



Even End Semester Examination 2024

Name of the Program: B. Tech.

Semester: II

Paper Name: Healthy Living & Fitness

Course Code: THF 201

Time: 3 Hours

Maximum Marks: 100

Note:

(I) All questions are compulsory.

1. Stored adenosine triphosphate (atp) in the muscle is used in the _____ energy system.

A. Stroke volume.	C. Alveoli
B. Immediate	D. Start-up
2. _____ is the nonfat component of the human body.

A. Lean body mass	C. Recommended body weight
B. Cellulite	D. BMR
3. ✓ A healthy breakfast may contain

A. Lean proteins like eggs and nuts	C. Fruits and Vegetables
B. low-fat dairy	D. all of the these
4. Identify the incorrect option

A. Fruits are low in sodium and calories	C. Fruits upset blood sugar balance
B. A diet rich in fruits and vegetables may reduce the risk of chronic diseases	D. Fruits keep the body hydrated
5. Identify the correct statement below

A. It is recommended to consume 0.5 gms of protein per kg of body weight.	C. It is recommended to consume 2.5 gms of protein per kg of body weight.
B. It is recommended to consume 1.0 gms of protein per kg of body weight.	D. It is recommended to consume 2.0 gms of protein per kg of body weight.
6. Which of the following is not a life style disorder

A. Obesity	C. Diabetes
B. ✓ Atherosclerosis	D. Autism
7. What is the average blood pressure of human being?

A. 180/90 mmHg	C. 200/50 mmHg
B. 120/80 mmHg	D. ✓ 100/50 mmHg
8. A diet high in which component has been linked to High Blood Pressure

A. Iron	C. Sodium
B. Protein	D. Calcium

9/ Foods that have little nutritive value but contribute lots of calories are termed

- A. Junk Food
- B. Health Food
- C. Diet food
- D. None of the above

10. COPD stands for

- A. Cuticular Obstetric Pelvic Disease
- B. Critical Obstructive Pituitary Disorder
- C. Chronic Obstructive Pulmonary Disease
- D. Chronic Obesity Personal Decision

11. What is the addictive drug in tobacco?

- A. Ethanol
- B. Nicotine
- C. Ammonia
- D. Tar

12/ Gaseous exchange in body occurs in

- A. Heart
- B. Bones
- C. Lungs
- D. Liver

13. Stress management is about learning

- A. How to avoid the Pressures of Life
- B. How to develop skills that would enhance our body's adjustment when we are subjected to the pressures of life
- C. Both of the Above
- D. None of the Above

14. Diabetes is a disease where

- A. Body fails to manage glucose
- B. Body fails to manage Blood Pressure
- C. Body fails to manage Kidney functions
- D. Body fails to manage heart functions

15. Holistic health means

- A. Physical health
- B. Emotional health
- C. Social health
- D. All of the above

16. Meditation and Yoga help in achieving

- A. Physical health
- B. Emotional health
- C. Social health
- D. All of the above

17/ Obesity is characterized by

- A. Overweight Individuals
- B. Under weight individuals
- C. Diabetic Individuals
- D. Individuals with heart diseases

18. Controllable factors of life style diseases include

- A. Diet
- B. Daily Physical activity
- C. Smoking and Alcohol abuse
- D. All of the above

19. Osteoporosis is related to

- A. Bones
- B. Skin

- C. Heart
- D. Lungs

20. Temporal Lobe is present in

- A. Heart
- B. Lungs

- C. Brain
- D. Kidneys

21. What should be your first action for first aid while examining a victim

- A. Check for Breathing
- B. Check for Insurance
- C. Speak to the victim and shake his shoulders
- D. None of the Above

22. Main causes of drug addictions are

- A. Peer Pressure
- B. Unemployment
- C. Depression
- D. All of the above

23. Identify the healthiest source of proteins

- A. Potatoes, Parantha, Rotis
- B. Eggs, Nuts, beans
- C. Oats, Rice, Vegetables
- D. cakes, biscuits, naan

24. Due to increasing time spent indoors. Our body may be deficient in

- A. Vitamin A
- B. Vitamin B

- C. Vitamin C
- D. Vitamin D

25. Minerals are essential for

- A. Building Bones
- B. Maintaining Fluid balance in Body
- C. Muscle Control
- D. All of the above

26. Based on the healthy eating pyramid the following food items are to be consumed minimally

- A. Whole Grains and Oats
- B. Vegetables and Fruits
- C. Nuts, Seeds and Poultry
- D. Red meat, butter, refined grains

