This book entitled “A Manual of Biological Anthropology” provides professionals with the most current biological anthropology data, guidelines and procedures needed to not only to study microevolutionary adaptation process which determine the survival value of a population, but also help in deciding the pathogenic characters of a population. Based on this, practicable and tangible programmes for their alleviation can be prepared. All possible important aspects have been incorporated to bring up to date the first edition of the book to accommodate the rapidly growing scope of physical or biological anthropology.

As stated in the preface, the manual is intended to be a comprehensive book for the use of students and research scholars of biological anthropology as well as allied disciplines. In my opinion it is meeting the aim very well. The manual provides a ready source for the students and research scholars to consult when professionals need to identify the necessary tools for addressing issues related to health and sports. To this end, the contributing authors have accomplished the purpose set forth in the preface.

People for whom the manual will be useful include graduate and post graduate students of anthropology and medical sciences, and current professionals employed in health sector as well as medical professionals practicing in clinical settings. Based on my educational experiences and involvement in the area of exercise, fitness and health, this practical manual should be made an integral part in preparing professionals for the health fitness and sports sector.

Features: The manual is a valuable source of guidelines, procedures, and illustrated anthropometric, dermatoglyphics, osteometry and somatometry techniques for anthropologists, physiologists and clinical facilities personnel who work with clients and patients. It does not contain superfluous information. Each chapter is written in a brief, clear, concise style and provides only the most pertinent information to prepare professionals to successfully complete their degree examinations. Extensive contemporary reference lists at the end of the book offer readers the opportunity to pursue a topic more deeply to develop a better understanding of the material covered. There are no shortcomings. Periodic reviews and updates of each chapter of the manual by eminent persons in the field during the preparation of the book have led to the clarity of writing and presenting style. In addition current and new trends in anthropometric techniques are appropriately dealt with in the manual to prepare professionals for conducting research.

This manual is going to be an invaluable companion to the any anthropologist. There are no other competitor manuals or textbooks, because the manual has been created specifically to address knowledge, skills, and activity objectives that must be mastered by any one who takes up the anthropology course. It is mandatory that a book like the resource manual undergo major revision processes at least every four years.

Reviewer: Prof. S.K. Verma, Ph.D., Department of Physiotherapy & Sports Science, Punjabi University Patiala (Punjab) India
Exercise Prescription For Diabetics

By
Ashok Kumar, Leena Verma & Monika

Pages: 182,
Price: Rs. 400/-
Binding: Soft

Published by P.K. Publications New Delhi

Description: The book covers all aspects of diabetes related complications and highlights the strengths as well as weaknesses of an exercise programmes for various diabetes related complications. In this book you will find a clear explanation of what diabetes mellitus is, diagnosis of diabetes mellitus, complications of diabetes, management of diabetes mellitus via medicines & exercises, essentials on tailoring an exercise programme to your capabilities, guidelines for safe exercises during complications of diabetes & in addition to this you will get more useful information like desired body weight with percent fat, commonly used drugs for diabetes mellitus, normal human blood serum values, & constituents of normal human urine.

Purpose: Diabetes like modern ‘ailments’ is essentially a byproduct of unhealthy lifestyle including bad food habits and physical inactivity. A severe case of diabetes can result in staggering medical complications especially the scourge of mankind i.e. Coronary Artery Disease (Heart Attacks).

One of the most terrible things about diabetes is its negative effect on quality of life. Even a moderate case of diabetes can devastate a person’s ability to be productive & fully functional. Moreover it is a huge burden on national economy directly or indirectly. The authors have chosen very noble objective of writing the book entitled “Exercise Prescription for Diabetics”. The book is a guide not only for the diabetes patients who can keep good control over the disease by following the steps described in the book but also for the non diabetics to lead a healthy lifestyle and keep this disease away. Diabetes management has come a long way over the years. Today diabetes patients can be rehabilitated and given the tools, one of which is safe exercise, to exert more control over this problem than ever before. After reading ‘Exercise Prescription for Diabetics’ most of you will discover that you can partially-or almost fully- reverse many of the disabilities that diabetes has caused & thus, go back to a healthier lifestyle. Cheer up and get ready for exercise!

Audience: The book will be valuable for the diabetes patients and the graduate and post graduate students of physiotherapy and medical sciences and professionals working in health fitness sectors as well as medical professionals involved in clinical settings. This practical guide possesses the required qualities for its inclusion in the curriculum of health related courses.

Every section of the book is printed in a brief, understandable style.

