

COURSE TITLE- SCIENTIFIC FOUNDATION OF HEALTH
COURSE CODE-BSFHK108/208

MODULE 1
GOOD HEALTH AND IT'S BALANCE FOR POSITIVE MIND-SET

SYLLABUS:

What is Health, Why is Health Very Important Now? – What influences your Health?, Health and Behaviors, Health beliefs and advertisements, Advantages of good health (Short term and long term benefits), Health and Society, Health and family, Health and Personality - Profession. Health and behaviour, Disparities of health in different vulnerable groups. Health and psychology, Methods to improve good psychological health. Psychological disorders (Stress and Health - Stress management), how to maintain good health, Mindfulness for Spiritual and Intellectual health, Changing health habits for good health. Health and personality.

1. -----is the seat of primary emotions
a. Thalamus
b. Adrenal gland
c. Thyroid gland
d. None of these
2. Social Wellness includes
a. Problem solving
b. Improving natural environment
c. Maintaining relationship with family & friends
d. None of the above
3. Which of the following is the main cause for transmission of the Hepatitis virus?
a. The bite of a mosquito
b. Sharing drug needles
c. Drinking contaminated water
d. All of the above
4. The main cause of contagious disease is _____.
a. Contaminated Air
b. Contaminated Food
c. Poor hygienic conditions
d. All of the above
5. Health compromising behaviour
a. good to health
b. harmful to health
c. mediate health
d. none of these

6. **Which one of the following is not a bacterial disease?**
 a. AIDS
 b. Dengue
 c) Measles
 d.**All of the above**
7. **Which one of the following is an unhealthy habit?**
 a. Sharing food
 b. Bathing twice a day
 c. Drinking boiled water
 d. **Eating without washing one's hand**
8. **Which of the following factors is necessary for a healthy person?**
 a. Vaccination
 b. Balanced diet
 c. Personal hygiene
 d).**All of the above**
9. **What are the main factors that contribute to good mental health?**
Answer: Social support, Positive relationships, Personal coping skills
 a.Exercise, Sleep, Nutrition.
 b. Social support, Positive relationships, Personal coping skills
 c. Financial stability, Career satisfaction, Leisure activities
 d. Medication, Therapy, Self-care
10. **Health compromising behaviours are commonly seen in people from**
 a. high class
 b. middle class
 c. **low class**
 d. none of these
11. **Which of these is not a definition of health?**
 a.Health as not ill
 b.Health despite disease
 c.**Health means not seeing a doctor**
 d.Health as vitality
12. **Which of these things is health psychology concerned with?**
 a.What causes illness?
 b.Who is responsible for illness?
 c.How should illness be treated?
 d.**All of the above**
13. **The aim of health related fitness is to prevent**
 a.Power
 b.capacity
 c.beauty
 d.**disease**
14. **The six dimensions of wellness include all of the following EXCEPT:**
 a.emotional wellness
 b. environmental wellness
 c.spiritual wellness
 d. **dietary wellness**
15. **Capacity to think critically is an example of:**
 a. emotional wellness
 b. **intellectual wellness**
 c. interpersonal and social wellness
 d. spiritual wellness

24. **Psychology is defined as the scientific study of:**
 a. people and things
 b. emotions and beliefs
 c. perception and religion
 d. **mind and behaviour**
25. **Endless stream of unspoken thoughts that run through your head**
 a. Asanas
 b. **Self-talk**
 c. Positive thinking
 d. Meditation
26. **A network of family, friends, neighbours, & community members available in times of need to give psychological, physical & financial help**
 a. **Social support**
 b. Family support
 c. Friend support
 d. Emotional support
27. **Benefit of social support network**
 a. Sense of belonging
 b. Increased sense of worth
 c. Feeling of security
 d. All of these
28. **Any event or circumstance that strains or exceeds an individual ability to deal with a problem**
 a. **stress**
 b. stressor
 c. coping
 d. tension
29. **Schizophrenia is usually diagnosed in:**
 a. infancy
 b. childhood
 c. **early adulthood**
 d. old age
30. **Until the 18th century the most common treatment for the mentally ill was to:**
 a. **lock people up in asylums**
 b. give people experimental drugs
 c. give people psychoanalysis
 d. make people do community service
31. **To understand anxiety disorders we need to take account of:**
 a. only biological factors
 b. only environmental factors
 c. **both biological and environmental factors**
 d. neither biological nor environmental factors
32. **A person who worries excessively about having a serious illness is most likely to be diagnosed as suffering from:**
 a. borderline personality disorder
 b. conversion disorder
 c. **hypochondria**
 d. mitochondria
33. **Hallucinations are classed as a _____ symptom of schizophrenia.**
 a. **positive**
 b. cognitive
 c. negative
 d. transitive

