



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 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
2	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
3	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
4	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
5	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
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	CO3	PO1,2	L1

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	c) Responding	d) Interpreting			
8	_____ is a means of communication without words.		CO3	PO1,2	L1
	a) Object communication	b) Written communication			
	c) Oral communication	d) Non-verbal communication			
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 _		CO3	PO1,2	L1
	a) Sender	b) Receiver			
	c) Barrier	d) None of them			
10	Which of these listening skills mainly focuses on feelings and emotions of the speaker?		CO3	PO1,2	L1
	a) Informative listening	b) Discriminative listening			
	c) Biased listening	d) Sympathetic listening			
11	Health psychology helps to find out _____ illness		CO1	PO1,2	L1
	a) Cause of	b) Underpinning of			
	c) Testing of	d) None			
12	The term _____ means keeping clean to prevent the spread of disease.		CO1	PO1,2	L1
	a) Hygiene	b) Refusal skills			
	c) Social health	d) Wellness			
13	The life skill that helps you deal with problems and emotions is an effective way to		CO1	PO1,2	L1
	a) Setting goals	b) Communicating effectively			
	c) Copying	d) Assessing your health			
14	Which of the following diseases is NOT affected by heredity?		CO1	PO1,2	L1
	a) Asthma	b) Chickenpox			
	c) Allergies	d) Cancer			
15	Stress effect on health can be _____		CO1	PO1,2	L1
	a) Curable	b) Non-curable			
	c) Manageable	d) None of the above			
16	The ability of heart and lungs to deliver enough oxygen to the different body parts		CO2	PO1,2	L1
	a) Muscular Strength	b) Muscular Strength endurance			
	c) Flexibility	d) Cardio-respiratory endurance			
17	Ability to touch our toes is an example of		CO2	PO1,2	L1
	a) Muscular endurance	b) Muscular strength			
	c) Aerobic fitness	d) Flexibility			
18	What constituent of food forms the bulk of what we eat every day?		CO2	PO1,2	L1
	a) Vitamins	b) Minerals			
	c) Macronutrients	d) Micronutrients			
19	Which of these is positive Guna?		CO2	PO1,2	L1
	a) Rajo	b) Thamo			
	c) Sattva	d) None			
20	The amount of force that a muscle can produce		CO2	PO1,2	L1
	a) Muscular Strength endurance	b) Muscular Strength			
	c) Power	d) Speed			
21	What is a common characteristics of health compromising behaviors?		CO4	PO1,2	L1
	a) Healthy	b) Safe			
	c) Risky	d) Beneficial			
22	What is a potential consequences of engaging in poor nutrition habits?		CO4	PO1,2	L1
	a) Improved physical health	b) Increased risk of obesity			
	c) Decreased risk of heart disease	d) Improved mental health			
23	Which of the following is a potential consequence of engaging in excessive alcohol consumption?		CO4	PO1,2	L1
	a) Improved liver function	b) Increased risk of liver damage			
	c) Decreased risk of heart disease	d) Improved mental health			
24	What is the hallmark of addiction?		CO4	PO1,2	L1

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	a) Decreased tolerance c) Tolerance	b) Improved control d) No physical dependence			
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

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