

**2015**

**M.A.**

**2nd Semester Examination**

**KINANTHROPOMETRY**

**PAPER—PED-204**

*Full Marks : 40*

*Time : 2 Hours*

*The figures in the right-hand margin indicate full marks.*

*Candidates are required to give their answers in their own words as far as practicable.*

**Answer four questions taking one question from each unit.**

**UNIT — I**

1. Define Kinanthropometry and state its application in exercise and sport. State briefly the development of Kinanthropometry as a science. 5+5

*Or*

Discuss critically the application of Kinanthropometry in growth, exercise and performance. State its relevance in education and medicine. 6+4

**UNIT — II**

2. What is body measurement ? Explain the terms plane and axis of human body. State how skin fold measurements are conducted and what are its purposes ? 2+4+4

Or

What is meant by body proportion ? Comment on the terms Z-score and O-scale system. Discuss the measurement technique of B.M.I. and state its application in health and fitness. 2+4+4

**UNIT — III**

3. Define somatotyping. State the procedure of calculation of Heath-Carter's method. Explain somatochart and somatoplot. 2+5+3

Or

Explain basic characteristics of Seldon's method of somatotyping. What is Rating scale ? 8+2

**UNIT — IV**

4. What is densitometry ? Critically analyse density estimation from skinfold measurement. 2+8

Or

Write short notes on any two : 2×5

- (i) Phantom strategem.
- (ii) Nutrition and Kinanthropometry.
- (iii) Hydrometry.