

Time Allowed: 90 Minutes

(OBJECTIVE PART)

Max. Marks: 60

**Sign of
Supdt.**

1- a) Encircle the correct answer:

1x30

i) Health Psychology is devoted “Not to understand”

- a) How people stay healthy b) How people respond to illness
c) Interventions to help people stay well d) Focus to improve mental health

ii) The medulla receives information about the rate at which _____ is contracting.

- a) Brain b) Heart c) All of the above d) None of the above

iii) Epilepsy is a disease of:

- a) Limbic System b) Visual Cortex c) Central Nervous System d) Cerebrum

iv) A molecule that produces an immune response is

- a) Antigen b) Antibody c) Ig G d) Ig M

v) Tiny sacks in the lungs are called:

- a) Bronchiols b) Capillaries c) Alveoli d) None of above

vi) Aid is caused by

- a) RNA Virus b) DNA Virus c) Merpes Virus d) Hepatitis Virus

vii) Anoxia is a disorder of

- a) Central Nervous System b) Respiratory System
c) Imune System d) None of the above

viii) An excess of red blood cell is characteristic of:

- a) Sickle-Cell b) Anemia c) Erythrocytosis d) Aplastic Anemia

ix) The chief cause of COPD is:

- a) Excessive exercise b) Dieting c) Smoking d) Allergiecs

x) The spleen, tonsils and thymus glands are important organs in:

- a) Respiratory System b) Digestive System c) Lymphatic System d) Limbic System

xi) The Cardiovascular system is the _____ system:

- a) Primary System b) Transport System
c) Active System d) None of the Above

xii) Hamid always go to washroom without wearing shoes. His habit is strongly affected by:

- a) Incomplete Appreciations b) Peer Pressure
c) Early Socialization d) Priority Behavior

xiii) The most heavy health promotion activities are directed towards:

- a) Young and old adult b) Children and Adolescents
c) Young Adult and Adolescents d) Children and Old Adults

xiv) Which one of the following is “Not” the health benefit of exercise?

- a) Increase Menstrual Cycle Length b) Decrease Obesity
c) Increase Longevity d) Increase Immune System Function

xv) _____ is predictor of exercise:

- a) Age b) Gender c) SES d) Mood

xvi) The Bio Psychosocial Model of health:

- a) Challenges the Medical Model b) Refuses the Medical Model
c) Parallels the Medical Model d) Adds to the Medical Model

- xvii) The master Endocrine gland is under the control of:
a) Pineal Gland b) Adrenal Gland c) Hypothalamus d) Thyroid Gland
- xviii) Anorexia Nervosa is an obsessive disorder amounting to:
a) Weight Restoration b) Excessive Eating c) Self-Starvation d) A & B Both
- xix) Mammograms are recommended for women:
a) Over 30 b) Over 40 c) Over 50 d) None of above
- xx) Pain is more likely to be reported in people who are:
a) Divorced b) Elderly c) Separated d) All of above
- xxi) Esophagus opens only during:
a) Speaking b) Exhaling c) Inhaling d) Swallowing
- xxii) Aerobic Respiratory pathway is also known as:
a) Anabolic b) Amphibolic c) Catabolic d) None of the above
- xxiii) Cilia and Mucus are found in:
a) Trachea b) Glottis c) Larynx d) Epilottis
- xxiv) Research suggests that incidence of Breast cancer is highest in cultures where people eat large amount of:
a) Fat b) Protein
c) Fiber d) Food grown using Chemical Fertilizer
- xxv) Like all reinforces, nicotine stimulates the brain to secrete which of the following:
a) Dopamine b) Serotonin c) Acetylcholine d) None of the above
- xxvi) What affects a person's blood alcohol level:
a) Gender b) Body Weight c) Disposition d) Experience Drinking Alcohol
- xxvii) Which of the following are the three stages of general adaptation syndrome:
a) Alarm, Resistance & Exhaustion b) Denial, Resistance & Resignation
c) Avoidance, Approach & Acceptance d) Appraisal, Adjustment & Acceptance
- xxviii) What links the Nervous System to the endocrine system via pituitary gland:
a) Thalamus b) Hypothalamus c) Adrenal d) None of the above
- xxix) During aerobic exercise there is build up of:
a) Oxygen b) Water c) Lactic Acid d) Uric Acid
- xxx) Active immunity is due to:
a) Suppressor I Cell b) Killer I Cell c) Memory Cell d) Helper I Cell

b) Encircle True or False:

1x10

- i) The experience of stress makes people more vulnerable to infection. **TRUE / FALSE**
- ii) Good Health is a absence of disease. **TRUE / FALSE**
- iii) The lower a person's cholesterol the lower his/her risk of dying. **TRUE / FALSE**
- iv) Eating a high protein diet is good for health. **TRUE / FALSE**
- v) Men are more likely to develop heart disease than women. **TRUE / FALSE**
- vi) Sick people who have a lot of friends usually live longer than sick people who have no close friends. **TRUE / FALSE**
- vii) USA has the highest teenage pregnancy rate. **TRUE / FALSE**
- viii) More smokers die by heart disease than by cancer. **TRUE / FALSE**
- ix) Breast cancer is a leading cause of cancer death among woman. **TRUE / FALSE**
- x) Placebos cannot boost the effectiveness of both psychological and medical treatment. **TRUE / FALSE**

2- Give short answers of the following questions:

2x10

i) What are HEALTH BEHAVIORS?

ii) Why do people RELAPSE?

iii) What is HAY FEVER?

iv) Describe Peptic Ulcer.

v) Write down the Role of Sunscreen Use with reference to skin cancer?

vi) Why is Diet Important?

vii) Health Education.

viii) What is Substance Dependence?

ix) What are the effects of Long Term Stress?

x) Define Hypnosis.

Attempt any **Four** Questions. All questions carry equal marks

SUBJECTIVE PART

- 3- Discuss the Importance of STAGE MODEL of CHANGE.
- 4- Discuss the Disorder of RENAL SYSTEM.
- 5- Highlight the Factors associated with OBESITY.
- 6- Why is smoking so hard to change?
- 7- Criticize the SELY'S GENERAL ADAPTATION SYNDROME.
- 8- Discuss any Two PAIN CONTROL TECHNIQUES.
- 9- Write a note on FAMILY THERAPY with terminally ill.