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Q7(c)

Elucidate the role of Anthropology in selection and monitoring of sports persons

UPSC Civil Services Mains 2015 · Anthropology GS 1 · 15 marks · Applications of Anthropology

12. Applications of Anthropology: Anthropology of sports, Nutritional anthropology, Anthropology in designing of defence and other equipments, Forensic Anthropology, Methods and principles of personal identification and reconstruction, Applied human genetics-Paternity diagnosis, genetic counselling and eugenics, DNA technology in diseases and medicine, serogenetics and cytogenetics in reproductive biology.

Core demand of the question

- Elucidate the role of Anthropology in selection and monitoring of sports persons
- Write about 200 words for 15 marks

Revision summary

Sport anthropology uses somatotype and proportions for event matching.

Maturity status prevents false selection of early developers.

Monitoring is serial fat, muscle, and health, not one talent test.

Population averages are clues, not caste or race tickets.

Ethics bar eugenic and dermatoglyphic shortcuts.

Introduction

Kinanthropometry is anthropology applied to sport. It helps select and monitor athletes by body, growth, and population variation, not by folklore about 'born types'.

Body

Selection

- **Heath-Carter somatotype**, limb lengths, sitting height, and lung volumes differ by event: throwers versus marathoners.
- **Tanner** maturity status stops the error of picking an early-maturing twelve-year-old as a finished champion.
- Ancestry averages are starting clues, not quotas. **Nilotic** long limbs and **Andean** chests are population notes, not destiny for one child.

Monitoring

- Serial anthropometry tracks fat, muscle, and hydration in camp. Sudden weight loss flags harm.
- **Dermatoglyphics** and crude racial typing have little predictive value and should not drive selection.
- **Injury risk, female athlete triad, and heat strain are biocultural:** training plus food plus gender norms.

Ethics

- Anthropology's role is measurement and caution against eugenic sport science.
- The SAI and university labs in India use this kit when they stay with evidence.

Flow diagram

Kinanthropometry -> Event match body

Kinanthropometry -> Serial fat muscle

Kinanthropometry -> No racial destiny

Conclusion

Anthropology supplies somatotype, growth tempo, and population context for sport. It selects and monitors bodies in time, and it must refuse racial destiny talk.

Facts & figures

Carter

Somatotype of Olympic athletes showed event clustering, with overlap.

Tanner

Growth and adolescence timing as a brake on junior selection.

Female athlete triad

Energy deficit, amenorrhoea, bone loss: a monitoring target.

SAI

Sports Authority of India uses anthropometry among other tests in talent schemes.

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