

Paper code: BBA409

Enrollment no.....

**Graphic Era Hill University,
BBA IV Semester
Mid Term Exam
Wellness and Stress Management**

Time -1.5 hours

Maximum Marks: 50

Note: Each question carries 2 marks

1. Which of the following social institutions the child comes across first
 - a) School
 - b) Family
 - c) College
 - d) Society
2. Health is largely determined by
 - a) Genetic makeup
 - b) Education
 - c) Wealth
 - d) Social network
3. The individual ability to promote his or her health refers to
 - a) Cultural practices
 - b) Self support practices
 - c) Personal health practices
 - d) Motivational practices
4. Assuring good health services are the responsibility of the
 - a) Nation
 - b) Family
 - c) School
 - d) Individual
5. Dimensions of health
 - a) Physical
 - b) Mental
 - c) Emotional
 - d) All of the above
6. What dimension of health has to do with beliefs
 - a) Physical
 - b) Social
 - c) Spiritual
 - d) Occupational
7. Managing frustration and anger is part of which dimension
 - a) Physical
 - b) Emotional
 - c) Intellectual
 - d) Social
8. Having positive self esteem is what dimension of health
 - a) Mental
 - b) Emotional
 - c) Social
 - d) Physical
9. The ability of muscles to exert force on an object
 - a) Strength
 - b) Power
 - c) Speed
 - d) Endurance
10. How many bones are in the body
 - a) 200
 - b) 206
 - c) 205
 - d) 204
11. The ability of the muscle to exert maximum force
 - a) Endurance
 - b) Agility
 - c) Flexibility
 - d) Power
12. The food component present in sugar is
 - a) Fats
 - b) Proteins
 - c) Vitamins
 - d) Carbohydrates

13. Which vitamin is present in sun light
 - a) Vitamin A
 - b) Vitamin C
 - c) Vitamin B
 - d) Vitamin D
14. The deficiency of vitamin C causes
 - a) Anaemia
 - b) Scurvy
 - c) Rickets
 - d) Xerophthalmia
15. Water soluble vitamins are
 - a) A, B and C
 - b) C and D
 - c) B and C
 - d) none of these
16. The best source of vitamin A is
 - a) Apples
 - b) Carrots
 - c) Honey
 - d) Peanuts
17. Beri-Beri disease is caused by
 - a) Vitamin A
 - b) Vitamin B
 - c) Vitamin C
 - d) Vitamin D
18. Deficiency of vitamin D in children causes
 - a) Beri-Beri
 - b) Pellagra
 - c) Rickets
 - d) Ostomalacia
19. Which nutrient provides the most amount of energy per gram
 - a) Carbohydrate
 - b) Fats
 - c) Protein
 - d) Vitamin
20. Malnutrition means
 - a) A person is not eating properly
 - b) Someone is starved
 - c) May mean under nutrition or over nutrition
 - d) Someone eating too much
21. The balanced diet will help prevent
 - a) Illness
 - b) Appetite
 - c) Growth
 - d) Malnutrition
22. Bleeding disease is due to the deficiency of
 - a) Vitamin A
 - b) Vitamin D
 - c) Vitamin E
 - d) Vitamin K
23. All are vitamin deficiency diseases except
 - a) Marasmus
 - b) Rickets
 - c) Scurvy
 - d) Cheilosis
24. Deficiency of vitamin A is known as
 - a) Goitre
 - b) Anaemia
 - c) Nightblindness
 - d) Scurvy
25. A person who is suffering from high blood pressure should cut down on
 - a) Sodium
 - b) Potassium
 - c) Calcium
 - d) Magnesium