

**Sample Multiple Choice Questions**  
**M. Sc. Semester I - Branch II - Human Development (2020-2021)**

**PSHSI101 - Research Methods and Biostatistics Paper I**

Instructions:

1. Attempt any 8 out of 10 given MCQs
2. Each MCQ carries 1.5 marks
3. Read each statement carefully and mark any one option out of the four options that you think is the correct answer
4. No negative marking for wrong answers

1. The study of the cause of disease in humans
  - a. Epidemiology
  - b. Qualitative study
  - c. Health Study
  - d. Quantitative Study

**Correct answer: option “a”**

2. This sampling includes periodic affects and trend of the listed population
  - a. Stratified Sampling
  - b. Systematic sampling
  - c. Cluster Sampling
  - d. Multistage sampling

**Correct answer: option “b”**

3. The design where two or more variables are manipulated simultaneously in order to study the independent effect of each variable on the dependent variable.
  - a. Time series design
  - b. True Experimental design
  - c. Factorial design
  - d. Pre-experimental design

**Correct answer: option “c”**

4. The statistical hypothesis that states that there are no differences between observed & expected data.
  - a. Declarative hypothesis
  - b. Alternate hypothesis
  - c. Null hypothesis
  - d. Question form hypothesis

**Correct answer: option “c”**

5. It is used on large scale surveys for a more comprehensive investigation and research may have to use two, three, or even four-stage
  - a. Incidental Sampling
  - b. Multi-stage Sampling
  - c. Quota Sampling
  - d. Judgemental Sampling

**Correct answer: option “b”**

6. Wrongly rejecting a true null hypothesis is called
- a. Type II error
  - b. Random Error
  - c. Systematic error
  - d. Type I Error

**Correct answer: option "d"**

7. Blood group is an example of:
- a. Discrete variable
  - b. Continuous variable
  - c. Deterministic variable
  - d. Quantitative variable

**Correct answer: option "a"**

8. It is a scale where the characteristics can be exactly measured in terms of a quantity
- a. Nominal Scale
  - b. Ordinal Scale
  - c. Metric scale
  - d. Interval scale

**Correct answer: option "c"**

9. A tool used for collecting data must provide information that is not only relevant but free from systematic errors.
- a. Validity
  - b. Reliability
  - c. Usability
  - d. Replicability

**Correct answer: option "a"**

10. It relates to the content of a research tool to the objective and nature of a research problem
- a. Criterion related validity
  - b. Content validity
  - c. Predictive validity
  - d. Construct validity

**Correct answer: option "b"**



## PSHSIC102 - Human Physiology and Kinesiology

### Instructions:

1. Attempt any 8 out of 10 given MCQs
2. Each MCQ carries 1.5 marks
3. Read each statement carefully and mark any one option out of the four options that you think is the correct answer
4. No negative marking for wrong answers

1. Which of the following is considered to be a "ball-and-socket" joint?
  - a. Ankle
  - b. Elbow
  - c. Knee
  - d. Hip

**Correct answer: option "d"**

2. A muscle fiber is a single cell consisting of all but which of the following components?
  - a. Sarcolemma
  - b. Sarcoplasm
  - c. Cilia
  - d. Myofibrils

**Correct answer: option "c"**

3. Which of the below is not a feature of mature bone,
  - a. Cancellous and compact bone are fully developed
  - b. The epiphyseal plate is now the epiphyseal line
  - c. The only cartilage present is articular cartilage at the ends of the bone
  - d. Osteoclasts are the only active bone cells

**Correct answer: option "d"**

4. The muscles of respiration are?
  - a. Diaphragm and intercostal muscles
  - b. Intercostal muscles
  - c. Abdominal muscles
  - d. Pectoral (chest muscles)

**Correct answer: option "a"**

5. What is the pressure in the arterial system called when the cardiac muscle is relaxed, and what is the normal value?
  - a. SBP, typically 120 mm Hg
  - b. DBP, typically 80 mm Hg
  - c. Mean arterial Pressure, typically 90 mmHg
  - d. Peripheral resistance, typically 100 mm Hg

