

SET - C

U.S.N

**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)*

Time: 2 hr.

Max. Marks: 50

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.***Instructions:****Questions 1 - 25 carry Two marks each; Put a (✓) mark against correct option in the answer sheet.**

Q. No.	Questions	BL	COs	POs
1.	What is a common characteristics of health compromising behaviors? a) Healthy b) Safe c) Risky d) Beneficial	L1	CO4	PO1,2
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	L1	CO4	PO1,2
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	L1	CO4	PO1,2
4.	What is the hallmark of addiction? a) Decreased tolerance b) Improved control c) Tolerance d) No physical dependence	L1	CO4	PO1,2
5.	What can help reduce the risk of addiction? a) Unhealthy lifestyle b) No lifestyle changes c) Positive lifestyle changes d) Neglecting self-care	L1	CO4	PO1,2
6.	Which of these is the third step in the listening process a) Remembering b) Interpreting c) Responding d) Receiving	L1	CO3	PO1,2
7.	Which of these is the first step in the listening process? a) Stop talking b) Receiving c) Responding d) Interpreting	L1	CO3	PO1,2
8.	_____ is a means of communication without words. a) Object communication b) Written communication c) Oral communication d) Non-verbal communication	L1	CO3	PO1,2
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	L1	CO3	PO1,2
10.	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	L1	CO3	PO1,2

Contd...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
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?
 a) Vitamins b) Minerals c) Macronutrients d) Micronutrients L1 CO2 PO1,2
14. Which of these is positive Guna?
 a) Rajo b) Thamo c) Sattva d) None L1 CO2 PO1,2
15. The amount of force that a muscle can produce
 a) Muscular Strength endurance b) Muscular Strength c) Power d) Speed L1 CO2 PO1,2
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 L1 CO5 PO1,2
 d) Delaying treatment
17. What is one benefit of vaccination?
 a) Increasing the spread of illness b) Making the body weaker
 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?
 a) Symptoms and complications b) Entry and colonization L1 CO5 PO1,2
 c) Pathogen exposure d) Immune response
19. What is the another reason for infection?
 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
 b) To make it difficult for people to access healthcare L1 CO5 PO1,2
 c) To minimize the potential for long-term health problems
 d) To face stigma and discrimination
21. Health psychology helps to find out _____ illness
 a) Cause of b) Underpinning of c) Testing of d) None L1 CO1 PO1,2
22. The term _____ means keeping clean to prevent the spread of disease.
 a) Hygiene b) Refusal skills c) Social health d) Wellness L1 CO1 PO1,2
23. 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
24. Which of the following diseases is NOT affected by heredity?
 a) Asthma b) Chickenpox c) Allergies d) Cancer L1 CO1 PO1,2
25. Stress effect on health can be _____
 a) Curable b) Non-curable c) Manageable d) None of the above L1 CO1 PO1,2