

2021
B.A./B.Sc.
Fifth Semester
DSE – 1
ANTHROPOLOGY
Course Code: AND 5.11
(Sports & Nutritional Anthropology)

Total Mark: 70

Pass Mark: 28

Time: 3 hours

Answer any five questions from the following.

14×5=70

1. Discuss on the components of fitness in sports anthropology. 14
2. How is body composition important in physical fitness? 14
3. Explain with examples the effects of food choice in certain societies. 14
4. What do you understand by sports doping? Discuss on how sports doping can have an adverse effect on the athletes. 14
5. Describe on the physiological and environmental effects on physical performance. 14
6. In what way does biological and social factors influence the food choices? 14
7. What is physiological stress? Illustrate with examples how physiological changes occurs during stress response. 14
8. Write short notes on any two: 7×2=14
 - (i) DEXA and BIA technique
 - (ii) Influence of food taboo on nutritional status of people
 - (iii) Relation between health and nutrition
 - (iv) Cultural construction of food