

2022

M.Sc.

Third Semester

DISCIPLINE SPECIFIC ELECTIVE – 01

ANTHROPOLOGY

Course Code: MAND 3.11 (B)

(Physiological Anthropology)

Total Mark: 70

Pass Mark: 28

Time: 3 hours

Answer five questions from the following.

1. Write a brief note on the historical account of physiological anthropology. 14
 2. What do you understand by cardiovascular endurance? Discuss the wellness and health benefits of cardiovascular endurance. 2+12=14
 3. What do you understand by hemodynamics? Discuss briefly in what way blood flow affects blood pressure in man. 7+7=14
 4. Define obesity. Does environment play any contributing factor to obesity? Mention some of the preventive and management measures for obesity. 2+6+6=14
 5. Explain briefly how ageing brings about variations in the respiratory functions in man. 14
 6. What are stressors? Discuss the effect of high-altitude stress on function and performance of athletes. 2+12=14
 7. What according to you is physical fitness? Mention what are the important components of physical fitness for a healthy body. 2+12=14
 8. Write notes on any two of the following: 7×2=14
 - (a) Hoffmann analysis
 - (b) Difference between aerobic and anaerobic exercise
 - (c) Respiratory functions and environment
 - (d) Impact of smoking on health
 - (e) Importance of physical activity exercise among older people
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