

BANE-141

**BACHELOR OF SCIENCE
(HONOURS)
ANTHROPOLOGY
(BSCANH)**

ASSIGNMENT

July 2025-January 2026

COURSE CODE: BANE-141

**PHYSIOLOGICAL ANTHROPOLOGY
(Discipline Specific Elective)**



**SCHOOL OF SOCIAL SCIENCES
INDIRA GANDHI NATIONAL OPEN
UNIVERSITY MAIDAN GARHI, NEW DELHI-
110068**

Dear Learner,

As we have informed you in the Programme Guide, evaluation at IGNOU consists of two parts: i) continuous evaluation through assignments, and ii) term-end examination. In the final result, assignments of a course carry 30% weightage while 70% weightage is given for term-end examination.

You will have to do three Tutor Marked Assignments (TMA) for a six-credit course and two TMAs for a four-credit course. This Assignment booklet has TMA for the discipline specific elective course **BANE-141 Physiological Anthropology** which is a six-credit course. The booklet therefore has three TMAs per course whose total marks add up to 100 and carry a weightage of 30 %.

Assignment I has Descriptive Category Questions (DCQs). These are meant for writing essay type answers, with an introduction and a conclusion. These are intended to test your ability to describe your understanding/knowledge about the topic in a systematic, to-the-point and coherent manner.

Assignment II has Middle Category Questions (MCQs) and Short Category Questions SCQs. These (MCQs) questions require you to first analyse the topic in terms of arguments and explanations and then write the answers in a concise manner. They are meant to test your ability to distinguish, compare and contrast, or clear understanding of the concepts and processes. The SCQs questions are meant to improve your skill of recall in brief the relevant/precise information about persons, writing, events, or clear understanding of concepts and processes.

Assignment III has questions based on the practical manual. These questions would help you to understand how to frame a project synopsis and test your knowledge of applying the tools and techniques in the field situation.

Before you attempt the assignments, please read the instructions carefully provided in the Programme Guide. It is important that you write the answers to all the TMA questions in your own words. Your answers should be within the approximate range of the word-limit set for a particular section. Remember, writing answers to assignment questions will improve your writing skills and prepare you for the term-end examination.

As mentioned in the Programme Guide, you need to submit all the handwritten assignments within the stipulated time for being eligible to appear in the term-end examination.

Submission of the completed assignments:

	Last date of submission	Place of submission
July 2025 cycle	30 th April 2026	Coordinator of the Learner Support Centre
January 2026 cycle	30 th September 2026	

Please visit the Learner Support Centre to submit your assignment and obtain the receipt for the assignments submitted and retain it. If possible, keep a xerox copy of the assignments with you.

The Learner Support Centre shall return the assignments to you after they are evaluated. Please insist on this. The Learner Support Centre shall send the marks to the Student Evaluation Division at IGNOU, New Delhi.

We expect you to answer each question as per guidelines for each category as mentioned in the assignment. You will find it useful to keep the following points in mind:

- 1) **Planning:** Read the assignments carefully, go through the Units on which they are based. Make some points regarding each question and then rearrange them in a logical order.
- 2) **Organisation:** Be a little selective and analytic before drawing up a rough outline of your answer. Give adequate attention to your introduction and conclusion.

Make sure that your answer:
 - a) is logical and coherent;
 - b) has clear connections between sentences and paragraphs, and
 - c) is written correctly giving adequate consideration to your expression, style and presentation.
- 3) **Presentation:** Once you are satisfied with your answer, you can write down the final version for submission, writing each answer neatly and underlining the points you wish to emphasise. Make sure that the answer is within the stipulated word limit.

Wish you all the best!

**Discipline of Anthropology
SOSS, IGNOU, New Delhi**

Physiological Anthropology: BANE 141
Tutor Marked Assignment
(TMA)

Course Code: BANE 141

Assignment Code: BANE 141/ASST/TMA/2025-26

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 the impact of Exercise on our body.
- b) Write an account on Homeostasis.
- c) Briefly explain various factors affecting Lung functions.

Assignment –II

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

- i. Gender and Ethnic differences in Cardiovascular fitness. Elaborate.
- ii. Discuss the important aspects of Physical conditioning.
- iii. Describe the factors affecting physical performance.

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

- i. Physical performance and Environmental stress.
- ii. Body composition.
- iii. Physical fitness.

Assignment –III

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

- i. Discuss in brief the recording of blood pressure and heart rate.
- ii. Briefly explain static lung respiratory functions.
- iii. Explain the procedure for Treadmill Test.