

This question paper contains 2 printed pages]

Roll No.

--	--	--	--	--	--	--	--	--	--

S. No. of Question Paper : 5602

Unique Paper Code : 2153010013

Name of the Paper : (DSE) : Kinanthropology

Name of the Course : B.Sc. (Hons.)

Semester : VI, Part-III

Duration : 3 Hours

Maximum Marks : 90

*(Write your Roll No. on the top immediately on receipt of this question paper.)*

Attempt any five questions.

All questions carry equal marks.

1. Trace the history and development of Kinanthropology as a scientific discipline.
2. Discuss the scope and relevance of kinanthropology. Elaborate with examples.
3. Elaborate on the techniques used in kinanthropometric assessment. Discuss in light of thier advantages and limitations.
4. Discuss the relevance and application of kinanthropology in sports training and athlete development.
5. Explain the interplay between exercise, nutrition and performance from kinanthropological perspective.
6. Elaborate and differentiate between the traditional and modern methods in kinanthropology.

P.T.O.

7. Discuss how kinanthropological insights can be integrated into public health.
8. What do you mean by physical conditioning ? Discuss its principles in detail with relevant examples.
9. Write short notes on any *two* of the following :
  - (a) Growth
  - (b) Exercise
  - (c) Physical fitness
  - (d) Somatotyping.