34. **Cleanliness, physical exercise, rest and sleep are a part of _____**
 a) Hygiene
 b) Social hygiene
 c) **Personal hygiene**
 d) None of the above
35. **The World Health Day is celebrated on _____.**
 (a) 1st March
 (b) **7th April**
 (c) 6th October
 (d) 10th December
36. **Which of the following diseases have been associated with sedentary lifestyle?**
 a. colon cancer
 b. stroke
 c. cardiovascular disease
 d. **all of these**
37. **Environmental psychologists emphasize the importance of taking which of the following into consideration when examining behaviour?**
 a. genetics
 b. brain structure
 c. **physical and social context**
 d. none of these
38. **The influence of families, schools and neighbourhoods in explaining social inequalities in health can be categorised in which of the following systems?**
 a. **microsystem**
 b. mesosystem
 c. exosystem
 d. macrosystem
39. **Which of the following is not a common lifestyle disease?**
 a. Diabetes
 b. Heart disease
 c. Cancer
 d. **Scurvy**
40. **What is a key factor in maintaining good cardiovascular health?**
 a. Eating junk food regularly
 b. Smoking cigarettes
 c. Leading a sedentary lifestyle
 d. **Engaging in regular physical activity**
41. **Which of the following factors is NOT a determinant of health?**
 a. Genetics
 b. Lifestyle choices
 c. Environmental factors
 d. Income
42. **What can increase the risk of developing certain types of cancer?**
 a..Maintaining a healthy weight and diet
 b.Regular exercise
 c.**Smoking and alcohol consumption**
 d. Spending time in the sun
43. **What is the most effective way to reduce stress?**
 a. Avoiding stressors
 b. Taking medications
 c. **Engaging in physical activity**
 d. Talking to a friend

44. **What is the most important reason to practice safe health habits?**
a. To prevent the spread of diseases b. To maintain personal hygiene
c. To improve overall health and well-being d. **All of the above**
45. **Which of the following factors is NOT considered a social determinant of health?**
a. Education b. Income
c. Occupation d. **Height**
46. **What is the most important factor that influences our health?**
a. Genetics b. **Lifestyle choices**
c. Environmental factors d. Social determinants
47. **What role does genetics play in our health?**
a. It determines our health status b. **It influences our health status**
c. It has no impact on our health d. It protects us from health issues
48. **What is the most significant environmental factor that affects our health?**
a. Air pollution b. Water pollution
c. Soil contamination d. **All of the above**
49. **How does behavior impact health?**
a. Positively b. Negatively
c. **Both A and B** d. Neither A nor B
50. **How does an individual's beliefs about health influence their behavior?**
a. They don't b. **Positively**
c. Negatively d. It depends on the individual

**COURSE TITLE- SCIENTIFIC FOUNDATION OF HEALTH
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MODULE -2

BUILDING OF HEALTHY LIFESTYLES FOR BETTER FUTURE

SYLLABUS

Developing a healthy diet for good health, Food and health, Nutritional guidelines for good health and well beingness, Obesity and overweight disorders and its management, eating disorders - proper exercises for its maintenance (Physical activities for health), Fitness components for health, Wellness and physical function

1. **Nutritional" means:**
 - a. Tastes really good.
 - b. Containing necessary substances for the body to grow and stay healthy.**
 - c. Tastes really bad.
 - d. Is mostly green.

2. **Which food groups should you have at least 5 portions of a day?**
 - a. Meat, Fish and meat alternatives
 - b. Milk and Dairy
 - c. Fat
 - d. Fruit and vegetables**

3. **Which of the following would be considered components of Public Health Nutrition?**
 - a. Dietary guidelines
 - b. Nutritional epidemiology
 - c. Fortification of foods with vitamins and minerals
 - d. All of the options listed are correct.**

4. **Which of the following are highly prevalent global nutrition problems?**
 - a. Vitamin A deficiency
 - b. Undernutrition
 - c. Obesity
 - d. All the options listed are correct**

5. **Which of the following in an example of a probiotic?**
 - a. Yogurt**
 - b. Inulin
 - c. Creatinine
 - d. Fish Oil

6. **The World Health Day is celebrated on _____.**
 - a. 1st March
 - b. 7th April**
 - c. 6th October
 - d. 10th December

7. **According to the My Pyramid food guidance system, a person should obtain most of their fat from-----**
 - a. Beef, chicken, and fish
 - b. Vegetables oils, nuts, and fish**
 - c. Fats, oils, and sweets
 - d. Milk, yogurt, and cheese

8. **Your body needs vitamins and minerals because _____.**
 - a. They Give the Body Energy
 - b They Help Carry Out Metabolic Reactions**
 - c. They Insulate The Body's Organs
 - d. They Withdraw Heat From The Body

9. **A person suffering from high blood pressure should avoid foods which are rich in—**
 - DEP a. Sodium**
 - b. Iodine