27. We may avoid the risk of developing lifestyle diseases through
- A. Healthy food choices
 - B. Get physically active
 - C. Manage your weight
 - D. All of the above
28. Highly processed foods are a major contributor to
- A. Diabetes
 - B. Stroke
 - C. Forms of Cancer
 - D. All of the above
29. Identify the correct option
- A. Obesity increases the risk of lifestyle diseases
 - B. Obesity is merely a cosmetic concern
 - C. Obesity is not a major concern in India
 - D. Obesity cannot be prevented
30. The most important modifiable risk factor to avoid stroke is
- A. Manage High-Blood Pressure
 - B. Consume more fruits and vegetables
 - C. Adequate Sleep
 - D. Increase protein intake
31. Magic-pill to lead a healthy life is
- A. Staying physically active
 - B. Eating healthy breakfast
 - C. Taking vacations
 - D. Getting a good sleep
32. Which of the following statement is incorrect?
- A. Toxic chemicals enter your bloodstream within 10 seconds of the first puff
 - B. Nicotine makes smoking addictive
 - C. Smoking permanently increases levels of dopamine
 - D. Smoking is associated with lung cancer
33. Who among the celebrities have experienced Mental health problems?
- A. Yo Yo Honey Singh
 - B. Deepika Padukone
 - C. Shah Rukh Khan
 - D. All of the above
34. One of them is NOT a behavioral issue exhibited by a person under stress. Identify the correct option.
- A. Snapping at people
 - B. Indecisive or being inflexible
 - C. Avoiding addictive substances or behaviours
 - D. sleep problems

35. Identify the incorrect statement
- A. Anxiety and Depression are prevalent in a significant percentage of the population
 - B. It is possible that a person may suffer from anxiety and depression at the same time
 - C. Anxiety and depression are untreatable
 - D. It is normal to experience occasional anxiety
36. Identify the statement that is INCORRECT concerning holistic living
- A. Comprehensive approach, in which man is seen as a unity of body, soul and spirit
 - B. A holistic life is a lifestyle and way of thinking.
 - C. Human health can be dealt with by thinking of each aspect in isolation
 - D. Holistic Living is a lifelong process
37. To develop a strong immune system, we need to
- A. Follow a healthy diet
 - B. Engage in regular physical activity
 - C. Maintain a healthy weight
 - D. All of the these
38. Before responding to a first aid scenario, what is the first question you should ask at the scene?
- A. Age of the injured or ill person
 - B. Safety of the scene
 - C. Nature of the injury
 - D. Time of the injury
39. What causes Anaphylactic shock?
- A. Choking
 - B. Insect stings
 - C. 3rd degree burns
 - D. Heart attack
40. What is the main purpose of the Heimlich Procedure?
- A. To remove a blockage in the victim's airway
 - B. To treat the absence of victims breathing
 - C. To treat an insufficient breathing
 - D. To resume proper blood circulation
41. Electrical burns can be caused by household current, certain batteries, and lightning. What should be done first after a person has an electrical burn?
- A. Put ice on the area of contact
 - B. Cover the burned area with a blanket
 - C. Be sure the person is not in contact with the electrical source
 - D. None of these
42. One of the avoidable causes for drowning among youth is
- A. Lack of swimming ability
 - B. Depth of the water
 - C. Alcohol consumption
 - D. Not carrying a life jacket

43. Below is a list of types of meditation, Identify the odd one?

- A. Guided Meditation
- B. Transcendental Meditation
- C. Mantra Meditation
- D. Oriental Meditation

44. If burns blister, you should:

- A. Apply butter or petroleum jelly.
- B. Leave the blisters alone unless they break
- C. Break the blisters and apply butter or petroleum jelly
- D. None of the above

45. Which of these are symptoms of fracture?

- A. Pain, swelling and bruising
- B. Discolored skin around the affected area
- C. Inability to move the affected area
- D. All of the above

46. Identify the Healthier Source of fats

- A. Saturated Fats
- B. Transfat
- C. Essential Fatty Acids
- D. None of the above

47. The most important item in the healthy living pyramid is

- A. Daily exercise and Weight Control
- B. Vegetables and Fruits
- C. Nuts, Seeds and Beans
- D. Fish and Poultry

48. Obesity may be avoided by which of the following option

- A. Consuming Low Glycemic Index Foods
- B. Spending more time online (screen time)
- C. Drinking Soda water
- D. Eating refined carbs

49. Which of these activities to be done if the person (not pregnant or too obese) is choking?

- A. Stand behind the person and wrap your arms around the waist.
- B. Place your clenched fist just above the person's navel. Grab your fist with your other hand.
- C. Quickly pull inward and upward as if trying to lift the person.
- D. All of the above

50. Which of the following is the best way to boost your mood?

- A. Nutritious Food
- B. Aerobic Exercise
- C. Sound Sleep
- D. Solving Puzzles