

Class 9 - Physical Education and Well Being

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Women in Sports

CBSE NOTES

Women in Sports - Mastery Worksheet

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

1. Discuss the historical contributions of warrior women like Rani Laxmi Bai and Jhalkari Bai, and compare their roles with modern female athletes in India.

Hint: Outline their contributions first, then identify how societal views on women in sports have evolved.



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

2. Analyze the impact of government initiatives like Khelo India on female sports participation, providing statistics to support your argument.

Hint: Look for specific data points that highlight changes in participation rates pre- and post-initiative.

3. Explain how regular sports participation benefits mental health in women and contrast it with the societal pressures they face.

Hint: Consider both psychological benefits and external societal factors in your comparison.



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

4. Evaluate the implications of the Female Athlete Triad and discuss its relevance to adolescent girls in sports.

Hint: Focus on connecting the physiological effects to the psychological factors in sports involvement.

5. Compare the challenges faced by women in sports administration with those in athletic performance, providing examples.

Hint: Create a comparative chart to visually represent the challenges in both areas.



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

6. Discuss the health benefits of sports for women specifically concerning osteoporosis and propose strategies for prevention.

Hint: Refer to statistics on osteoporosis prevalence among women and the role of preventative measures.

7. Examine the role of media representation in shaping perceptions of women athletes and analyze its effects on participation rates.

Hint: Identify key studies or reports that link media portrayals with changes in participation.



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

8. Analyze how cultural factors influence the participation of women in sports across different regions in India.

Hint: Use a regional map of India to plot different levels of participation and support.

9. Investigate how sports can foster community bonding and promote values like teamwork in women, with examples.

Hint: Think about community events or tournaments that have had a significant impact on local unity.



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

10. Discuss the biological and physiological factors that influence athletic performance in women, focusing on menarche.

Hint: Highlight the different phases of athletic development and how they relate to growth and health.



Check your answers with the solutions below.

1. Discuss the historical contributions of warrior women like Rani Laxmi Bai and Jhalkari Bai, and compare their roles with modern female athletes in India.

Solution: Both Rani Laxmi Bai and Jhalkari Bai exemplified courage and physical prowess in historical contexts. In modern times, female athletes like Mary Kom and Mithali Raj have similarly broken barriers in sports. Key similarities are their roles as leaders and figures of empowerment, while differences may arise from the societal context and opportunities available to them. Use a table to contrast historical and contemporary examples.

2. Analyze the impact of government initiatives like Khelo India on female sports participation, providing statistics to support your argument.

Solution: Khelo India has significantly increased female sports participation by providing resources and opportunities. For instance, the number of female athletes in state and national levels has increased by 30% since the initiative began. Additionally, discuss how infrastructure development and training programs enhance visibility and fairness in sports.

3. Explain how regular sports participation benefits mental health in women and contrast it with the societal pressures they face.

Solution: Regular sports participation leads to reduced stress, anxiety, and improved self-esteem due to endorphin release. However, societal pressures such as unrealistic body image standards and gender stereotypes can undermine these benefits. Use a Venn diagram to show overlapping benefits and societal barriers.

4. Evaluate the implications of the Female Athlete Triad and discuss its relevance to adolescent girls in sports.

Solution: The Female Athlete Triad encompasses low energy availability, menstrual dysfunction, and low bone density. Discuss how these factors can lead to long-term health issues such as osteoporosis, particularly in adolescent girls whose bodies are still developing. Provide real-life examples or case of athletes affected by this triad.



Check your answers with the solutions below.

5. Compare the challenges faced by women in sports administration with those in athletic performance, providing examples.

Solution: Women in sports administration often face issues like underrepresentation and gender bias, while athletes encounter unequal pay and media coverage. Discuss how both spheres require systemic change to promote equality, using real-world examples from various sports organizations.

6. Discuss the health benefits of sports for women specifically concerning osteoporosis and propose strategies for prevention.

Solution: Participation in weight-bearing sports strengthens bones, which is crucial for preventing osteoporosis, particularly among women prone to the condition. Suggested strategies include regular exercise, proper nutrition rich in calcium and vitamin D, and awareness of bone health from an early age. Diagrams can depict exercises that enhance bone density.

7. Examine the role of media representation in shaping perceptions of women athletes and analyze its effects on participation rates.

Solution: Media representation plays a crucial role in normalizing women in sports and can either encourage participation or perpetuate stereotypes. Analyze specific cases of media coverage that have positively or negatively influenced public perception and athletes' motivation. Discuss how improved representation correlates with increased participation rates.

8. Analyze how cultural factors influence the participation of women in sports across different regions in India.

Solution: Cultural beliefs and norms often dictate the level of acceptance and support for women in sports. In conservative areas, barriers to participation may be higher than in progressive regions. Provide specific examples and case studies that illustrate the regional variances in female sports participation.



Check your answers with the solutions below.

9. Investigate how sports can foster community bonding and promote values like teamwork in women, with examples.

Solution: Team sports encourage cooperation, communication, and mutual respect, which are vital for community bonding. Cite examples of programs or events where women's participation in sports has led to improved social cohesion within communities and the promotion of teamwork values.

10. Discuss the biological and physiological factors that influence athletic performance in women, focusing on menarche.

Solution: Menarche influences various physiological changes, including hormone levels, which can impact athletic performance. Discuss how this transition may pose challenges or advantages in sports engagement. Compare the experiences of female athletes pre- and post-menarche, using charts or timelines.



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