

**October 2025**  
**B.A./B.Sc.**  
**Fifth Semester**  
DISCIPLINE SPECIFIC ELECTIVE – 1  
**ANTHROPOLOGY**  
*Course Code: AND 5.11*  
(Sports & Nutritional Anthropology)

Total Mark: 70

Pass Mark: 28

Time: 3 hours

Answer five questions, taking one from each unit.

**UNIT-I**

1. Discuss the significance and relevance of studying sports in anthropology. 7+7=14
2. Define physical fitness. Briefly discuss the body composition, and agility as a component of physical fitness. 2+6+6=14

**UNIT-II**

3. Define exercise. Examine the importance of exercise in general well-being. Classify its types and cite some of its benefits. 2+4+8=14
4. Discuss the effect of cold stress on physiological response and performance of sports person. 14

**UNIT-III**

5. Analyse how anthropometric indices can influence performance in different sports. 14
6. Evaluate the limitations of using somatotyping as a predictor of sports performance. 14

**UNIT-IV**

7. Critically examine how gender differences in physiology affect nutritional requirements in sports. 14

8. Evaluate the ethical and health implications of doping in modern sports. 7+7=14

### UNIT-V

9. Discuss the role of cultural food habits in shaping the nutritional status of athletes in indigenous societies. 14
10. Critically examine how urbanization has altered biobehavioural aspects of food preference in tribal vs. urban populations. 14
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