

Term End External Examination 4th Semester (Session- July 2024)

Subject: Anthropology

Course No and Title: ANTC2422M/Human Growth and Development

**Time: 2.15 hours**      **Max Marks:100**      **Min. Marks:40**

**Section A: Objective Type Questions**

**Q1. Choose the appropriate Answer:** (8x1.5=12)

- i. Increase in human height is referred to as:  
A Areal growth      B Linear growth  
C Transverse growth      D Ponderal growth
- ii. Biological anthropologists who study human growth are known as:  
A Ethnologists      B Nosologists  
C Philologists      D Auxologists
- iii. A measure of the rates of change in growth over time:  
A Secular trend      B Growth spurt  
C Velocity curve      D Distance curve
- iv. Which of the following is not a macro-nutrient?  
A Vitamins      B Carbohydrates  
C Fat      D Protein
- v. Heath-Carter method is used for  
A Nutritional status      B Somatotyping  
C Body composition      D Stature estimation from long bones
- vi. The tendency for the bodies of mammals living in cold climate to have short arms and legs than members of the same species living in warm climates:  
A Allen's rule      B Bergmann's rule  
C Glogger's rule      D All of the above
- vii. Which of the following racial group have medium to fat body build, lesser subcutaneous fat, straight and narrow nose?  
A Mongoloids      B Negroids  
C Caucasoids      D None of the above
- viii. What is the best method to estimate changes in body fat during weight loss?  
A BMI      B DEXA  
C Four-compartment model      D MRI

**Section – C: Descriptive Type Questions (Medium Type)**

**Answer all the questions:** (4 x 7=28)

- i. What are pre-term babies?
- ii. Define adolescent growth spurt.
- iii. Define catch-up growth.
- iv. Define the types of secular trends.
- v. What is the difference between ectomorphy and endomorphy?
- vi. Define Homeostasis.
- vii. What is DEXA method?
- viii. What is fat free mass?

**Section – C: Descriptive Type Questions (Medium Type)**

**Answer all the questions:** (4 x 7=28)

- Q 3.** Discuss various stages of human growth from conception till senescence.

**OR**

Briefly discuss different growth curves.

- Q 4.** Elucidate the factors affecting human growth and development with relevant examples.

**OR**

Write a short note on the importance of assessing nutritional status.

- Q 5.** Define physique. Discuss Heath and Carter classification with suitable examples.

**OR**

## Government Degree College, Baramulla (Autonomous)

Describe the contribution of Sheldon in studying body physique.

**Q6.** Examine the relationship between body composition and ethnicity.

**OR**

Explain the importance of body composition in biological anthropology.

### Section – D: Descriptive Type Questions (Long Type)

**Answer any two of the following: (2 x 14=28)**

- Q 7.** Discuss various methods of studying human growth with their merits and demerits.
- Q 8.** Explain the importance of a balanced diet in promoting healthy growth and development. Discuss the consequences of nutritional deficiencies on our health.
- Q 9.** Define adaptation. Discuss with suitable examples, the changes that help a newcomer in adapting to the stresses of extreme cold climate.
- Q 10.** What is body composition? Discuss various methods to assess body composition.