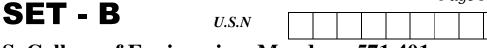


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P.E.S. College of Engineering, Mandya - 571 401

(An Autonomous Institution affiliated to VTU, Belagavi)

Second Semester, B.E. - Semester End Examination; Sep. / Oct. - 2023

## Scientific Foundation for Health

(Common to all Branches)

**Course Outcomes** 

Max. Marks: 50

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.

## Instructions:

Time: 2 hr.

Questions 1 - 25 carry Two marks each; Put a ( $\checkmark$ ) mark against correct option in the answer sheet.

Q. No.	o. Questions		COs	POs
1.	Which of these is the third step in the listening process	L1	CO3	PO1,2
_	a) Remembering b) Interpreting c) Responding d) Receiving	21	000	101,2
2.	Which of these is the first step in the listening process?	L1	CO3	PO1,2
2	a) Stop talking b) Receiving c) Responding d) Interpreting			
3.	is a means of communication without words. a) Object communication b) Written communication	<b>T</b> 1	CO3	PO1,2
	c) Oral communication d) Non-verbal communication	LI	005	101,2
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	L1	CO3	PO1.2
	a) Sender b) Receiver c) Barrier d) None of them			,
5.	Which of these listening skills mainly focuses on feelings and emotions of the			
	speaker?	T 1	CO3	PO1,2
	a) Informative listening b) Discriminative listening	LI	005	101,2
_	c) Biased listening d) Sympathetic listening			
6.	Health psychology helps to find out illness	L1	CO1	PO1,2
7	a) Cause of b) Underpinning of c) Testing of d) None			
7.	The termmeans keeping clean to prevent the spread of disease.a) Hygieneb) Refusal skillsc) Social healthd) Wellness	L1	CO1	PO1,2
0				
8.	The life skill that helps you deal with problems and emotions is an effective way to			
	a) Setting goals b) Communicating effectively	L1	CO1	PO1,2
	c) Copying d) Assessing your health			
9.	Which of the following diseases is NOT affected by heredity?			
	a) Asthma b) Chickenpox c)Allergies d) Cancer	L1	CO1	PO1,2
10.	Stress effect on health can be		<b>a a i</b>	
	a) Curable b) Non-curable c) Manageable d) None of the above	L1	COI	PO1,2
11.	The ability of heart and lungs to deliver enough oxygen to the different body			
	parts			
	a) Muscular Strength b) Muscular Strength endurance	L1	CO2	PO1,2
	c) Flexibility d) Cardio-respiratory endurance			,

Contd....2

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12.	Ability to touch our toes is an example of			
	a) Muscular endurance b) Muscular strength	L1	CO2 PO1,2	
	c) Aerobic fitness d) Flexibility			
13.	What constituent of food forms the bulk of what we eat every day?	T 1	CO2 PO1,2	
	a) Vitamins b) Minerals c) Macronutrients d) Micronutrients	LI	CO2 FO1,2	
14.	Which of these is positive Guna?	<b>T</b> 1	CO2 PO1,2	
	a) Rajo b) Thamo c) Sattva d) None	L1	CO2 FO1,2	
15.	The amount of force that a muscle can produce			
	a) Muscular Strength endurance b) Muscular Strength	L1	CO2 PO1,2	
	c) Power d) Speed			
16.	Which is one benefit of regular check-ups and preventive screening?			
	a) Making health problems worse	<b>T</b> 1	CO5 DO1 2	
	<ul><li>b) Ignoring potential health problems</li><li>c) Identifying and preventing health problems before they become serious</li></ul>	LI	CO5 PO1,2	
	d) Delaying treatment			
17.	What is one benefit of vaccination?			
	a) Increasing the spread of illness b) Making the body weaker	T 1	CO5 DO1 2	
	c) Causing harm	L1	CO5 PO1,2	
	d) Preventing many diseases and reducing the spread of illness			
18.	What is the second step in the process of infection?	<b>.</b>		
	a) Symptoms and complications b) Entry and colonization	L1	CO5 PO1,2	
19.	c) Pathogen exposure d) Immune response What is the another reason for infection?			
1).	a) Strong immune system b) No travel	L1	CO5 PO1,2	
	c) No exposure to contaminated water or air d) Weakened immune system			
20.	What is the importance of early detection and treatment of transmitted			
	infections?			
	a) To spread the infection to others	L1	CO5 PO1,2	
	b) To make it difficult for people to access healthcare			
	<ul><li>c) To minimize the potential for long-term health problems</li><li>d) To face stigma and discrimination</li></ul>			
21.	What is a common characteristics of health compromising behaviors?			
	a) Healthy b) Safe c) Risky d) Beneficial	L1	CO4 PO1,2	
22.	What is a potential consequences of engaging in poor nutrition habits?			
	a) Improved physical health b) Increased risk of obesity	L1	CO4 PO1,2	
	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?	L1	CO4 PO1,2	
	a) Improved liver function b) Increased risk of liver damage			
24.	<ul><li>c) Decreased risk of heart disease</li><li>d) Improved mental health</li><li>What is the hallmark of addiction?</li></ul>			
27.	a) Decreased tolerance b) Improved control	L1	CO4 PO1,2	
	c) Tolerance d) No physical dependence			
25.	What can help reduce the risk of addiction?			
	a) Unhealthy lifestyle b) No lifestyle changes	L1	CO4 PO1,2	
	c) Positive lifestyle changes d) Neglecting self-care			