
34.	,	s in health psychology		,
35.		an example of health b	,	

36.	The benefits in eating a balanced diet a) Good health	b) Good mood and en	ergy
	c) Improved health and reduced illness	d) All of these	
37.	Mental health hazards includes	5	
	a) Anxiety c) Mental disorder due to substance use	b) Depression d) All of these	
38.	In healthy diet as per WHO the amount of sa	alt to be consumed by a	person per day is
	a) Less than 5 g b) Less than 7 g	c) Less than 10 g	d) Less than 25 g
39.	BMI stands for	G,	
	a) Body Material Index c) Body Mass Index	<ul><li>b) Body Mental Index</li><li>d) Body Moving Index</li></ul>	
	c) Body Wass fidex	d) Body Moving inde	X
40.	Anorexia nervosa indicator?		1) D1 ' 1 1' 1
	a) Nervous disorder b) Sleeping disorder	c) Eating disorder	d) Physical disorder
41.	Examples of environmental stresses are		
	a) Weather b) Traffic	c) Finance	d) Both (a) and (b)
42.	Which of the following are major nutrients		
	a) Carbohydrate b) Proteins	c) Vitamins and Mine	rals d) All of these
43.	communication includes tone of vo		_
	a) Non verbal b) Verbal	c) Letter	d) None of these
44.	Anxiety, Depression, tiredness and loss of s		sign of illness.
	a) Mental b) Physical	c) Social	d) All of these
45.	Which among the following are examples o	<u> </u>	
	a) Bacteria b) Fungi	c) Virus	d) All of these
46.	When international day against drug abuse i		
	a) $26^{th}$ June b) $12^{th}$ March	c) 14 <sup>th</sup> September	d) 1 <sup>st</sup> December
47.	contain a small piece of genetic co	ode and a coat of protein	n and a fat molecule to
	protect them. a) Bacillus	b) Corona	
	c) Mucar Saccharomyces	d) None of the above	
48.	Infections like gastritis, eye irritation, tubero	culosis and nneumonia	are caused by
70.	a) Bacteria b) Fungi	c) Virus	d) None of these
49.	While taking to friends you do not pay atten	ation to the skills of	communication
47.	a) Written b) Oral	c) Audio	d) Visual
50.	Which of the following is a bad communica	ation in relationship?	
J	a) Becoming defensive in heated discussion	[	
	b) They do not pay share personal life with	each other	
	<ul><li>c) They never argue about important things</li><li>d) They try to spend Quality time with each</li></ul>	other	
	, , , , , , , , , , , , , , , , , , , ,		

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Version B – 4 of 4

# CBCS SCHEME

#### **BSFHK158**

							म जाग जा	DOI IIXI 30
USN								Question Paper Version : C
F	First Semester B.E./B.Tech. Degree Examination, Jan./Feb. 2023  Scientific Foundation of Health							
								 \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \

