

Class 9 - Physical Education and Well Being

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Combat Sports

CBSE NOTES

Combat Sports - Challenge Worksheet

Strengthen your foundation with key concepts and basic applications.



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Challenge Questions

Solve the following questions. Write your answers in the space provided.

1. Analyze how the grading system in Judo influences a player's motivation and progression. What are the potential psychological impacts on a beginner versus an advanced practitioner?

Hint: Think about both the short-term and long-term effects of achieving higher belts.



Solve the following questions. Write your answers in the space provided.

2. Compare and contrast the cultural significance of Greco-Roman wrestling with that of Indian Pehlwani/Kushti. How do these practices reflect their respective societies?

Hint: Consider the community ties and historical context surrounding each style.

3. Evaluate the role of technology in modern boxing training and competitions. How has it reshaped strategies and preparation for athletes?

Hint: Consider how technology influences performance analytics and injury prevention.



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Challenge Questions

Solve the following questions. Write your answers in the space provided.

4. Discuss the implications of gender inclusivity in Olympic wrestling. How have changes in participation influenced the perception of female athletes?

Hint: Think about the barriers women faced and how they have been challenged.



Challenge Questions

Solve the following questions. Write your answers in the space provided.

5. Examine the ethical considerations within combat sports, particularly in relation to training and competition. How do they affect athletes' mental and physical health?

Hint: Reflect on the responsibility of coaches and organizations in maintaining ethical standards.



Solve the following questions. Write your answers in the space provided.

6. Assess how Taekwondo's philosophy of self-control and peace translates into modern practice and competition. What challenges do athletes face in adhering to these principles?

Hint: Consider both personal conflicts and societal expectations in sports.



Solve the following questions. Write your answers in the space provided.

7. Critique the impact of international competitions on the development of Judo and its athletes. What are the consequences of globalization in this context?

Hint: Reflect on specific examples of international events and their significance.



Solve the following questions. Write your answers in the space provided.

8. Analyze the role of coaching in combat sports, particularly how it differs across various styles such as Boxing and Taekwondo. What best practices can be identified?

Hint: Think about how coaching strategies may need to adapt to different martial arts.

9. Debate the consequences of weight classes in combat sports. Would the elimination of weight categories improve or impair competition?

Hint: Consider how this change could affect athletes' health and competitive dynamics.



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Challenge Questions

Solve the following questions. Write your answers in the space provided.

10. Investigate the relationship between combat sports training and overall physical well-being. How can participation in these sports contribute to holistic health?

Hint: Consider both short-term benefits and long-term lifestyle changes.



Check your answers with the solutions below.

1. Analyze how the grading system in Judo influences a player's motivation and progression. What are the potential psychological impacts on a beginner versus an advanced practitioner?

Solution: Consider both positive reinforcement and the pressures of competition. Evaluate how expectations may differ between ranks, and discuss the role of achievement in player development.

2. Compare and contrast the cultural significance of Greco-Roman wrestling with that of Indian Pehlwani/Kushti. How do these practices reflect their respective societies?

Solution: Utilize examples from history, society, and training practices to illustrate differences in values, community roles, and cultural heritage.

3. Evaluate the role of technology in modern boxing training and competitions. How has it reshaped strategies and preparation for athletes?

Solution: Discuss both advantages and drawbacks, including potential for over-reliance on technology versus traditional training methods.

4. Discuss the implications of gender inclusivity in Olympic wrestling. How have changes in participation influenced the perception of female athletes?

Solution: Assess the societal impacts of increased visibility and representation of women in combat sports, along with counterarguments regarding historical norms.



Check your answers with the solutions below.

5. Examine the ethical considerations within combat sports, particularly in relation to training and competition. How do they affect athletes' mental and physical health?

Solution: Break down how pressure to win can lead to negative behaviors, and assess the balance between competitive spirit and athlete welfare.

6. Assess how Taekwondo's philosophy of self-control and peace translates into modern practice and competition. What challenges do athletes face in adhering to these principles?

Solution: Explore the practical implications of these ideals amidst the competitive nature of the sport, providing examples where conflicts arise.

7. Critique the impact of international competitions on the development of Judo and its athletes. What are the consequences of globalization in this context?

Solution: Evaluate how increased competition affects training standards, athlete exposure, and cultural exchange, while noting potential drawbacks.

8. Analyze the role of coaching in combat sports, particularly how it differs across various styles such as Boxing and Taekwondo. What best practices can be identified?

Solution: Discuss different coaching philosophies and their effectiveness in athlete development. Contrast traditional methods with contemporary training approaches.



Check your answers with the solutions below.

9. Debate the consequences of weight classes in combat sports. Would the elimination of weight categories improve or impair competition?

Solution: Examine arguments for and against the existence of weight classes, considering safety, fairness, and athletic performance.

10. Investigate the relationship between combat sports training and overall physical well-being. How can participation in these sports contribute to holistic health?

Solution: Analyze physical, mental, and social health outcomes associated with combat sports, using evidence from research and personal testimony.



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