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End Semester Examination (June, 2017)
B. Tech. (Physics Group) – Second Semester
Healthy Living and Fitness

Time: Two Hours

MM: 100

Note: Attempt all questions. All questions carry 2 (two) marks.

1. 'Brain Stroke' refers to the condition where:
 - a. There is head ache
 - b. Small blood vessels develop either a clot or they burst
 - c. The heart stops working
 - d. None of the above is correct
2. In terms of yoga-controlled breathing exercise is called:
 - a. Naadi's
 - b. Chakra's
 - c. Anulom-Vilom
 - d. None of the above is correct
3. A personality well known and associated with 'Art of Living' is:
 - a. Sri Sri Ravi Shankar
 - b. Guru Kalidas
 - c. Guru Ramdev
 - d. Guru Balyogi
4. ----- is the main constituent of hemoglobin:
 - a. Chlorine
 - b. Iron
 - c. Calcium
 - d. All of the above options are correct
5. A patient with depression who takes a lot of drugs is likely to develop:
 - a. Very healthy body
 - b. Suicidal tendencies in some cases
 - c. Good appetite
 - d. Strong bones
6. World No Tobacco Day is on :
 - a. 1st June.
 - b. 21st June
 - c. 1st May.
 - d. 31st May.
7. ----- have maximum calorific value:
 - a. Carbohydrates.
 - b. Fats.
 - c. Proteins.
 - d. Vitamins.
8. The function of hemoglobin is:
 - a. Destruction of bacteria, virus, fungi (pathogens)
 - b. Prevention of anemia.
 - c. Transportation of Oxygen.
 - d. Utilization of body stored (fats) energy.
9. Which of the following Vitamin is fat soluble and causes rickets in children and Osteomalacia in adults
 - a. Vitamin A
 - b. Vitamin D
 - c. Vitamin E
 - d. Vitamin K
10. Which of the following foods is a rich source of Vitamin E?
 - a. Milk
 - b. Spinach
 - c. Almonds
 - d. Pumpkin
11. Which is another name for Vitamin C?
 - a. B₁₂ Cobalamin
 - b. B₆ Pyridoxine
 - c. Ascorbic acid

d. Folic acid

12. A diet rich in Vitamin A is important for healthy:

- a. Bones
- b. Nails
- c. Teeth
- d. Vision

13. The deficiency disease Anaemia may be caused due to lack of:

- a. Iron
- b. Vitamin C
- c. Vitamin D
- d. Vitamin A

14. Cigarette smoking has been linked to:

- a. AIDS and Herpes
- b. Influenza and Hepatitis
- c. Cancer and heart disease
- d. Asthma and Alzheimer's disease

15. Typhoid and cholera are typical examples of:

- a. Infectious diseases.
- b. Air-borne diseases.
- c. Water-borne diseases.
- d. None of these.

16. _____ is the body's primary source of energy.

- a. Fructose
- b. Sucrose
- c. Glycogen
- d. Glucose

17. Overweight and obesity are major risk factors for diseases such as:

- a. Colon cancer
- b. Abnormal Blood Pressure & Diabetes
- c. Lung cancer
- d. Thyroid disorder

18. Functions of fat in the body:

- a. Provide a backup energy supply for the body that can be used when carbohydrates are low.
- b. Supplies essential nutrients in the form of fatty acids to the body, which are necessary for proper functioning
- c. Increases one's feeling of fullness after eating
- d. All of the above options are correct

19. You need increased protein intake when you have:

- a. Physical stress
- b. Injury
- c. Intense weight training
- d. All of the above options are correct

