

ANTHROPOLOGY

Course Code: AND 5.11

(Sports & Nutritional Anthropology)

Total Mark: 70

Pass Mark: 28

Time: 3 hours

Answer five questions from the following.

1. Define anthropology of sports. Explain the various components of physical fitness. 2+12=14
2. Discuss in brief the effect of thermal stress on the physiological performance of an individual. 14
3. Describe the effect of environment on the physical performance of an athlete. 14
4. Define body composition. Discuss the importance of body composition in selection of sports. 2+12=14
5. Explain how cultural beliefs and practices influence food habits and preferences among human population. 14
6. Define human biological variability. Discuss the influence of health and nutrition on human biological variability. 2+12=14
7. Define nutrients. Explain in brief the physiologic implications of food. 2+12=14
8. Write short notes on any two of the following: 7×2=14
 - (a) Doping on sports performance
 - (b) Importance of nutrition in sports
 - (c) Effect of fluid intake on physiological