

Class 9 - Physical Education and Well Being

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Women in Sports

CBSE NOTES

Women in Sports - Challenge Worksheet

Strengthen your foundation with key concepts and basic applications.



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

1. Analyze how government initiatives like Khelo India impact women's sports participation in India.

Hint: Consider the societal perception of women in sports and the aspects of these programs that may or may not address these perceptions.

2. Critique the representation of women in sports leadership roles and its implications for gender equality in athletics.

Hint: Think about historical contexts and current trends in leadership representation.



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

3. Examine the relationship between regular physical activity and mental health in women and compare it with the benefits for men.

Hint: Reflect on how gender differences in experiences and social dynamics may shape these outcomes.

4. Evaluate the societal myths surrounding women's participation in sports during menstruation and discuss their influence on female athletes.

Hint: Contemplate the role of education and awareness in changing societal beliefs.



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

5. Discuss the concept of the Female Athlete Triad and its implications on long-term health for women athletes.

Hint: Consider how education regarding nutrition and health can play a role in an athlete's performance.

6. Analyze the role of sports in promoting social equality among women from diverse backgrounds.

Hint: Think about specific case studies or initiatives that demonstrate these concepts effectively.



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

7. Critically assess the challenges faced by women in achieving equal pay and media coverage in sports.

Hint: Evaluate the impact of media representation on public perception and support for women's sports.

8. Investigate the impact of training intensity and nutrition on the health of female athletes during adolescence.

Hint: Consider the balance required between training demands and health maintenance.



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

9. Explore how the portrayal of female athletes in media influences societal attitudes towards women in sports.

Hint: Reflect on how narratives and imagery can impact young girls' aspirations in sports.

10. Synthesize the effects of cultural perceptions on girl's participation in sports and suggest ways to overcome barriers.

Hint: Consider grassroots movements or campaigns that have succeeded in shifting perspectives.



Check your answers with the solutions below.

1. Analyze how government initiatives like Khelo India impact women's sports participation in India.

Solution: Discuss the role of Khelo India in increasing opportunities and resources for female athletes, citing specific examples of successes. Evaluate the challenges that still persist despite these initiatives.

2. Critique the representation of women in sports leadership roles and its implications for gender equality in athletics.

Solution: Explore the significance of having women in leadership positions within organizations like the Indian Olympic Association. Analyze how this representation can influence policy and support for women athletes.

3. Examine the relationship between regular physical activity and mental health in women and compare it with the benefits for men.

Solution: Investigate how sports contribute to mental well-being for women, supported by research, and draw comparisons to the psychological impacts on men in sports.

4. Evaluate the societal myths surrounding women's participation in sports during menstruation and discuss their influence on female athletes.

Solution: Analyze prevalent myths and how they may deter participation in sports. Use evidence from studies to assess how breaking these myths impacts women's confidence and performance.

5. Discuss the concept of the Female Athlete Triad and its implications on long-term health for women athletes.

Solution: Examine the three components of the triad, providing examples of its potential consequences. Propose strategies for prevention and management in sports programs.



Check your answers with the solutions below.

6. Analyze the role of sports in promoting social equality among women from diverse backgrounds.

Solution: Discuss how participation in team sports fosters community and social bonds while breaking down barriers. Provide examples of initiatives aimed at inclusivity.

7. Critically assess the challenges faced by women in achieving equal pay and media coverage in sports.

Solution: Discuss the factors contributing to pay disparity and lack of media attention, supporting arguments with current examples from various sports. Suggest ways to bridge these gaps.

8. Investigate the impact of training intensity and nutrition on the health of female athletes during adolescence.

Solution: Analyze how inadequate nutrition and training can lead to issues like menstrual dysfunction and reduced bone density. Recommend nutritional guidelines tailored for young female athletes.

9. Explore how the portrayal of female athletes in media influences societal attitudes towards women in sports.

Solution: Evaluate examples of media portrayals and their impact on public interest and support for women athletes. Assess both positive and negative portrayals.

10. Synthesize the effects of cultural perceptions on girl's participation in sports and suggest ways to overcome barriers.

Solution: Discuss cultural norms that discourage or encourage female participation in sport and propose actionable strategies for change in communities.



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