**Correct answer: option "b"**

6. The number of ATP resynthesized from energy transfer during the complete aerobic oxidation of one glucose molecule are
- 32 ATP
  - 36 ATP
  - 2 ATP
  - Unlimited

**Correct answer: option “b”**

7. Through which valve in the heart does blood flow when moving from left atrium to the left ventricle?
- Bicuspid
  - Tricuspid
  - Pulmonary
  - Aortic

**Correct answer: option “a”**

8. The neurotransmitter released at the neuromuscular junction of a motor unit is always:
- Norepinephrine
  - Epinephrine
  - Acetylcholine
  - cyclic AMP

**Correct answer: option “c”**

9. The autonomic nervous system breaks down further into
- The peripheral nervous system and the central nervous system
  - The somatic nervous system and the parasympathetic nervous system
  - The parasympathetic nervous system and the sympathetic nervous system
  - The sympathetic nervous system and the central nervous system

**Correct answer: option “c”**

10. Which of the following cell types release renin?
- Extraglomerular mesangial cells
  - Macula densa cells
  - Beta cells of Islets of Langerhans
  - Juxtaglomerular cells

**Correct answer: option “d”**



## PSHSIC103 - Advances in Nutritional and Clinical Biochemistry

Instructions:

1. Attempt any 8 out of 10 given MCQs
2. Each MCQ carries 1.5 marks
3. Read each statement carefully and mark any one option out of the four options that you think is the correct answer
4. No negative marking for wrong answers

1. Carbohydrates are polyhydroxy
  - a. aldehydes and phenols
  - b. aldehydes and ketones
  - c. ketones and phenols
  - d. phenols and alcohols

**Answer: b**

2. Maltose is a disaccharide consists of
  - a. glucose and fructose
  - b. glucose and galactose
  - c. glucose and sucrose
  - d. glucose and glucose

**Answer: d**

3. Which of the following essential amino acids is not synthesized by the body?
  - a. Arginine
  - b. Glutamine
  - c. Histidine
  - d. Proline

**Answer: c**

4. Which of the following elements is required for the synthesis of thyroid hormone?
  - a. zinc
  - b. sulfur
  - c. iron
  - d. iodine

**Answer: d**

5. Which of the following glands does not belong to the endocrine system?
  - a. pituitary
  - b. thyroid
  - c. parathyroid
  - d. salivary

**Answer: d**

6. Which of the following is not a chemical class of hormones?

- a. protein
- b. steroid
- c. glycoprotein
- d. carbohydrate

**Answer d**

7. In Male the sex hormone that maintains sexual organs and secondary sex characteristics is

- a. Progesterone
- b. Estrogen
- c. Testosterone
- d. Relaxin

**Answer: c**

8. Induced fit theory for the formation of Enzyme-Substrate complex was proposed by

- a. Koshland
- b. Charles Leibeg
- c. Buchner
- d. Fischer

**Answer: a**

9. Gastrin is produced by:

- a. Mouth
- b. Stomach
- c. Intestine
- d. Pancreas

**Answer: b.**

10. Which of the intermediate of the Krebs's cycle is utilised in the formation of amino acids?

- a. Citric acid
- b. Malic acid
- c. Isocitric acid
- d.  $\alpha$ -ketoglutaric acid

**Answer: d**



## PSHSIC104 - Nutrition and Fitness

Instructions:

1. Attempt any 8 out of 10 given MCQs
2. Each MCQ carries 1.5 marks
3. Read each statement carefully and mark any one option out of the four options that you think is the correct answer
4. No negative marking for wrong answers

1. Health is a state of complete physical, mental and \_\_\_\_\_ wellbeing, not merely the absence of disease or infirmity (World Health Organization).
  - a. Social
  - b. Psychological
  - c. Physiological
  - d. Emotional

**Correct answer: option “ a”**

2. The body's ability to deliver oxygen to working muscles during exercise is known as?
  - a. Muscular endurance
  - b. Flexibility
  - c. Cardiovascular endurance
  - d. Muscular strength

