



**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	What is a common characteristics of health compromising behaviors? a) Healthy    b) Safe c) Risky     d) Beneficial	CO4	PO1,2	L1
2	What is a potential consequences of engaging in poor nutrition habits? a) Improved physical health                  b) Increased risk of obesity c) Decreased risk of heart disease          d) Improved mental health	CO4	PO1,2	L1
3	Which of the following is a potential consequence of engaging in excessive alcohol consumption? a) Improved liver function                    b) Increased risk of liver damage c) Decreased risk of heart disease          d) Improved mental health	CO4	PO1,2	L1
4	What is the hallmark of addiction? a) Decreased tolerance                         b) Improved control c) Tolerance                                         d) No physical dependence	CO4	PO1,2	L1
5	What can help reduce the risk of addiction? a) Unhealthy lifestyle                         b) No lifestyle changes c) Positive lifestyle changes                 d) Neglecting self-care	CO4	PO1,2	L1
6	Which of these is the third step in the listening process a) Remembering                                 b) Interpreting c) Responding                                     d) Receiving	CO3	PO1,2	L1
7	Which of these is the first step in the listening process? a) Stop talking                                    b) Receiving c) Responding                                     d) Interpreting	CO3	PO1,2	L1
8	_____ is a means of communication without words. a) Object communication                      b) Written communication c) Oral communication                         d) Non-verbal communication	CO3	PO1,2	L1
9	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
10	Which of these listening skills mainly focuses on feelings and emotions of the	CO3	PO1,2	L1

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	speaker? a) Informative listening      b) Discriminative listening c) Biased listening              d) Sympathetic listening			
11	The ability of heart and lungs to deliver enough oxygen to the different body parts a) Muscular Strength              b) Muscular Strength endurance c) Flexibility                          d) Cardio-respiratory endurance	CO2	PO1,2	L1
12	Ability to touch our toes is an example of a) Muscular endurance              b) Muscular strength c) Aerobic fitness                      d) Flexibility	CO2	PO1,2	L1
13	What constituent of food forms the bulk of what we eat every day? a) Vitamins                              b) Minerals c) Macronutrients                      d) Micronutrients	CO2	PO1,2	L1
14	Which of these is positive Guna? a) Rajo                                      b) Thamo c) Sattva                                    d) None	CO2	PO1,2	L1
15	The amount of force that a muscle can produce a) Muscular Strength endurance      b) Muscular Strength c) Power                                    d) Speed	CO2	PO1,2	L1
16	Which is one benefit of regular check-ups and preventive screening? a) Making health problems worse b) Ignoring potential health problems c) Identifying and preventing health problems before they become serious d) Delaying treatment	CO5	PO1,2	L1
17	What is one benefit of vaccination? a) Increasing the spread of illness b) Making the body weaker c) Causing harm d) Preventing many diseases and reducing the spread of illness	CO5	PO1,2	L1
18	What is the second step in the process of infection? a) Symptoms and complications b) Entry and colonization c) Pathogen exposure d) Immune response	CO5	PO1,2	L1
19	What is the another reason for infection? a) Strong immune system b) No travel c) No exposure to contaminated water or air d) Weakened immune system	CO5	PO1,2	L1
20	What is the importance of early detection and treatment of transmitted infections? 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	CO5	PO1,2	L1
21	Health psychology helps to find out _____ illness a) Cause of    b) Underpinning of    c) Testing of              d) None	CO1	PO1,2	L1
22	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
23	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

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24	Which of the following diseases is NOT affected by heredity? a) Asthma b) Chickenpox c) Allergies d) Cancer	CO1	PO1,2	L1
25	Stress effect on health can be _____ a) Curable b) Non-curable c) Manageable d) None of the above	CO1	PO1,2	L1

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