

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

ASSIGNMENT

July 2026-January 2027

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 develop a 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 develop a 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 a 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 2026 cycle	30th April 2027	Coordinator of the Learner Support Center
January 2027 cycle	30th September 2027	

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 emphasize. 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/July 2026-January 2027
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 Energy systems.
- b) What do you understand by the impact of long-term exercise on physiological characteristics based on age? Discuss
- c) Briefly explain factors affecting lung functions.

Assignment –II

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

- a. Write short notes on any two of the following
 - i. Respiratory system in Exercise
 - ii. Importance of training
 - iii. Blood flow in the heart

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

- i. Physiological response to maximal exercise.
- ii. Glycolysis
- iii. Athletic training and muscular plasticity

Assignment –III

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

- i. Discuss in brief static lung respiratory function.
- ii. What are the steps to measure pulse and heart rate.
- iii. Explain the procedure for haemoglobin estimation.