**Correct answer: option “ c”**

3. Which of the following seeks to help patients recognize, avoid, and cope with the situations in which they're most likely to use drugs?
  - a. Motivational enhancement
  - b. Cognitive behavioural Therapy
  - c. Family Therapy
  - d. Gestalt Therapy

**Correct answer: option “ b”**

4. Effect of surroundings on the adherence to an exercise regime is a component of which of the following factors?
  - a. Psychosocial
  - b. Biophysical
  - c. Intrinsic
  - d. Environmental

**Correct answer: option “ d”**

5. Vitamin B9 is also called?
  - a. Pantothenic Acid
  - b. Folate
  - c. Niacin
  - d. Riboflavin

**Correct answer: option “ b”**

6. Total body content of Iodine in humans is :

- a. 70-80 mg
- b. 40-50 mg
- c. 5-10 mg
- d. 20-30 mg

**Correct answer: option “ d”**

7. Which of the following is not included in the spectrum of IDD?

- a. Still birth
- b. Keratomalacia
- c. Goitre
- d. Impaired mental function

**Correct answer: option “ b”**

8. \_\_\_\_\_ health is not the mere absence of mental illness, but is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her own community.

- a. Holistic
- b. Physical
- c. Mental
- d. Physiological

**Correct answer: option “ c”**

9. Which of the following is an immediate cause of malnutrition?

- a. Reduced dietary intake
- b. Food insecurity
- c. Poor public health
- d. Cultural factors

**Correct answer: option “ a”**

10. A clinical form of acute malnutrition characterized by severe weight loss or wasting is called:

- a. Kwashiorkor
- b. Marasmus
- c. Marasmic-Kwashiorkor
- d. Stunting

**Correct answer: option “ b”**





## PSHSIC105 - Principles of Nutritional Assessment

### Instructions:

1. Attempt any 8 out of 10 given MCQs
2. Each MCQ carries 1.5 marks
3. Read each statement carefully and mark any one option out of the four options that you think is the correct answer
4. No negative marking for wrong answers

1. How much total weight gain is there in an average during pregnancy?
  - a. 10-15 lbs
  - b. 25-30 lbs
  - c. 15-30lbs
  - d. 15-20lbs

**Correct answer: option "b"**

2. WHO criteria BMI cut off of 30 - 40 kg/m<sup>2</sup> is for?
  - a. Obese
  - b. Obese type 2
  - c. Obese type 1
  - d. Obese type 3

**Correct answer: option "c"**

3. Underwater weighing is also known as?
  - a. Hydrodensitometry
  - b. Air displacement Plethysmography
  - c. Hydrometry
  - d. Isotope dilution method

**Correct answer: option "a"**

4. Which one of the following girth measurement are taken immediately below the adams apple?
  - a. Head
  - b. Upper arm
  - c. Chest
  - d. Neck

**Correct answer: option "d"**

5. which one of the following is not a direct method of nutritional assessment?
  - a. Anthropometry
  - b. Clinical
  - c. Ecological variables
  - d. Biochemical

**Correct answer: option "c"**

6. Which biochemical parameter provides a good estimate of very low density lipoprotein levels?
- a. Fasting serum TG
  - b. Serum HDL
  - c. Serum VLDL
  - d. Serum LDL

**Correct answer: option “a”**

7. Erythrocytes have an average life span of?
- a. 90 days
  - b. 100 days
  - c. 120 days
  - d. 140 days

**Correct answer: option “c”**

8. Diet history approach was developed by ?
- a. B S Burke
  - b. Gladys Block
  - c. Walter Willet
  - d. Ada Lovelace

**Correct answer: option “a”**

9. IPQA full form –
- a. International physical activity questionnaire
  - b. Intranational physical activity questionnaire
  - c. Illinois physical activity questionnaire
  - d. Indian physical activity questionnaire

**Correct answer: option “a”**

10. Which vitamin states can be estimated by using prothrombin time (PT)?
- a. Vitamin K
  - b. Vitamin D
  - c. Vitamin C
  - d. Vitamin E

**Correct answer: option “a”**

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