- c. Calcium
- d. Iron
10. **Which of the following diseases does obesity increase the risk of developing?**
 a. Type 2 diabetes
 b. Cancer
 c. Cardiovascular disease
 d. All of the options given are correct
11. **What type of diet is recommended for weight maintenance?**
 a. Low protein and low GI
 b. High protein and high GI
 c. Low protein and high GI
 d. High protein and low
12. **What are the main causes of the obesity epidemic?**
 a. Increased energy quantity/density and a more sedentary lifestyle
 b. Decreased leisure time activity
 c. Changes in genetic profiles
 d. None of the options given is correct
13. **What is the definition of overweight?(BMI= (Body mass index)**
 a) BMI > 25 kg/m²
 b) BMI = 25 kg/m²
 c) BMI 25-29.9 kg/m²
 d) BMI 25-30 kg/m
14. **What is the definition of obesity**
 a) BMI > 30 kg/m²
 b) BMI = 25 kg/m²
 c) BMI 25-29.9 kg/m²
 d) BMI 25-30 kg/m
15. **A person with normal weight will have BMI-----**
 a) BMI = 25 kg/m²
 b) BMI 18.5-24.5 kg/m²
 c) BMI 25-30 kg/m²
 d) BMI 15-20 kg/m
16. _____ refers to an excessive accumulation of body fat with associated health risks while _____ refers to a body weight greater than normal.
 a. Obesity; overweight
 b. Low BMI; high BMI
 c. Fat weight; fat free weight
 d. Overweight; obesity
17. **Low carbohydrate, high protein diets are considered unsafe because of all of the following EXCEPT:**
 a. They cause water weight gain.
 b. They can cause hypoglycaemia.
 c. They can cause high blood cholesterol.
 d. They can lead to metabolic disorders.
18. **Weight loss will occur first in which area of your body?**
 a. The abdominal area
 b. In the area that you exercised
 c. The hips
 d. In the site of the largest fat store
19. **Eating disorders are usually caused by**
 a. Genetic disposition
 b. Neurochemical imbalance
 c. Sociocultural pressures
 d. A combination of factors
20. **Anorexia nervosa is characterized by:**
 a. Eating a great deal of food in one sitting followed by vomiting.
 b. Its relation to a specific physical disease.
 c. High fat intake following by heavy physical activity.
 d. A refusal to eat.

- 21 **Which of the following is not considered a diagnostic feature of Anorexia Nervosa**
 a. Depressive symptoms
 b. Significant Weight Loss
 c. Body Image Distortion
 d. Fear of becoming fat
- 22 **A biological consequence of anorexia nervosa is**
 a. Dry skin.
 b. Kidney and gastrointestinal problems
 c. Lanugo.
 d. All of the above are correct.
- 23 **Anorexia nervosa typically begins in:**
 a. early childhood
 b. adolescence
 c. early adulthood
 d. late adulthood
- 24 **The three features that are required for the diagnosis of anorexia nervosa include all of the following EXCEPT**
 a. Restriction of behaviours that lead to very low body weight.
 b. Intense fear of gaining weight and being fat.
 c. Distorted body image.
 d. Body weight is normal.
- 25 **Which of the following is a common feature of Bulimia Nervosa?**
 a. Binge eating and later inappropriate ways to lose weight
 b. Amenorrhoea
 c. Self-perception of being 'fat'
 d. Under weight
- 26 **Binge eating disorder is characterised by bingeing**
 a. Between periods of starvation
 b. Despite guilt overweight gain
 c. With weight under 85% of normal
 d. Without compensatory behaviours
- 27 **It is true about Bulimia Nervosa that:**
 a. Patients usually have a BMI < 17.5 kg/m²
 b. It has an equal gender distribution
 c. Some patients have purging without binge eating episodes
 d. Self-induced vomiting is the most frequent compensatory behaviour
- 28 **Bulimia is like anorexia nervosa in what way?**
 a. Both are easily recognized by observing an individual's body
 b. Both require professional treatment when diagnosed.
 c. Both use self-induced vomiting and diuretics
 d. None
- 29 **It is correct to state that for the treatment of Bulimia Nervosa:**
 a. Fluoxetine is considered of benefit (Antidepressants)
 b. The first approach is to discuss body image
 c. It is not useful to discuss weight with patients
 d. Treatments should target exclusively on purging practices
- 30 **Which of the following is a prominent characteristic of individuals with eating disorders?**
 a. High self esteem
 b. Low self esteem
 c. High levels of responsibility
 d. Narcissism

- 31 **Prevention programmes are employed to put eating disorders into a social context.**

School-based prevention programmes emphasise:

- a. The role the media plays in developing extreme body shape ideals
- b. The need for healthy, balanced eating
- c. The need for individuals to develop positive rather than negative attitudes to their bodies
- d. All of the above**

32 The National Institute for Clinical Excellence (NICE) proposes that treatment for managing weight gain for anorexia nervosa should include which of the following?

- a. In most patients, an average weekly weight gain of 0.5-1 kg as inpatient and 0.5 kg as outpatient.
- b. Regular physical monitoring, and oral multivitamin / multimineral supplement in some cases, is recommended for inpatients and outpatients.
- c. Total parenteral nutrition should not be used, unless there is significant gastrointestinal dysfunction.
- d. All of the above.**

33 Which of the following is a laboratory procedure developed to provide an objective behavioural measure of the tendency to binge eat?

