

This question paper contains 2 printed pages]

Roll No.

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S. No. of Question Paper : 5282

Unique Paper Code : 2154001201

Name of the Paper : GE : Physical Fitness, Activity and Performance

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

Semester : II (Part-I)

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. Define physical fitness. Discuss with examples about assessment of physical fitness.
2. Define body composition. Discuss various methods of studying body composition.
3. Discuss relevance of anthropology in studying physical fitness.
4. Elaborate the relationship between physical activity, exercise and health.
5. Write an essay on doping and performance.
6. Describe the principles of physical conditioning. Explain with suitable examples.

P.T.O.

7. Elucidate the importance of physical performance in preventing chronic disease.
8. What are the different ways to improve physical performance among athletes ? Elaborate
9. Write short notes on any *two* of the following :
  - (a) Energy expenditure and physical activity
  - (b) Muscular strength and endurance
  - (c) Lifestyle disease
  - (d) Ethnicity and physical fitness.