

**DISCIPLINE SPECIFIC ELECTIVE COURSE -13 (DSE-13)**  
**Kinanthropology**

**CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE**

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical / Practice		
Kinanthropology	04	03	Nil	01	Class XII pass	NIL

(Teaching hours required: Theory, 45 hours; Practical, 30 hours)

**Course Objectives**

1. To provide the applied knowledge of biological anthropology in an inter-disciplinary framework with respect to performance, exercise and nutrition.
2. The course equips theoretical & applied aspects of kinanthropology.

**Learning Outcomes**

The students will be able to:

- Learn the tools and techniques of kinanthropology that can help understanding growth, exercise, performance and nutrition.
- understand an integrated approach for use in the field of Physical Education, sport, recreation, rehabilitation and physiotherapy.

**Unit I: History, Concept and Scope(10 Hours)**

History and development of Kinanthropology. Basic concept and techniques. Scope and relevance

**Unit II: Kinanthropology and other disciplines(11 Hours)**

Relevance of kinanthropology in Physical education, sports, public health

**Unit III: Tools & techniques in Kinanthropology (12 Hours)**

Traditional & modern methods in Kinanthropology

**Unit IV: Application of Kinanthropology (12 Hours)**

Kinanthropometry, Growth, Exercise, Performance, Nutrition

**Practical (30 Hours)**

1. **Somatometric measurements:** Stature, Sitting Height, Body weight, Head length, Head Breadth, Head Circumference, Nasal height, Nasal breadth, Total Upper Extremity Length Size, Total Lower Extremity Length, Hand Grip Strength, Skinfold at Triceps, Skinfold at Biceps
2. **Indices:** Body mass index, Relative sitting height, Relative upper extremity length, Relative total lower extremity length, Nasal index, Cephalic index
3. Projects on topics related to kinanthropology. on current issues around innovative ideas.

## References

1. Singh, S.P., & Mehta, P. (2009). Human Body Measurements: concepts and application. PHI Learning Pvt. Ltd.
2. Physical activity and Growth by RJ Shephard, 1982 (Mosby).
3. Singh I.P., & Bhasin, M. K. (Digital version 2008). Anthropometry. Kamla-Raj Enterprises.
4. Renson, R. (1989). From Physical Education to Kinanthropology: A Quest for Academic and Professional Identity. QUEST (41) 235-256.
5. Human Body Composition by Heymsfield, Lohman, Wang and Going. 1996 (Human Kinetics).
6. Human Body Composition by Heymsfield, Lohman, Wang and Going. 1996 (Human Kinetics).

## Teaching Learning Process

Classroom teachings, Seminars and presentations, Practical classes, Workshop

## Assessment Methods

Theory and practical examinations (including practical records)

**Keywords:** Kinanthropometry, physical fitness, sports, human growth, exercise