- a. Palatability test
- b. Food pre-load test**
- c. Full capacity test
- d. Fully loaded test

34 How much moderate physical activity does a person need?

- a. 30 minutes a week
- b. 50 minutes a week
- c. 75 minutes a week
- d. 150 minutes a week**

35 Physical activity is good for:

- a. Preventing bone loss
- b. Helping you fall asleep quickly and sleep well
- c. Helping manage stress
- d. All of the above**

36 What are the skill related components of physical fitness

- a. speed, flexibility, strength, endurance, agility
- b. strength, speed, strength endurance, flexibility, agility
- c. strength, endurance, speed, flexibility, coordinative abilities**
- d. endurance, speed, body composition, flexibility

37 The components of health-related physical fitness are:

- a. Spiritual, physical, emotional, social, and intellectual health.
- b. Cardiorespiratory fitness, muscular strength, muscular endurance and flexibility
- c. Hand-eye coordination.
- d. Cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.**

38 Muscular endurance is defined as:

- a. The ability of a muscle or muscle group to generate force repeatedly**
- b. The ability of the heart to provide oxygen rich blood to the muscles.
- c. An ability you are born with and cannot train.
- d. Peak ability of a muscle to generate force.

39 Cardiorespiratory endurance is also known as:

- a. flexibility.
- b. aerobic fitness.**

- c. muscular endurance. d. none of the above.
- 40 **The ability of heart and lungs to produce oxygen to the different body parts**
 a. Muscular Strength b. Muscular Strength Endurance
 c. **Cardio-respiratory Endurance** d. Flexibility
- 41 **Body composition is the relative amounts of _____ and fat found in your body:**
 a. muscle b. **lean body tissue**
 c. organs d. bone
- 42 **The ability of your muscles to exert force**
 a. **Muscular Strength** b. Muscular Endurance
 c. Flexibility d. Cardio-Respiratory Endurance
- 43 **Health-related physical fitness is made up of how many total components?**
 a. 7 b. **5**
 c. 4 d. 3
- 44 **What is physical fitness?**
 a. **The ability to do everyday tasks without getting tired.**
 b. The way your body adapts to the stress of exercise
 c. Any physical activities that improves your ability to complete tasks.
 d. All of the above.
- 45 **Which is NOT a component of health-related physical fitness?**
 a. Body composition b. **Balance**
 c. Flexibility d. Cardiorespiratory fitness
- 46 **The concept of wellness includes:**
 a. **Intellectual health.** b. Skill-related fitness.
 c. Angina. d. None of the above
- 47 **Total wellness can only be achieved by the balance of:**
 a. Spiritual, physical, and intellectual health.
 b. Emotional, social, and spiritual health.
 c. Physical, intellectual, and social health.
 d. **All of the above.**
- 48 **Changing one's lifestyle requires:**
 a. Awareness of factors that affect your health.
 b. Behaviour modification.
 c. **Both of the above.**
 d. Neither of the above.
- 49 **Which is true of fitness and health?**
 a. **Exercise is one of several components of a lifestyle that leads to wellness.**
 b. Heredity has no influence on fitness
 c. It is not important to have all dimensions of health-related physical fitness.
 d. All of the above

50 **Wellness includes all of the following EXCEPT:**

- a. Environmental health
c. Occupational health.
- b. Spiritual health.
d. Physical health.
51. **Why is eating a variety of foods important for good health?**
a. **To reduce the risk of nutrient deficiencies**
b. To increase the risk of nutrient deficiencies.
c. No impact
d. To increase the risk of obesity.
52. **If you don't cope well with stress, it can:**
a. Increases your susceptibility to infection
b. Increases your risk for heart disease
c. Interfere with good decision making
d. All the above
53. **Overweight in BMI is**
a. >30
b. **>25**
c. <25
d. <30
54. **Obesity occurs due to:**
a. **More consumption of calorie**
b. More consumption of protein
c. More consumption of vitamins
d. All the above
55. **Spiritual health refers to**
a. **Meditation**
b. Exercising
c. Body composition
d. All the above

Scientific Foundations of Health-BSFHK158/258

Module -3

SYLLABUS

Creation of Healthy and caring relationships :

Building communication skills (Listening and speaking), Friends and friendship - education, the value of relationships and communication, Relationships for Better or worsening of life, understanding of basic instincts of life (more than a biology), Changing health behaviours through social engineering,

