

**Physiological Anthropology: BANE 141
Tutor Marked Assignment
(TMA)**

Course Code: BANE 141
Assignment Code: BANE 141/ASST/TMA/2023-24
Total Marks: 100

There are three Sections in the Assignment. All questions are compulsory.

Assignment –I

Answer any two of the following questions in about 500 words each. 20x2

- a) Discuss in brief oxygen transportation.
- b) Explain the role of nutrition in performance.
- c) Briefly explain the cardiac cycle.

Assignment –II

Answer any two questions in about 250 words each. 10x2

- a. Write short notes on any two of the following
 - i. Energy balance
 - ii. Health benefits of physical activity and cardiorespiratory fitness
 - iii. Effects of exercise and training on health

Answer any two of the following questions in about 150 words each. 5x2

- i. Why do I need to be fit?
- ii. Respiratory system in exercise.
- iii. Important aspects of physical conditioning.

Assignment –III

Answer the following questions in the about 250 words 10x3=30

- i. Discuss in brief cardiovascular functions.
- ii. Briefly explain respiratory functions.
- iii. Explain the procedure for Treadmill test.