

**P.E.S. College of Engineering, Mandya - 571 401***(An Autonomous Institution affiliated to VTU, Belagavi)***First Semester, B.E. – Common to All Branches****Semester End Examination****Scientific Foundation of Health****(Health and wellness)**

Time: 2 hrs

Max. Marks: 100

Course Outcomes*The Students will be able to:***CO1:** To understand and analyse about Health and wellness (and its Beliefs) & It's balance for positive mindset.**CO2:** Develop the healthy lifestyles for good health for their better future.**CO3:** Build a Healthy and caring relationships to meet the requirements of good/social/positive life.**CO4:** To learn about Avoiding risks and harmful habits in their campus and outside the campus for their bright future.**CO5:** Prevent and fight against harmful diseases for good health through positive mindset.**Note: I.** Answer all the 50 questions, each question carries **TWO** marks.**II.** Marking two answers for the same question makes the Answer Invalid

	QUESTIONS	CO's	PO	BL
1	Which of these is the third step in the listening process a) Remembering b) Interpreting c) Responding d) Receiving	CO3	PO1,2	L1
2	Which of these is the first step in the listening process? a) Stop talking b) Receiving c) Responding d) Interpreting	CO3	PO1,2	L1
3	_____ is a means of communication without words. a) Object communication b) Written communication c) Oral communication d) Non-verbal communication	CO3	PO1,2	L1
4	At each stage in the process of Communication there is a possibility of interference which may hinder the process. Such Interference is known as _ a) Sender b) Receiver c) Barrier d) None of them	CO3	PO1,2	L1
5	Which of these listening skills mainly focuses on feelings and emotions of the speaker? a) Informative listening b) Discriminative listening c) Biased listening d) Sympathetic listening	CO3	PO1,2	L1
6	Health psychology helps to find out _____ illness a) Cause of b) Underpinning of c) Testing of d) None	CO1	PO1,2	L1
7	The term _____ means keeping clean to prevent the spread of disease. a) Hygiene b) Refusal skills c) Social health d) Wellness	CO1	PO1,2	L1
8	The life skill that helps you deal with problems and emotions is an effective way to a) Setting goals b) Communicating effectively c) Copying d) Assessing your health	CO1	PO1,2	L1
9	Which of the following diseases is NOT affected by heredity? a) Asthma b) Chickenpox c) Allergies d) Cancer	CO1	PO1,2	L1
10	Stress effect on health can be _____	CO1	PO1,2	L1

SET B

P22SFH108

Page No... 2

	<p>a) Curable c) Manageable</p>	<p>b) Non-curable d) None of the above</p>			
11	<p>The ability of heart and lungs to deliver enough oxygen to the different body parts</p> <p>a) Muscular Strength c) Flexibility</p>	<p>b) Muscular Strength endurance d) Cardio-respiratory endurance</p>	CO2	PO1,2	L1
12	<p>Ability to touch our toes is an example of</p> <p>a) Muscular endurance c) Aerobic fitness</p>	<p>b) Muscular strength d) Flexibility</p>	CO2	PO1,2	L1
13	<p>What constituent of food forms the bulk of what we eat every day?</p> <p>a) Vitamins c) Macronutrients</p>	<p>b) Minerals d) Micronutrients</p>	CO2	PO1,2	L1
14	<p>Which of these is positive Guna?</p> <p>a) Rajo c) Sattva</p>	<p>b) Thamo d) None</p>	CO2	PO1,2	L1
15	<p>The amount of force that a muscle can produce</p> <p>a) Muscular Strength endurance c) Power</p>	<p>b) Muscular Strength d) Speed</p>	CO2	PO1,2	L1
16	<p>Which is one benefit of regular check-ups and preventive screening?</p> <p>a) Making health problems worse b) Ignoring potential health problems c) Identifying and preventing health problems before they become serious d) Delaying treatment</p>		CO5	PO1,2	L1
17	<p>What is one benefit of vaccination?</p> <p>a) Increasing the spread of illness b) Making the body weaker c) Causing harm d) Preventing many diseases and reducing the spread of illness</p>		CO5	PO1,2	L1
18	<p>What is the second step in the process of infection?</p> <p>a) Symptoms and complications b) Entry and colonization c) Pathogen exposure d) Immune response</p>		CO5	PO1,2	L1
19	<p>What is the another reason for infection?</p> <p>a) Strong immune system b) No travel c) No exposure to contaminated water or air d) Weakened immune system</p>		CO5	PO1,2	L1
20	<p>What is the importance of early detection and treatment of transmitted infections?</p> <p>a) To spread the infection to others b) To make it difficult for people to access healthcare c) To minimize the potential for long-term health problems d) To face stigma and discrimination</p>		CO5	PO1,2	L1
21	<p>What is a common characteristics of health compromising behaviors?</p> <p>a) Healthy c) Risky</p>	<p>b) Safe d) Beneficial</p>	CO4	PO1,2	L1
22	<p>What is a potential consequences of engaging in poor nutrition habits?</p> <p>a) Improved physical health c) Decreased risk of heart disease</p>	<p>b) Increased risk of obesity d) Improved mental health</p>	CO4	PO1,2	L1
23	<p>Which of the following is a potential consequence of engaging in excessive alcohol consumption?</p> <p>a) Improved liver function c) Decreased risk of heart disease</p>	<p>b) Increased risk of liver damage d) Improved mental health</p>	CO4	PO1,2	L1

SET B**P22SFH108****Page No... 3**

24	What is the hallmark of addiction? a) Decreased tolerance c) Tolerance	b) Improved control d) No physical dependence	CO4	PO1,2	L1
25	What can help reduce the risk of addiction? a) Unhealthy lifestyle c) Positive lifestyle changes	b) No lifestyle changes d) Neglecting self-care	CO4	PO1,2	L1

* * *