

Registration Number:

Date & session:21-12-22

**ST.JOSEPH’S COLLEGE (Autonomous), BENGALURU -27**

**B.Sc (Zoology) – III SEMESTER**

**SEMESTER EXAMINATION: OCTOBER 2022**

**(Examination conducted in December 2022)**

**ZOOE5 – Lifestyle disorders and remedies**

**Time: 2 Hours Max Marks: 60**

**This paper contains two printed page and four parts**

**Note: Illustrate wherever necessary.**

**Indicate the question numbers clearly**

**PART-A**

. Answer **all the twenty** questions **20X2=20**

1. Life style disorder are non-communicable. True / False
2. Delusions, hallucinations, disorganized speech, trouble with thinking and lack of motivation is typical of,
   1. Anger c. Sadness
   2. Schizophrenia d.Bipolar disorder
3. A false perception of objects or events involving your senses: sight, sound, smell, touch and taste is called ----------------
4. Sedentary life style, intake of high calorie diet and lack of physical exercise often results in -----------
5. What is Drug Addiction?
6. Abbreviate BMI
7. Which among these is not a sleep disorder
   1. Insomnia c. Sleep apnea
   2. Narcolepsy d. Gonorrhea
8. Insulin Hormone decreases blood sugar, True /False
9. Which hormone is associated with stress
   1. Cortisol c. Insulin
   2. Glucagon d. relaxin
10. The more-severe form of depression is called -----------------
11. The dreaming part of sleep phase is referred as ------------ Sleep
12. The American Academy of Sleep Medicine and the Sleep Research Society recommends that adults aged 18–60 years should sleep at least,
    1. 7 to 8 hours c. 5 to 6 hours
    2. 9 to 10 hours d. 2 to 4 hours
13. A physiological condition in which excess amount of sugar often persist in blood is called -------------
14. What is a normal blood pressure in healthy adults?
15. What is Liver Cirrhosis?
16. Leukaemia is a type of ----------- cancer
17. Carcinoma is most common form of cancer, True / False
18. What is metastatic cancer?
19. What is an unhealthy life style?
20. Chronic stress can impair immune system, True / False

**PART-B**

Answer **any five** from the following **5X2=10**

1. What is life style disorder?
2. What is hypertension?
3. What are the health risks of obesity?
4. What are the causes and symptoms of Syphilis?
5. List out the health benefits of optimal physical exercise
6. What is the role of penial gland in sleep?
7. What is ethanol poisoning and how does it occur?

**PART-C**

Answer **any two** from the following **2X5=10**

1. Explain Illness Anxiety disorder
2. What are carcinogens? List out few carcinogens present in food and cosmetics
3. What are the causes and symptoms of Type-II diabetes
4. Give an outline of circulation of blood in human heart

**PART-D**

Answer **any two** from the following **2X10=20**

1. a. Explain the neurological basis of sleep. Add a note on sleep disorders

b. Discuss the causes and impact of sleep deprivation on health

1. a. Define stress and list out different types of stress

b. Discuss stress due to social media addiction

1. a. What are psychoactive drugs? Add a note on its classification

b. Discuss early warning signs and symptoms of drug addiction

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