

Class 9 - Physical Education and Well Being

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Women in Sports

CBSE NOTES

Women in Sports - Practice 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. Discuss the historical contributions of women in sports and their impact on society.

Hint: Consider the influence of early women warriors on modern athletes.

2. Explain the physiological aspects of female health affecting athletic performance.

Hint: Look into how hormonal changes influence performance.



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

3. Analyze the challenges faced by women in sports today.

Hint: Reflect on the impact of media representation in sports.

4. What role does physical activity play in promoting women's health?

Hint: Consider both physical and mental health benefits.



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

5. Discuss the importance of sports in building leadership skills among women.

Hint: Think about examples of women leaders in sports.

6. Describe the concept of the Female Athlete Triad and its implications.

Hint: Investigate the nutritional requirements for female athletes.



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

7. Examine the myths surrounding women and exercise during menstruation.

Hint: What do studies say about exercise during periods?

8. Evaluate the influence of government programs on women's participation in sports.

Hint: Look for recent examples of successful women athletes supported by these programs.



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

9. How do sports impact the emotional well-being of women?

Hint: Consider psychological benefits in addition to physical health.

10. What are the key strategies for promoting gender equality in sports?

Hint: Reflect on successful initiatives in similar areas.



Check your answers with the solutions below.

1. Discuss the historical contributions of women in sports and their impact on society.

Solution: Women like Rani Laxmibai and Jhalkari Bai exemplify courage and prowess, inspiring future generations. Their participation in sports laid the groundwork for current female athletes, promoting gender equality in sports. Today, government programs like Khelo India support women's sports, addressing disparities. These historical figures serve as role models, proving that women can excel in competitive fields and encouraging societal acceptance of women in sports.

2. Explain the physiological aspects of female health affecting athletic performance.

Solution: Females undergo specific physiological changes, particularly during adolescence, impacting sports participation. Menarche marks the beginning of menstruation, which can affect energy levels and overall performance. It's important to understand conditions such as dysmenorrhea and irregular cycles. Nutrition plays a vital role in maintaining hormonal balance and overall health. Athletes must pay attention to their bodies, ensuring that they meet energy needs and manage their cycles effectively.

3. Analyze the challenges faced by women in sports today.

Solution: Women in sports encounter challenges like unequal pay, limited media coverage, and underrepresentation in leadership roles. Despite the progress made, these issues persist, affecting female athletes' visibility and support. Programs aimed at increasing participation, like the National Sports Talent Search Scheme, are essential but must be complemented by broader societal changes to fully address these disparities.

4. What role does physical activity play in promoting women's health?

Solution: Regular physical activity significantly benefits women's health by preventing lifestyle diseases, improving bone density, and enhancing mental health. It reduces the risk of conditions like obesity, diabetes, and osteoporosis. Engaging in sports fosters self-esteem and emotional stability, contributing to a healthier lifestyle. Furthermore, exercise enhances muscle strength and cardiovascular health, ensuring women remain active and energetic throughout their lives.



Check your answers with the solutions below.

5. Discuss the importance of sports in building leadership skills among women.

Solution: Participation in sports fosters essential leadership qualities like teamwork, responsibility, and decision-making. Women athletes often take on leadership roles in training and competition. These experiences enhance skills necessary for personal and professional growth. Sports also encourage women to communicate effectively, improving their skills in collaboration and conflict resolution.

6. Describe the concept of the Female Athlete Triad and its implications.

Solution: The Female Athlete Triad encompasses three interrelated conditions: low energy availability, menstrual dysfunction, and low bone mineral density. It occurs when athletes do not consume enough calories to support their training levels. This triad can lead to serious health concerns, including stress fractures and osteoporosis. Awareness and proper management through nutrition and professional guidance are essential for prevention.

7. Examine the myths surrounding women and exercise during menstruation.

Solution: Many myths suggest that women should avoid exercise during their menstrual periods. However, light to moderate exercise can alleviate symptoms, improve mood, and reduce discomfort. Understanding the biological processes during menstruation helps dispel these myths. Instead, athletes are encouraged to listen to their bodies and continue physical activity as it can be beneficial.

8. Evaluate the influence of government programs on women's participation in sports.

Solution: Government initiatives like Khelo India promote greater access, resources, and opportunities for women in sports. These programs aim to reduce gender disparities by providing funding, training, and exposure. They also play a role in changing public perceptions, fostering a culture that values women's sports. Such efforts lead to increased participation rates and pave the way for future athletes.



Check your answers with the solutions below.

9. How do sports impact the emotional well-being of women?

Solution: Engagement in sports enhances emotional well-being through physical activity's healthy outlets for stress and frustration. Sports provide a sense of accomplishment, boost confidence, and cultivate a positive self-image. Regular participation can lead to the release of endorphins, which improve mood and alleviate anxiety. Furthermore, teamwork in sports fosters social connections and support systems that are vital during challenging times.

10. What are the key strategies for promoting gender equality in sports?

Solution: To promote gender equality in sports, it is essential to implement policies that ensure equal pay, media coverage, and leadership opportunities. Training programs should encourage female participation from an early age. Increasing the visibility of women athletes through media and education campaigns fosters a culture of equality. Collaborative efforts among sports organizations, schools, and communities can drive significant change in promoting fairness and support.



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