20. What is the normal body temperature of a human being?

- a. 81.8 °C
- b. 36.9 °C
- c. 98.6 °C
- d. 21.7 °C

21. Total volume of blood in a normal adult human being is:

- a. 5-6 liters
- b. 3-4 liters
- c. 8-10 liters
- d. 10-12 liters

22. The pancreas secretes hormone:

- a. Insulin
- b. Bile juice
- c. Peptic juice
- d. None of the above

23. Which of the following Vitamins promote healthy functioning of eyes in human beings?

- a. Vitamin B
- b. Vitamin C
- c. Vitamin A

d. Vitamin D

24. Which vitamin deficiency is known as beriberi?
- Thiamin B1.
 - BIOTIN.
 - NIACINB3
 - Riboflavin.
25. Why is warming-up before exercise important?
- It improves flexibility
 - It improves heart rate
 - It decreases the removal of lactic acid
 - It slows adrenaline release
26. Why flexibility is considered a component of a fit and healthy lifestyle?
- To avoid straining muscles during physical activity
 - To impress others during warm-up activities
 - To be able to lift heavy weights
 - To help fight infections
27. Many people participate in physical activities and follow an active, healthy lifestyle. Which one of the following is a health reason for regular participation in physical activities?
- To make friends
 - To have a job and earn money
 - To be a good role model
 - To manage stress more effectively
28. Which one of the following pairs shows two good examples of characteristics of a balanced, healthy lifestyle?
- Non-smoking and non-active
 - Nutritional diet and regular water drinking
 - Non-alcohol and low protein diet
 - Physically active and smoking only a limited number of cigarettes
29. Which one of the following best indicates a balanced diet?
- A balance between what is eaten and energy expended
 - A balance of different types of proteins
 - A balance between what is eaten and what is drunk
 - A balance between fruit and vegetables
30. Which is not essential in a balanced diet normally?
- Fruits and vegetables
 - Salads
 - Pulses
 - Tea
31. The organ 'pancreas' in humans is associated with:
- Endocrine System
 - Nervous System
 - Respiratory System
 - None of the above is correct
32. The organ 'heart' in humans has:
- Two chambers
 - Three chambers
 - Four chambers
 - Five chambers
33. The food that provides 'fiber' to us is:
- Meat, fish, dairy
 - Fruits and Vegetables
 - Sweets and Cake
 - None of the above is correct
34. Food rich in protein is:
- Carrots and Sweets Potatoes
 - Green Leafy Vegetables
 - Citrus fruits and Tomatoes
 - None of the above is correct
35. Perfect health includes:
- Physical Health
 - Mental Health
 - Both Physical and Mental Health

- d. Physical, Mental and Social Health
36. Parents who smoke can harm their children because of 'passive smoking'. These children can develop:
- Cancer
 - Pulmonary Disorder
 - Damage of Lungs
 - All the above options are correct
37. International Yoga Day is celebrated on:
- 5th June.
 - 21st June.
 - 1st May.
 - 21st May.
38. Alcohol is neutralized in our body by:
- Stomach
 - Intestine
 - Liver
 - Lung
39. If a person is not breathing and his heart is not beating, the last rescue is:
- CPR
 - Defibrillation
 - Forced Breathing
 - None of the above is correct
40. Sunlight is the free rich source for providing us:
- Vitamin A
 - Vitamin D
 - Vitamin E
 - Vitamin K
41. Which of the following on inhalation gets dissolved in the blood hemoglobin more rapidly than oxygen?
- Ozone.
 - Carbon dioxide.
 - Carbon mono-oxide.
 - Sulphur dioxide.
42. Fluoride pollution mainly affects:
- Kidney.
 - Brain.
 - Heart.
 - Teeth.
43. Diarrhoea is caused by:-
- Bacteria and Virus
 - Fungi
 - Virus
 - Bacteria
44. Dysentery is Caused by:-
- Ant-amoeba histolitica.
 - Anopheles
 - Tapeworm
 - Roundworm
45. ELISA Test is conducted for:
- Cancer
 - Hepatitis
 - HIV
 - Dengu
46. ORS is used in:-
- Dysentery and Vomiting.
 - High Fever
 - Dysentery
 - Vomiting
47. Rare Blood Group is:
- O Negative
 - O Positive
 - AB Negative
 - AB Positive
48. World Health Day:-
- 31st May
 - 5th June
 - 1st Dec
 - 7th April
49. Swine Flu is caused by:-
- H₁N₁ Virus
 - H₂N₁ Virus
 - Ebola Virus
 - Poultry
50. The Dengue fever is caused by the mosquito:-
- Culex
 - Ades
 - Anopheles
 - Wild Mosquito