

Government Degree College Baramulla

Subject: Anthropology

Multidisciplinary

Title: Human Growth and Development
(CREDITS (3): THEORY – 03)

Course code: ANT122I
Contact hours: 30 (T) + 30 (L)

Part 1: Theory = (3 Credits)

Course Objectives:

- To enable the students to learn about physical growth and development.
- To enable student to learn about various factors affecting human growth.
- To acquaint the students with basic concepts of human physique and body composition.

Learning Outcomes:

After thoroughly understanding the course the students should be able to

- Learn basics of human growth and development.
- Understand various factors affecting human growth and development.
- Understand the basic concepts in human physique and body composition.

Unit 1: Introduction

- 1.1 Concept of Human Growth and Development.
- 1.2 Growth curves and Methods
- 1.3 Prenatal and Postnatal development.
- 1.4 Physical and Psychological Changes during Adolescence

Unit 2: Factors Affecting Growth

- 2.1 Factors Influencing Growth (Genetic and Environmental)
- 2.2 Secular trends
- 2.3 Adolescence spurt, catch-up growth
- 2.4 Malnutrition and its assessment

Unit 3: Human physique and Body Composition.

Adaptation to Environment: Heat, Cold and Altitude.

3.1 Introduction to human physique.

3.2 Introduction to Body Composition.

3.3 Application of Human physique and Body composition.

3.4 Concept of balanced diet

Books recommended:

Bogin B, Mac Vean RB. 1981. Nutritional and biological determinants of body fat patterning in urban Guatemalan. 53, 259-268.

Bogin, B., 1999. Patterns of human growth (Vol. 23). Cambridge University Press.

Cameron, N. and Bogin B 2013 Human Growth and Development second edition.

Harrison GA, Tanner JM, Pibeam DR, Baker PT. (1988). Human Biology. Oxford University Press.

John Relethford (2010). The Human Species: An Introduction to Biological Anthropology. McGraw-Hill: Boston/ New Delhi.

Malina R.M, C. Bouchard, and O. Bar-Or, —Undernutrition in childhood and adolescence, in Growth, Maturation, and Physical Activity, M. Malina, C. Bouchard, and O. Bar-Or, Eds., pp. 509–525, Human Kinetics Books, Champaign, Ill, USA, 2d edition, 2004.

Malina, R.M., 2007. Body composition in athletes: assessment and estimated fatness. Clinics in Sports Medicine, 26, 37-68.

Stanford C., Allen J. S. and Anton S.C. (2010). Exploring Biological Anthropology. The Essentials. Prentice Hall Publ: USA.