- 1. What is the purpose of communication?**
 - (a) Inform (tell someone about something)
 - (b) Influence (get someone to do something you want)
 - (c) Share thoughts, ideas, feelings
 - (d) **All of the above**
- 2. Which of the following method is used to receive information from the sender?**
 - (a) **Listening**
 - (b) Speaking
 - (c) Telling
 - (d) Writing
- 3. What are the words we should use when we communicate verbally?**
 - (a) Use straight words
 - (b) **Use simple words**
 - (c) Use precise words
 - (d) Use fixed words
- 4. Choose the correct example of oral communication.**
 - (a) Reports
 - (b) Newspapers
 - (c) **Face-to-face interaction**
 - (d) Notes
- 5. Which of these is a positive (good) facial expression?**
 - (a) Staring hard
 - (b) **Nodding while listening**
 - (c) Wrinkled forehead
 - (d) Looking away from the speaker
- 6. What does an upright (straight) body posture convey or show?**
 - (a) Shyness
 - (b) Fear
 - (c) **Confidence**
 - (d) Intelligence
- 7. Which of these is not an appropriate non-verbal communication at work?**
 - (a) **Putting arm around a coworker's shoulder**
 - (b) Shaking hands firmly
 - (c) Looking at the speaker with a smile
 - (d) Standing with an upright posture
- 8. Which of these details can you say while introducing a person?**
 - (a) The person's name
 - (b) How you know the person
 - (c) Something interesting about the person
 - (d) **All of the above**
- 9. The four basic language skills are**
 - a) Listening, speaking, understanding, Expressing
 - b) Reading, writing, speaking, communicating
 - c) Listening, reading, speaking communicating
 - d) **Reading, writing, listening, speaking**
- 10. The productive skills in language learning are:**
 - a) **Speaking & Writing**
 - b) Reading & writing
 - c) Reading & Speaking
 - d) Listening & Reading

10. Receptive language skills are
 a) Using Grammatical structure accurately
c) Listening & reading for information
 b) Writing in a range of styles
 d) Being able to self correct
11. Communication is a part of _____ skill.
 a) **Soft**
 c) hard
 b) rough
 d) technical
12. **Which type of hacker represents the highest risk to your network.**
 A. **Disgruntled employees**
 B. Black-hat hackers
 C. Grey-hat hackers
 D. Script kiddies
13. **Hacking for a cause is called**
 A. Active hacking
 C. Activism
 B. **Hacktivism**
 D. Black-hat hacking
14. **When a hacker attempts to attack a host via the Internet it is known as what type of attack?**
 A. **Remote attack**
 C. Local access
 B. Physical access
 D. Internal attack
15. **Which of the following are examples of specific skills?**
 a) Communication skill
 c) Interview skill
 b) Counselling skill
d) All of the above
16. The idea that you can assess someone's personality by studying their face is called:
 a. phrenology
 c. somatology
 b. physiology
d. physiognomy
17. The influence of parents on the personality of their children is:
 a. non-existent
 c. **strongest in early childhood**
 b. weakest in early childhood
 d. consistent across the lifespan
18. _____ are the basic biological units that transmit characteristics from one generation to the next:
 a. **genes**
 c. glia
 b. neurons
 d. instincts
19. Which one of the following statements is incorrect regarding friend and friendship?
 A. **In true friendship, it is important to give gifts to each other regularly**
 B. Friends usually motivates other friend and also share their joy and sorrow
 C. Friends don't need to have same choices in terms of food and clothing
 D. It is not important that friend should be of more or less same age

20. **According to Aristotle, two people have mutual respect for one another. This type of friendship is called**
- a) friendship of pleasure
c) friendship of utility
- b) friendship of the good**
d) friendship of interest
21. **A system which is based on blood affinity relationship is called**
- a. Family
c. Kinship
- b. Gotra
d. Joint family
22. **A biological consequence of anorexia nervosa is**
- a.dry skin.
c.lanugo.
- b. kidney and gastrointestinal problems
d.All of the above are correct.
23. **Anorexia nervosa typically begins in:**
- a.early childhood
c. early adulthood
- b. adolescence**
d. late adulthood
24. **Which one of the statements given below is incorrect about play?**
- a)It teaches language skills and social relationship
b)It is not good for the children who feel difficulty in adjustment with other child
c)Play helps in building imagination power and developing thinking skills
a) Play activities are essential for healthy development of child
25. **What is the basic unit of society?**
- b. Men
c. Children
- b. Women
d. Family
26. **Binge eating disorder is characterised by bingeing**
- a.between periods of starvation
c.with weight under 85% of normal
- b. despite guilt over weight gain
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- c. hand-eye coordination.
d. cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.
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50. **Wellness includes all of the following EXCEPT:**
 a. environmental health
 b. spiritual health.
 c. **occupational health.**
 d. physical health.
51. Basic Instincts of human life
 Self Preservance
 Social
 Sexual
All the above
52. Which of the following is not communication skill
 confidence
 Arguing
 Listening
 Feedback
53. Friendship is
 Egalitarian
 Dyadic
 Emotional
 None
54. Barriers of communication
 Inability to listen to others
 All of the above
 Jumping to conclusions
 Cultural differences
55. Ways to improve communication skills are -
 Both active and passive listening skills
 Active listening skills
 Passive listening skills
 None
56. Which of the factors is not required for communication growth?
 Growth in size of organization
 Negative atmosphere
 Globalization
 Public relations
57. Goals of communication are
 To inform ,fear of offending
 To inform, to persuade
 To persuade, fear of offending
 None of the above
58. What are the steps to increase the vocal clarity
 a. Keep your language simple
 b. Slow down the conversation
 c. **Both a and b**
 d. Feedback
59. Body language plays an important role in -
 Judgement
 Communication
 Being happy
 None of the above
60. Using abbreviations in communication leads to which type of communication barrier -
 Physical
 Language /linguistic
 Cultural
 Organizational
61. Which can be used to overcome communication barrier -
 Using translator
 Using your own language
 Not communicating at all
 Using translator
62. What is a sign of toxic friendship?
 Being supportive
 Laughing and hugging