Reviewer: Dr. N.K. Multani, M.S.P.T., Ph.D., Principal, College of Physiotherapy, Mullana, District Ambala [Haryana] India
Early biological anthropology was characterized by a rigid view of human variability. Frankly, most scientific thinking at the time was biased in favor of the white race and the temperate regions where it originated. Therefore, scientific study that highlighted group differences related to race was popular. During the history of biological anthropology, the adaptation process has developed into a useful tool of study. Literature Cited. Baker, P. T. (1965). Multidisciplinary studies of human adaptability: Theoretical justification and method. In Weiner, J. (Ed.), International Biological. Biological anthropology is one of the four main fields of anthropology. Biological anthropology—also called physical anthropology—includes human evolution, non-primatology, and biological adaptations to the environment. Biological anthropology is one of the four main fields of anthropology. Biological anthropology—also called physical anthropology—includes human evolution, non-primatology, and biological adaptations to the environment. Discover 35 more articles on this topic. Don't miss these related articles Biological anthropology is concerned with the origin, evolution and diversity of humankind. The field was called physical anthropology until the late twentieth century, reflecting the field's primary concern with cataloging anatomical differences among human and primate groups. Biological anthropology is one of the four subfields of anthropology, together with archaeology, linguistic anthropology, and social/cultural anthropology. Under the name of biological anthropology, it is an ever-broadening field that encompasses the
Biocultural anthropology is a subdiscipline of biological anthropology that considers this. With respect to health and disease, biocultural anthropology acknowledges different cultural models of disease (including biomedicine) and examines how society, culture, and behavior shape patterns of disease (Wiley and Allen, 2009). A. Kraus, in International Encyclopedia of the Social & Behavioral Sciences, 2001. This article describes how different philosophical, cultural, social, and biological anthropologies have influenced not only object theory (the way in which mental illness can become an object of scientific research) but also methodology (the access to this respective object) in psychiatry. Four Fields of Anthropology 6 The Subfields of Biological Anthropology 8 Science and the Scientific Method 10 The Science of Biological Anthropology; Anthropology 12. Concept Review Questions Lab Exercises 15. As a result, we feel this manual has developed into something unique among biological anthropology laboratory manuals. The manual addresses a wide range of topics relevant to introductory biological anthropology courses, including genetics and evolutionary theory, skeletal biology and forensic anthropology, primatology, and paleoanthropology. We provide a balanced approach to the topics that gives students a well-rounded foundation in the discipline. Biological anthropology (also called physical anthropology), then, is an interesting mixture of social studies and biological studies; several other ingredients make it even more fascinating. The two primary concept areas that tend to hold biological anthropology together are human evolution and human biosocial variation; there are many topics that can be studied within these two concept areas. In order to grasp how humans evolved from earlier life forms, we can look at our closest relatives, the primates. View Biological Anthropology Research Papers on Academia.edu for free. In this letter signed by the President and the Secretary-General of the International Union of Anthropological and Ethnological Sciences informed the decision of its Executive Committee to withdraw collaboration from the Kalinga Institute of Social Science in holding the World Congress of Anthropology 2023 in India.
Biological anthropology, also known as physical anthropology, is a scientific discipline concerned with the biological and behavioral aspects of human beings, their extinct hominin ancestors, and related non-human primates, particularly from an evolutionary perspective. This subfield of anthropology systematically studies human beings from a biological perspective. Biological anthropologists appear to be at the forefront of the trend of the holism in walking through a more integrated Anthropology as Calcagno (2003) argues. What is Bioanthropology? Only recently, anthropological studies have been aware about their need to disassociate from the ethnocentrism. In 1501 the word Anthropology arose for the first time with a biological meaning in the book *Anthropologium de hominis dignitate* by the German author Magnus Hundt who devoted attention to describe human body with illustrations of anatomical features. The history of scientific thoughts on evolution did not start until the nineteenth century, and some centuries before science was dominated by Creationism. Start studying Biological Anthropology Study Guide. Learn vocabulary, terms and more with flashcards, games and other study tools. Key Concepts: Terms in this set (145). Biological anthropologists study all of the following except. how early humans competed with dinosaurs for resources. Ethnographies. are detailed descriptive studies of human societies. A body of knowledge gained through observation and experimentation is called. science. Why are physical anthropologists concerned with human variation? They want to identify the factors that produce variation. The approaches biological anthropologists take to study humanity may vary, but they are always interpreted within a/n _ framework. evolutionary. Cultural behaviors. Biocultural anthropology is a subdiscipline of biological anthropology that considers this. With respect to health and disease, biocultural anthropology acknowledges different cultural models of disease (including biomedicine) and examines how society, culture, and behavior shape patterns of disease (Wiley and Allen, 2009). A. Kraus, in International Encyclopedia of the Social & Behavioral Sciences, 2001. This article describes how different philosophical, cultural, social, and biological anthropologies have influenced not only â€œobject theoryâ€ (the way in which mental illness can become an object of scientific research) but also methodology (the access to this respective object) in psychiatry. Biological anthropology is concerned with the origin, evolution and diversity of humankind. The field was called physical anthropology until the late twentieth century, reflecting the fieldâ€™s primary concern with cataloging anatomical differences among human and primate groups. Biological anthropology is one of the four subfields of anthropology, together with archaeology, linguistic anthropology, and social/cultural anthropology. Under the name of biological anthropology, it is an ever-broadening field that encompasses the