

Class 9 - Physical Education and Well Being

Khel Praveen

Women in Sports

CBSE NOTES

Women in Sports - Revision Guide

Revise faster with structured summaries, key points, and important ideas.



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1. Historical Warriors: Role of Women

Rani Laxmi Bai and others showcased the strength of women in history.

2. Government Support in Sports

Programs like Khelo India promote women's participation in sports.

3. Gender Equality in Sports

The Constitution promotes gender equality, impacting sports participation.

4. Challenges Faced by Women Athletes

Women deal with unequal pay, media coverage, and representation issues.

5. Women Leading Sports Bodies

Indian Olympic Association's women leadership reflects progress in sports.

6. Health Benefits of Sports for Women

Regular activity reduces risk of obesity, heart issues, and lifestyle diseases.



7. Osteoporosis Risk in Females

Women face higher osteoporosis risk; sports help improve bone density.

8. Emotional Well-being through Sports

Sports foster self-esteem, reduce stress, and enhance confidence in women.

9. Impact of Exercise on Menstrual Health

Regular physical activity can improve menstrual health and reduce PMS symptoms.

10. Menstrual Cycle Normalcy

A normal cycle occurs every 21-35 days; irregularities may indicate health issues.

11. Female Athlete Triad Explained

Includes energy deficiency, menstrual dysfunction, and low bone density.

12. Importance of Nutrition for Female Athletes

Proper diet is vital for energy balance; poor nutrition affects performance.



13. PMS Management Techniques

PMS can be managed with exercise, healthy diet, and adequate rest.

14. Menorrhagia Symptoms and Causes

Menorrhagia involves heavy bleeding; can arise from health issues or stress.

15. Adolescence and Menarche

Menarche signifies reproductive capability; occurs between ages 8-15.

16. Exercise during Menstruation

Light exercise during periods can alleviate cramping and boost mood.

17. Building Social Skills through Sports

Team sports enhance social skills, respect, and teamwork among women.

18. Leadership Skills from Sports

Sports teach teamwork, responsibility, and decision-making essential for life.



19. Body Image and Sports

Engagement in sports fosters positive body image and self-acceptance in women.

20. Cultural Impact of Women in Sports

Female athletes challenge stereotypes, promoting empowerment in society.

21. Proper Bone Health Practices

Nutrition, exercise, and hormone balance are crucial for maintaining bone health.



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