COURSE TITLE- SCIENTIFIC FOUNDATION OF HEALTH
COURSE CODE-BSFHK108/208
MODULE -4

Avoiding Risks and Harmful Habits

SYLLABUS

Characteristics of health compromising behaviors, Recognizing and avoiding of addictions, how addiction develops and addictive behaviors, Types of addictions, influencing factors for addictions, Differences between addictive people and non-addictive people and their behavior with society, Effects and health hazards from addictions Such as..., how to recovery from addictions.

1. **Which of the following is not a characteristic of addiction?**
 - a. Negative consequences
 - b. Loss of control
 - c. **Habitual behaviour**
 - d. Denial
2. **Excessive use of any drug constitutes.**
 - a. Drug abuse
 - b. **Drug addiction**
 - c. Drug misuse
 - d. Drug tolerance
3. **Chemical that relays messages(impulse) from one nerve cell to another cell are called.**
 - a. Chemoreceptors
 - b. Enzymes
 - c. **Neurotransmitters**
 - d. Synapses
4. **What are the reasons for taking drugs?**
 - a. To feel good
 - b. To feel better
 - c. To do better
 - d. **All the above**
5. **Is addiction a**
 - a. Physical disorder
 - b. **Mental disorder**
 - c. Both a and b
 - d. None of the above
6. **Transdermal drug administration means that a drug is.**
 - a. Inhaled
 - b. **Absorbed through the skin.**
 - c. Injected into a vein.
 - d. Placed under the tongue.
7. **Which of the following statements about amphetamines is true?**
 - a. They have no known side effects.
 - b. They are not addictive.

- d. **They are stimulants.**
8. **PCP was originally developed as**
- A drug to induce vomiting.
 - An experimental psychiatric medication**
 - An anaesthetic with which a person remains conscious but feels no pain.
 - An anaesthetic used in veterinary practice.
9. **The illicit drug most used in the United States is.**
- Amphetamines
 - Marijuana
 - Cocaine**
 - Heroin
10. **The psychoactive drug mescaline is obtained from which plant?**
- Mushrooms
 - Peyote cactus**
 - Poppy
 - Marijuana
11. **An individual who knowingly tries to protect an addict from natural consequences of his or her destructive behaviourist.**
- Shelling
 - Intervening
 - Enabling**
 - Encouraging
12. **Which term describes the use of a drug for a purpose for which it was not intended?**
- Misuse**
 - Abuse
 - Addiction
 - Tolerance
13. **What states can do to avoid addictions?**
- Adding higher tax on sweetened beverages
 - Benefits for organic fruits
 - Availability of healthy foods
 - All the above**
14. **Aggressive behaviour in childhood is.**
- Protective factor
 - Risk factor**
 - Both risk and protective factor
 - None of the above.
15. **Recovering from addiction include**
- Seeking professional support
 - Exercise
 - Evidence based care.
 - All the above**

- a. Compulsion
- b. Relapse
- c. Withdrawal**
- d. Addiction.

17. Which of the following is an example of health compromising behaviour?

- a. Eating balanced diet
- b. Exercising regularly
- c. Substance abuse**
- d. Getting enough sleep

18. What can help reduce the risk of addiction?

- a. Unhealthy lifestyle
- b. No lifestyle changes.
- c. Positive lifestyle changes**
- d. Neglecting self-care

19. What can increase the risk of addiction?

- a. No tolerance
- b. Tolerance**
- c. Decreased tolerance
- d. No increase in risk

20. What is common characteristic of health compromising behaviour?

- a. Healthy
- b. Safe
- c. Risky**
- d. Beneficial

21. What is a characteristic of physical inactivity as a health compromising behaviour?

- a. Sedentary**
- b. Vigorous
- c. Active
- d. Dynamic

22. What can help individual to avoid addiction?

- a. Substance abuse
- b. Ignoring triggers
- c. Lack of support
- d. Identifying triggers**

23. What can be an effective way to avoid addiction and get on the path to recovery?

- a. Substance abuse
- b. No professional help
- c. Professional help**
- d. Ignoring the problem

24. What can contribute to the development of addiction?

- a. No exposure to drugs
- b. No peer pressure.
- c. Exposure to drugs and alcohol**
- d. No stress