ıme:	ı nr.j			[Max. Marks: 50
	INST	RUCTIONS T	O THE CANDID	ATES
1.	Answer all the <b>fifty</b> que	stions, each ques	tion carries one man	k.
2.	Use only Black ball poi	<b>int pen</b> for writin	g / darkening the ci	rcles.
3.	For each question, after	er selecting your	answer, darken t	he appropriate circle
	corresponding to the sa	ame question nu	mber on the OMR	sheet.
4.	Darkening two circles for	or the same quest	ion makes the answ	ver invalid.
5.	Damaging/overwriting	, using whiten	ers on the OM	R sheets are strictly
	prohibited.			
1.	Examples of environments a) Weather b) T	al stresses are Γraffic	c) Finance	d) Both (a) and (b)
2.	Which of the following ar a) Carbohydrate b) F	e major nutrients in Proteins		nerals d) All of these
3.		includes tone of vo	ice body language ar c) Letter	nd facial expression. d) None of these
4.	Anxiety, Depression, tired a) Mental b) F	lness and loss of se Physical	elf esteem are c) Social	sign of illness. d) All of these
5.	Which among the following a) Bacteria b) F		pathogen? c) Virus	d) All of these
6.	When international day ag a) $26^{th}$ June b) 1		s celebrated? c) 14 <sup>th</sup> September	d) 1 <sup>st</sup> December
7.	protect them.	piece of genetic co		ein and a fat molecule to
	<ul><li>a) Bacillus</li><li>c) Mucar Saccharomyces</li></ul>		<ul><li>b) Corona</li><li>d) None of the above</li></ul>	2
8.	Infections like gastritis, ey a) Bacteria b) F		ulosis and pneumoni c) Virus	a are caused by d) None of these
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10.	Which of the following is a bad communa) Becoming defensive in heated discuss b) They do not pay share personal life wc) They never argue about important third) They try to spend Quality time with e	sion ith each other ngs	*
11.	What is a virus pandemic  a) A sharp and rapid epidemic involving b) An outbreak which recurs again and a c) A rapid global outbreak starting from d) A characteristic of common cold virus	ngain a single focus	CO.
12.	Of the following factors, which are the infection?  a) Age  b) Sex	he most important factors c) Genetic factor	for virus spread and d) Travel
13.	What does the reproductive number of a a) How virulent the infection will be b) How many people will die c) How many contacts will be infected fid) How long the incubation period will be	rom one case	
14.	The feature common to both anorexia an a) Fear of againing weight c) Purging to prevent weight gain	nd bulimia nervosa is b) Refusal maintain n d) None of these	ormal body weight
15.	The test is used most often to test a) Hooper run b) Cooper run	st cardiovascular endurance c) Carter run	e. d) Dalton run
16.	The ability to make maximum turn or twa) Flexibility b) Speed	vist on the joint is c) Strength	d) Coordination
17.	The ability of the heart, blood vessels a necessary fuel to muscles during exercis a) Health related fitness c) Physical fitness	se is called	3
18.	Ability of muscle to exert force one time a) Muscular Endurance c) Power	e is called b) Muscular strength d) Reaction time	
19.	An infected person is less likely to proportion of the member of the group a a) Active immunity b) Herd immunity	re immune	
20.	Body language plays on important role is a) Communication b) Judgement	n c) Both (a) and (b)	d) None of these
21.	a) Fear arises when a person is continuo b) Anxiety	ously thwarted in his attempt c) Depression	pts to reach a goal. d) Frustration

22.	Therapy is us a) Rational Emotive c) Contingency mana	sed for different types of	of addiction. b) Cognitive behavior d) All of these	
23.	Which are intimately a) Disease and Health c) Body and Mind		b) Body and Health d) All of these	
24.	Negative characterist a) Oppressive c) Solve problems to	ic of friendship include	e all of these except b) Criticize in joking r d) Unsupportive	nanner
25.	Body language and fa a) Object communication c) Oral communication		elated to b) Written communica d) Non-verbal commu	
26.	Basic instinct of life a) Self preservation	b) Sexual	c) Social	d) All of these
27.	Our dress code is a ea a) Verbal	xample of b) Non-verbal	c) Written	d) Spoken
28.	In which age group da) Childhood	rug addiction is a majo b) Adolescent	or problem? c) Adulthood	d) Old age
29.	Exercising regularly a) Life style	should be a/an b) Choice	_ not a short term activi c) Obligation	ty. d) Compulsion
30.	of substance and the using it?	e inability to control	a person develops inten their behavior with reg	ards to obtaining and
	a) Tolerance	b) Abuse	c) Addiction	d) Dependence
31.		ng food items provides b) Whole grain	s dietary fibre c) Fruits and vegetable	es d) All of these
32.	Which of the following a) Racing heart	ng are the characteristi b) Sweaty palms	cs of stress c) Flushed cheeks	d) All of these
33.	The formula used to (a) kg/m	calculate BMI isb) g/cm	$c) kg/m^2$	d) g/cm <sup>2</sup>
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38.	routine he is in the sta	ate of	and psychological ex	-
	a) Stress	b) Coping	c) Burnout	d) Resistance
39.	Dileep gets satisfacti This is an instance of a) Social pressure	•	c) Conflict	d) Social stress
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41.	<ul><li>b) The reflection of s</li><li>c) The symbol of eco</li></ul>	d mind in a balanced co miling face nomic property	ondition social wellbeing not m	erely absence of diseas
42.	,	•		
43.	Which year did the fundamental human ra) 1946	_	zation first express th	e right to health as a
44.	Which of these things a) What causes illnes c) How should illness		concerned with? b) Who is responsible d) All of these	for illness
45.	Which of these is not a) Regular exercise c) Going to Jim	an example of health l	behaviour? b) Eating health food d) Smoking	
46.	The benefits in eating a) Good health c) Improved health ar		b) Good mood and en d) All of these	ergy
47.	Mental health hazard a) Anxiety c) Mental disorder du		b) Depression d) All of these	
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49.	BMI stands for a) Body Material Ind c) Body Mass Index	ex	b) Body Mental Index d) Body Moving Inde	
50.	Anorexia nervosa ind a) Nervous disorder	b) Sleeping disorder  * * *	* *	d) Physical disorder
(		Version C	– 4 of 4	



