

2023
B.A./B.Sc.
Fifth Semester
DISCIPLINE SPECIFIC ELECTIVE – 1
ANTHROPOLOGY
Course Code: AND 5.11
(Sports & Nutritional Anthropology)

Total Mark: 70
Time: 3 hours

Pass Mark: 28

Answer five questions, taking one from each unit.

UNIT-I

1. Describe on the history and development of sports anthropology. 14
2. Explain how muscular strength and flexibility can be used to determine physical fitness. 7+7=14

UNIT-II

3. What is physical conditioning? Distinguish between aerobic and anaerobic exercise citing examples. 4+10=14
4. Explain the effects of cold stress on a sports athlete. Also, explain in brief, how it can affect the performance of an athlete. 7+7=14

UNIT-III

5. Define somatotyping. Discuss briefly on Heath and Carter's method of somatotyping. 2+12=14
6. Discuss in detail how anthropometric method can be used in estimating body composition. 14

UNIT-IV

7. Define doping. Explain the different types of doping. How does doping effects sports performance? 2+5+7=14

8. Discuss in detail how nutrition can alter the biological aspect of a human body. Substantiate your answer with an example. $7+7=14$

UNIT-V

9. Discuss on the cultural construction of food. Elaborate with examples. $9+5=14$
10. Write notes on the following: $7 \times 2 = 14$
- (a) Food and religion
 - (b) Behavioural perspective towards food preferences
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