

April 2025
B.A./B.Sc.
Second Semester
MULTI-DISCIPLINARY COURSE – 2
ANTHROPOLOGY
Course Code: ANO 2.11
(Sports Anthropology)

Total Mark: 25
Time: 1 hour

Pass Mark: 10

I. Answer two questions, taking one from each unit.

UNIT-I

1. Discuss in brief Heath-Carter's anthropometric method of somatotyping. 10
2. Explain DEXA method of estimating body composition. 10

UNIT-II

3. Do the terms fitness and health connote the same meaning? Explain the components of physical fitness. 2+8=10
4. The performance of an athlete improves as they ascend towards a higher altitude. True or false? Justify. 10

II. Answer any one of the following questions.

5. Write a short note on the criticism of Sheldon's method of somatotyping. 5
 6. How do aerobic exercises differ from anaerobic exercises? 5
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