

20/12/16

Roll No. -

THF - 101/201

End Semester Examination - 2016

B. Tech. - I/II Semester

Healthy Living & Fitness

Time - 2 Hours

MM - 100

Note -

1. This question paper contains 50 objective type questions of 2 Marks each.
2. Each question has 4 options.
3. Bubble the correct option in OMR sheet using HB pencil or ball point pen

- 1) The purpose of the 11 organ systems is for the human body to maintain.

A) Balance	B) Homeostasis
C) Coagulation	D) None of the above
- 2) Pancreas produces the hormone _____ that regulates blood sugar level.

A) Insulin	B) Bile
C) Chyme	D) Saliva
- 3) Except excretory system, which of the following help to remove excess water and salts from the body?

A) Lungs	B) Skin
C) Heart	D) Brain
- 4) Larynx is also known as the

A) Epiglottis	B) Pancreas
C) Liver	D) Voice box
- 5) The human heart has how many chambers?

A) 2	B) 4
C) 5	D) 10
- 6) The red blood cells contain _____ an iron rich protein that carries oxygen.

A) Chyme	B) Bilirubin
C) Serum	D) Haemoglobin
- 7) Any organism with a major nerve cord is called the

A) Bisexual	B) Goitre
C) Chordate	D) Cerebellum
- 8) Swallowing of food takes

A) 15 Seconds	B) 10 Seconds
C) 5 Seconds	D) 3-4 hours
- 9) Every minute you breathe in

A) 10 pints	B) 13 pints
C) 5 pints	D) 6 pints
- 10) _____ muscles are the busiest muscles in the body

A) Nose	B) Heart
C) Eye	D) Facial
- 11) The human hand has _____ bones and face has _____ bones

A) 27, 14	B) 6, 2
C) 12, 24	D) 30, 10

- 12) Mayonnaise comes under which food group?
 A) Carbohydrate
 B) Protein
 C) Fat
 D) Minerals
- 13) A, D & K are which vitamins?
 A) Water soluble
 B) Fat soluble
 C) Protein soluble
 D) None of the above
- 14) Rich source of Vitamin A is
 A) Eggs, liver, fish oil
 B) Bananas
 C) Mangoes
 D) Oranges
- 15) Vitamin D is also called as
 A) Heart Vitamin
 B) Red Vitamin
 C) Energy Vitamin
 D) Sunshine Vitamin
- 16) Vitamin K helps in
 A) Eyesight
 B) Blood regulation
 C) Blood clotting
 D) Urine production
- 17) Scurvy is the most common disease due to deficiency of
 A) Vitamin C
 B) Vitamin B
 C) Vitamin D
 D) Vitamin E
- 18) Iodine comes in the category of
 A) Minerals
 B) Proteins
 C) Vitamins
 D) Anti oxidants
- 19) The state of complete physical, mental and social well being is called as
 A) Media
 B) Health
 C) Disease
 D) None of the above
- 20) The best known Pathogens are
 A) Parasites
 B) Leeches
 C) Bacteria & Virus
 D) Hook worm
- 21) General decline of all mental faculties is known as
 A) Heart Attack
 B) Dementia
 C) Loss of Senses
 D) Cataract
- 22) Cancers are of two main types
 A) Soft & Hard
 B) Benign & Malignant
 C) Evaporation & Condensation
 D) None of the above
- 23) Chest pain that occurs when heart does not get enough oxygen is called
 A) Heart Attack
 B) Arrhythmia
 C) Atherosclerosis
 D) Angina Pectoris
- 24) In type II diabetes
 A) Body makes enough insulin
 B) Body is unable to make enough insulin
 C) Body is unable to make enough insulin and to use that insulin properly
 D) None of the above

- 25) AIDS is a
A) Hereditary disease
C) Immune disorder
B) Lifestyle disorder
D) Growth of abnormal cells
- 26) As the consumption of alcohol increases, there is risk of
A) Mouth Cancer
C) Liver Cancer
B) Stomach Cancer
D) Breast Cancer
- 27) Two of the most common forms of treatment of alcoholics are
A) Withdrawal of cause and stoppage of alcohol
C) Cognitive behavior & interactional group psychotherapy
B) Cognitive behavior and giving medicines
D) None of the above
- 28) Anemia is a
A) Lifestyle disorder
C) Liver disease
B) Haematological disorder
D) Heart disease
- 29) What do normal people need in Life?
A) Healthy body, mind & spirit
C) Health & nutritional satisfaction
B) Emotional satisfaction
D) Free from diseases
- 30) Stress can lead to
A) Obesity
C) Anxiety, obesity, depression
B) Anxiety
D) OCD
- 31) Primary causes of obesity are
A) Sedentary habits
C) High level of sugar, fat & sodium in fast food
B) Lack of exercise
D) Oils
- 32) Fast foods contain high amount of
A) Potassium
C) Sodium & Cholesterol
B) Iron
D) Zinc
- 33) Signs of Heart Attack include
A) Anxiety
C) Perspiration
B) Shortness of breath
D) Perspiration, shortness of breath & anxiety
- 34) After an accident, immediately move the victim to a
A) Uncomfortable position
C) Do not move
B) Comfortable position
D) Wait for right time
- 35) In case of choking, the best first aid is
A) Ask a person to cough
C) Perform abdominal thrusts
B) Deliver 5 back blows
D) A + B + C
- 36) In case of an electric shock
A) Turn power off
C) A + B
B) Remove person from Live wire
D) Do not touch
- 37) In case of heat exhaustion
A) Patient should be moved to cool place
C) Give enough fluids
B) Elevate the feet
D) A + B + C
- 38) In case of fainting, we should primarily check for
A) Breathing
C) Pupil dilatation
B) Heart rate
D) Heart beat

- 39) The term 'Holistic Medicine' means
 A) Comprehensive medicine
 B) Alternate cure
 C) Integrates knowledge of body, mind & environment
 D) None of the above
- 40) Types of Anxiety disorders are
 A) Generalized anxiety disorders
 B) Panic disorders
 C) Obsessive compulsive disorders
 D) A + B + C
- 41) The nervous system comprises of
 A) Muscle & Nerves
 B) Veins & arteries
 C) Brain & heart
 D) Brain, nerve & spinal cord
- 42) Slowing of food in the stomach takes
 A) 3-4 hours
 B) 1-2 hours
 C) 20 minutes
 D) 5 hours
- 43) The heart sounds in a normal human being are
 A) 'Dhak-dhak'
 B) 'Tip-tap'
 C) 'Lubb-dubb'
 D) 'Tip-sip'
- 44) The largest muscle in the body is
 A) Gluteus minor
 B) Gluteus maximus
 C) Stapes and Incus
 D) Biceps & triceps
- 45) Do humans and giraffe have the same number of bones in their necks?
 A) Yes
 B) No
 C) May be
 D) Wrong question
- 46) What is the length of the intestines in an adult?
 A) at least 10 feet
 B) at least 5 feet
 C) at least 25 feet
 D) at least 50 feet
- 47) The word 'phyto' in phytonutrient means
 A) Spark
 B) Plant
 C) Energy
 D) Risk
- 48) Chloride in the electrolytes helps in
 A) Maintaining blood flow
 B) Maintaining fluid balance
 C) Transmitting nerve impulses and maintaining fluid balance
 D) Relaxing muscles
- 49) Night blindness is caused due to deficiency of
 A) Vitamin A
 B) Vitamin B
 C) Vitamin C
 D) Vitamin D
- 50) Minerals help in
 A) Regulating body processes
 B) Giving structure to things in the body
 C) A + B
 D) None of the above