

Total Marks: 10

Quiz No. 04

Solution:

1. Weight lifting is the best example of which of the following exercises?

- Aerobic exercise
- Isometric exercise
- **Isotonic exercise**
- Isokinetic exercise

2. Researches support the idea that who is more likely to go for medical consultation?

- Men
- **Women**
- Both equally care
- Both don't care

3. Which one of the following reason was not included in the Framingham study to play any role in the development of heart disease in women?

- Diabetes
- Overweight
- High level of cholesterol
- **Breast cancer**

4. What is the main warning sign of cancer among the followings?

- Change in bowel or bladder habits
- A sore that does not heal
- Unusual bleeding or discharge
- **All of the given options**

5. According to data presented by the center for Disease Control and Prevention in U.S, which one of the following is the largest mode of transmittion of HIV in the world?

- **Heterosexuality**
- Homosexuality
- IV drug use
- Blood Transfusion

6. Which of the following has been found to be associated with dysmenorrhoea?

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- **Heightened stress level**

- Cigarette smoking
- Excessive work
- Anxiety

7. Which one of the following is not a consequence of obesity?

- Self consciousness
- **High self-esteem**
- Negative attitude of peers
- General lethargy and fatigue

8. Stress is marked by which of the followings?

- **Activated sympathetic nervous system**
- Sympathetic nervous system
- Parasympathetic nervous system
- Activated parasympathetic nervous system

9. Which of the following refers to the standards laid down and used by psychiatrists and psychologists for categorizing and labeling people as mental patients, or as suffering from a mental illness?

- **Diagnostic criteria**
- Analytical criteria
- Systematic criteria
- Methodical criteria

10. Which of the following is considered the best and most reliable measure of obesity?

- **Body Mass Index**
- Magnetic resonance imaging
- CT scan
- Electrocardiogram