- a. Positive consequence
 - b. No negative consequence
 - c. Negative consequence**
 - d. No consequence
- 26. What type of addiction involves the use of drugs and alcohol?**
- a. Substance use disorder.**
 - b. No substance uses disorder.
 - c. Process addiction
 - d. Behavioural addictions
- 27. Gaming addiction leads to**
- a. Social isolation
 - b. Sleep disturbance
 - c. Academic problems
 - d. All the above**
- 28. What is one mental health issue that can be associate with addiction?**
- a. Improved mood
 - b. Decreased risk of depression
 - c. Increased risk of anxiety**
 - d. Improved sleep quality
- 29. Which of the following is a common effect of alcohol addiction?**
- a. Liver damage**
 - b. Improved immunity
 - c. Improved cardiovascular health.
 - d. Increased mental clarity.
- 30. What is one way to develop a supportive network for recovery?**
- a. Isolation
 - b. Building a network of supportive family and friends**
 - c. Avoiding community resources
 - d. Cutting off friends and family
- 31. what is one type of behaviour addiction?**
- a. Alcohol addiction
 - b. Opioid addiction
 - c. Food addiction**
 - d. Tobacco addiction
- 32. What is one way that addiction can decrease a person's overall quality of life?**
- a. Improved work performance
 - b. Increased motivation
 - c. Improved social life.
 - d. Decreased motivation**
- 33. What is sign of addiction?**
- a. Increased responsibility
 - b. Improved relationships
 - c. Physical dependence**
 - d. Better health
- 34. What is a sign of an individual losing control over their substance use?**

- a. Controlled use
 - b. Limited use
 - c. **Difficulty stopping or limiting use.**
 - d. Increased responsibility
- 35. Addiction involves an excessive**
- a. **preoccupation with the addictive behaviour.**
 - b. amount of debt or financial problems.
 - c. risk of losing one and job or failing out of school.
 - d. tolerance for alcohol or drugs.
- 36. Process addictions include all of the following EXCEPT**
- a. compulsive gambling that results in the need to borrow money.
 - b. **the use of Ritalin to help concentration when studying.**
 - c. compulsive buying, both in stores and online.
 - d. exercise addiction to the point of working out at least 3 hours a day.
- 37. Which of the following is an important factor in substance abuse?**
- a. **Whether the substances are regularly used by other family members.**
 - b. whether the family environment is rural or urban.
 - c. whether you are a twin.
 - d. whether you are born in the winter.
- 38. Which of the following is an example of a substance use disorder (SUD)?**
- a. Alcohol related disorders
 - b. caffeine related disorders
 - c. inhalant related disorders
 - d. **All of the above**
- 39. The part of brain affected when a person consumes alcohol leading to loss of balance is**
- a. cerebral cortex
 - b. thalamus
 - c. **cerebellum**
 - d. medulla
- 40. Tobacco addiction occurs due to**
- a. caffeine
 - b. **nicotine**
 - c. cocaine
 - d. histamine
- 41. A disease sometimes found in persons above 40 and is characterised by poor CNS coordination, forgetfulness and tremor of hands is**
- a. Epilepsy
 - b. **Alzheimer's disease**
 - c. Schizophrenia
 - d. Migraine
- 42. A person showing unpredictable mood, outbursts of emotions, quarrelsome behaviour and conflict with this is suffering from**
- a. addictive disorders
 - b. schizophrenia
 - c. **borderline personality disorder**
 - d. mood disorders
- 43. SUD stands for**
- a. **substance use disorder.**
 - b. substance uses diagnosis.
 - c. both (a) &and (b)
 - d. none of the above

44. Types of addictive behaviour

- a) Alcoholism
- b) Drugs-Opium
- c) Video gaming

45. When is International Day Against Drug Abuse celebrated?

- a) **26th June**
- b) 12th August
- c) 14th September
- d) 1st December

46. A long-term user of cocaine may well develop symptoms of other psychological disorders, such as:

- a. Major depression
- b. social phobia
- c. eating disorders
- d. All the above**

47. Which of the following is a diuretic drug?

- a) Morphine
- b) Barbiturates
- c) Codeine
- d) Caffeine**

48. The harmful effects of addiction can include

- a. Cancer
- b. Hepatitis B and C
- c. Lung disease
- d. All of the above**

49. What is the full form of LSD?

- a. Lanthanide stimulated drug
- b. Lysergic acid diethylamide**
- c. Lanthanide steric drug
- d. Lysergic drug

50. LSD is extracted from which of the following organism?

- a. A fungus**
- b. An algae
- c. An animal
- d. A bacterium

Scientific Foundations of Health-BSFHK158 Module -5

SYLLABUS

Preventing and fighting against diseases for good health:

Process of infections and reasons for it, How to protect from different types of transmitted infections such as Current trends of socio economic impact of reducing your risk of disease, How to reduce risks for good health, Reducing risks and coping with chronic conditions, Management of chronic illness for Quality of life, Health and Wellness of youth: a challenge for the upcoming future Measuring of health and wealth status