		المارة رومارها	usws		BSFHK158
USN				Question Pa	aper Version: D
]	First Semester E	B.E./B.Tech. De	gree Exam	ination,	Jan./Feb. 2023
		entific Foun		-	
Time:	: 1 hr.]		D.		[Max. Marks: 50
	I	NSTRUCTIONS	TO THE C	CANDIDA	TES
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		C			
1.	a) Fear arises when	a person is continuou b) Anxiety	usly thwarted i c) Depress		ts to reach a goal. d) Frustration
•	,				
2.	a) Rational Emotive	sed for different type		ve behavior	,
	c) Contingency man	agement	d) All of the		
3.	Which are intimately	y related	•	Q,	
	a) Disease and Healt	ih 💙	b) Body an		
	c) Body and Mind	25	d) All of t	<b>Y</b>	
4.	Negative characteris a) Oppressive	tic of friendship incl		e except e in joking n	nanner
	c) Solve problems to	gether	d) Unsupp		namei
5.	Body language and i	facial expressions are	e related to		
	a) Object communic	ation	b) Written	communica	
	c) Oral communicati	ion	d) Non-ve	rbal commu	nication
6.	Basic instinct of life	1) 0 / 1	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \		1) 411 - 64
	a) Self preservation	b) Sexual	c) Social		d) All of these
7.	Our dress code is a e	-	-		1) G 1
	a) Verbal	b) Non-verbal	c) Written		d) Spoken

In which age group drug addiction is a major problem?
a) Childhood b) Adolescent c) Adulthood

8.

Version D – 1 of 4

d) Compulsion

d) Old age

			a person develops intense cravings for the use their behavior with regards to obtaining and		
	a) Tolerance	b) Abuse	c) Addiction	d) Dependence	
11.	b) The reflection of s c) The symbol of eco	d mind in a balanced c miling face nomic property	ondition social wellbeing not me	erely absence of disease	
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13.	Which year did the fundamental human ia) 1946		ization first express th	e right to health as a d) 2000	
14.	Which of these thing a) What causes illnes c) How should illnes		concerned with? b) Who is responsible d) All of these	for illness	
15.	Which of these is not a) Regular exercise c) Going to Jim	an example of health	behaviour? b) Eating health food d) Smoking	, CST	
16.	The benefits in eating a) Good health c) Improved health a		b) Good mood and end) All of these	ergy	
17.	Mental health hazard a) Anxiety c) Mental disorder du	CV.	b) Depression d) All of these		
18.	In healthy diet as per a) Less than 5 g	WHO the amount of s b) Less than 7 g	alt to be consumed by a c) Less than 10 g	person per day is d) Less than 25 g	
19.	BMI stands for a) Body Material Ind c) Body Mass Index	ex	b) Body Mental Index d) Body Moving Inde		
20.	Anorexia nervosa inc a) Nervous disorder	licator? b) Sleeping disorder	c) Eating disorder	d) Physical disorder	
21.	b) An outbreak which c) A rapid global out	emic epidemic involving mo n recurs again and agai break starting from a so common cold virus ar	n ingle focus		