- 1. Quality of Life can tell us about:**
 - a. Whether the patient's illness is diminishing
 - b. Whether various aspects of well-being are improving**
 - c. Can predict resilience
 - d. Can predict vulnerability

 - 2. Depression occurs at a rate of about _____ among patients with chronic liver disease.**
 - a. 5%
 - b. 10%
 - c. 20%
 - d. 30%**

 - 3. Which of the following is a hereditary disease?**
 - a) Rabies
 - b) Colour blindness**
 - c) Polio
 - d) Small pox

 - 4. Deficiency of Vitamin B complex causes**
 - a) Dermatitis**
 - b) Peliagra
 - c) Rickets
 - d) Scurvy

 - 5. Select out the odd one**
 - a) DPT – Vaccine
 - b) DOTS – TB
 - c) AB+ – Universal donor**
 - d) Adrenalin – Hormone

 - 6. Which of the following is not a hereditary disease?**
 - a) Haemophilia
 - b) Hypertrichosis**
 - c) Encephalitis
 - d) Thalassemia
-

- 17 Risk factors that increases a person's illness or injury due to**
 a)Smoking
 b)Extreme physical activity
 c)Alcohol drinking
 d)**All of the above**
- 18 Wellness dimensions are**
 a)4
 b)2
 c)6
 d)8
- 19 Symptoms of substance use disorder is**
 a)Impaired control
 b)Social Problems
 c)Risky use
 d)All of the above
- 20 STIs (sexually transmitted diseases)sare most common in which age group?**
 a.**Teens and young adults up to age 24**
 b. B. People ages 30 to 45
 c. People 60 and older
 d. All of the above
- 21 Which is the most common STI caused by bacteria?**
 a. Gonorrhea
 b. Syphilis
 c. **Chlamydia**
 d. Genital warts
- 22 Which of these is a health problem that can be caused by STIs in women?**
 a. Pelvic inflammatory disease (PID)
 b. Ectopic pregnancy
 c. Higher risk for cervical cancer
 d. **All of the above**
- 23 Which of the following CANNOT be transmitted via infectious droplets?**
 Rubella
 Common cold
 Influenza
None of the above
- 24. What proportions of patients with coronary heart disease are thought to be clinically depressed?**
 a.A quarter
 b. **A third (or more)**
 c. All
 d. Half
- 25. Which of the following is one of the adaptive tasks required as a result of chronic illness**
 a.Managing dietary needs
 b.Maintaining spiritual beliefs
 c. **Dealing with changes in relationships with family and friends**
 d.Rising to the challenges of the illness
- 26. The benefits of social support in times of poor health or stress include:**
 a.less distress/better emotional adjustment.
 b.increased adherence to treatment and self-care.

39. The influence of families, schools and and neighbourhoods in explaining social inequalities in health can be categorised in which of the following systems?
a) **microsystem**
b) mesosystem
c) exosystem
d) macrosystem
40. Cleanliness , physical exercise ,rest and sleep are a part of
a) **personal hygiene**
b) hygiene
c) social hygiene
d) none of the above
41. Which philosopher was central to the conceptualization of human beings as composed of mind and body ?
a) **Rene Descartes**
b) Confucius
c) Plato
d) John Locke
42. In H J Eysenck's 20th century theory of personality how did he reinterpret the classical phlegmatic temperament?
a) **stable introvert**
b) stable extravert
c) unstable introvert
d) unstable extravert
43. A mentally sick person has
a) **Tendency to get upset with change of routine**
b) Feeling of friendship and trust for all
c) Tendency to perform all the daily chores by oneself
d) Tendency to solve all the problems without aid of others
44. In ____, blood glucose homeostasis ceases to function because the beta cells of the pancreatic islets are destroyed.
a) **type 1 diabetes mellitus**
b) type 2 diabetes mellitus
c) gestational diabetes
d) both type 2 diabetes mellitus and gestational diabetes
45. Which of the following diseases is also called as "Salmonella enterica serotype Typhi"?
a) **Typhoid**
b) Malaria
c) Diarrhea
46. Which of the following is the main cause for transmission of the Hepatitis virus?
a) The bite of a mosquito
b) **Sharing drug needles**
c) Drinking contaminated water
d) All of the above
47. Which of the following statements is true about contamination?

- a) Contamination is caused by the entry of germs by an insect bite
 - b) Contamination is caused by the entry of germs by an animal bite
 - c) **Contamination is caused by the entry of germs into drinking water or edible foods.**
 - d) None of the above
- 48. Which of the following factors is necessary for a healthy person**
- a) Vaccination
 - b) Balanced diet
 - c) Personal hygiene
 - d) **All of the above**
- 49. Pelvis consists of number of bones**
- a) **3**
 - b) 4
 - c) 5
 - d) 6
- 50. Which part of eye can be transplanted?**
- a) Retina
 - b) **Cornea**
 - c) Optic nerves
 - d) Complete eye

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