22.	Of the following facinfection? a) Age	etors, which are the b) Sex	most important factors c) Genetic factor	for virus spread and d) Travel
23.	What does the reprod a) How virulent the in b) How many people c) How many contact d) How long the incul	nfection will be will die s will be infected fron	7.	
24.	The feature common a) Fear of againing w c) Purging to prevent	eight	oulimia nervosa is b) Refusal maintain no d) None of these	ormal body weight
25.	The test is use a) Hooper run	ed most often to test c b) Cooper run	ardiovascular endurance c) Carter run	d) Dalton run
26.	The ability to make ma) Flexibility	naximum turn or twist b) Speed	on the joint is	d) Coordination
27.	The ability of the hear necessary fuel to mus a) Health related fitne c) Physical fitness	cles during exercise is	the respiratory system s called b) Skill related fitness d) Cardiovascular fitne	11.
28.	Ability of muscle to e a) Muscular Endurand c) Power		called b) Muscular strength d) Reaction time	, Cor
29.	proportion of the men	nber of the group are i	counter a susceptible immune c) Passive immunity	
30.	Body language plays a) Communication		c) Both (a) and (b)	d) None of these
31.	Examples of environr a) Weather	mental stresses are b) Traffic	e) Finance	d) Both (a) and (b)
32.	Which of the followir a) Carbohydrate	ng are major nutrients b) Proteins	in our food c) Vitamins and Miner	rals d) All of these
33.	a) Non verbal	ion includes tone of v b) Verbal	oice body language and c) Letter	facial expression. d) None of these
34.	Anxiety, Depression, a) Mental	tiredness and loss of s b) Physical	self esteem ares c) Social	ign of illness. d) All of these
35.	Which among the foll a) Bacteria	lowing are examples o b) Fungi	of pathogen? c) Virus	d) All of these
36.	When international data) 26 <sup>th</sup> June	b) 12 <sup>th</sup> March	is celebrated? c) 14 <sup>th</sup> September a D – 3 of 4	d) 1 <sup>st</sup> December
	3 <sup>y</sup>			

## BSFHK158

<ul><li>37 contain a small piece of genetic code and a coat of protein protect them.</li><li>a) Bacillus</li><li>b) Corona</li></ul>			and a fat molecule to	
	c) Mucar Saccharomy	yces	d) None of the above	
38.	Infections like gastrit a) Bacteria	is, eye irritation, tuberd b) Fungi	culosis and pneumonia a c) Virus	are caused by d) None of these
39.	While taking to friend a) Written	ds you do not pay atter b) Oral	c) Audio	communication. d) Visual
40.	Which of the following is a bad communication in relationship?  a) Becoming defensive in heated discussion  b) They do not pay share personal life with each other  c) They never argue about important things d) They try to spend Quality time with each other			
41.	Which of the following a) Pulses	ng food items provides b) Whole grain	dietary fibre c) Fruits and vegetable	es d) All of these
42.	Which of the following a) Racing heart	ng are the characteristics) Sweaty palms	cs of stress c) Flushed cheeks	d) All of these
43.	The formula used to a) kg/m	calculate BMI is b) g/cm	c) kg/m <sup>2</sup>	d) g/cm <sup>2</sup>
44.	The height of a perso a) 23.152	n is 182 cm and weigh b) 24.152	t 80 kg. What is the BM c) 28.1	II of the person? d) 32.1
45.	Common health cons a) Cardiovascular dis c) Musculoskeletal di	ease	ht and body obesity are b) Diabetes d) All of these	
46.			e general physical fitne c) Flexibility	
47.	,	fat should not exceed b) 30%	, *	d) 35%
48.	routine he is in the sta	ate of	l and psychological ex	
	a) Stress	b) Coping	c) Burnout	d) Resistance
49.	Dileep gets satisfacti This is an instance of a) Social pressure		s appreciation and does c) Conflict	d) Social stress
50.	,	e characteristics of posi	,	,
	A	* * *	* *	

Version D – 4 of 4