

CBSE Test Paper 01
CH- 05 Children and Women in Sports

1. What do you mean by anaemia?
2. Suggest any four ways through which women participation in sport across age group can be enhanced.
3. What is pregnancy?
4. What do you mean by sports participation of women?
5. What is the time when a pregnant women athlete should not participate in sporting competition?
6. What are the factors that cause hindrance in the participation of women in sports?
7. Write the Psychological factors, affecting women participation in Sports?
8. Elaborate the various types of disorders/ problems related to menstrual dysfunction?
9. Briefly discuss about sociological aspects of sports participation.
10. Briefly discuss the methods to increase women's participation in sports.

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Answer

1. Anaemia :- decrease amount of red blood cells or haemoglobin in the blood. It can be defined as a lowered ability of blood to carry oxygen to the tissues of the body.
2. Four ways to enhance women participation.
 1. Do not treat them as low profile. Popularity of sports in community is bound to promote women programmes of sports.
 2. Provide the encouragement at primary level.
 3. Provide good infrastructure and facilities.
 4. Make them feel safe and secure by giving incentives.
3. Pregnancy is usually called gestation. It occurs after conception. During pregnancy an embryo is formed in the uterus.
4. Sports participation of women means "Participation of Women in the field of sports and games.
5. There is no definite point during pregnancy when a female athlete should cease competition decisions regarding participation should be made by the female athlete in conjunction with her healthcare provider
6. The following factors are responsible for less participation of Women in Sports:-
 1. **Time constraints** - Women find less, time for sports due to their domestic duties.
 2. **Social constraints** - The attitude of society toward the participation of women in sports is negative.
 3. **Lack of sports infrastructure**- Specialised coaching centres, training programmes, equipment that are suitable for women athletes is not present adequately.
 4. **Absence of skill** - There are very few female coaches available to develop the skills of women. Sociological constraints limit the success of male coaches with female athletes.
 5. **Concerns for personal safety** - Women are more afraid to venture in a 'male' field (perceived) as they are concerned more about safety from harassment or

exploitation.

7. The various psychological traits of women athletes are :

1. Gender Role Orientation-Many Sports like wrestling, weight lifting, body building etc has been considered inappropriate for women because of the potentially harmful masculinizing effects of sports.
 2. Competitiveness - Males are found to be competitive in comparison to female. In fact Female are more goal oriented and perform magnificently in artistic activities such as Gymnastic.
 3. Confidence: - Female sportsperson is less confidence the comparison to male sportsperson. While sports women is significantly confident than non sportsperson.
 4. Self-esteem:- Female athletes have low self esteem in comparison to male athletes. Intensive training helps in enhancing self-esteem.
8. 1. Absence of menstrual periods: - This problem may be due to eating disorder, excessive exercise schedule, extreme level of stress and medications etc.
2. Premenstrual syndrome: - Many girls may have symptoms such as acne, backaches, Sore breasts, headaches, constipation, depression, irritability and feeling anxious etc.

These symptoms may be faced by female before their menstruation.

1. Abnormal Cramps: - These cramps are caused by a chemical in the body that makes the muscles in the uterus contract.
 2. Heavy or prolonged period: - It is common for a girl's menstrual period to be heavier on some days than others.
 3. Irregular menstrual period: - The regular menstrual cycle for a female is 28 days. However, it may vary from 21 to 35 days.
 4. Delay in the first menstrual period.
9. There are various factors, which are responsible for low sports participation of women in society. These factors are:-
1. Family - Family is a very significant social factor, which is generally responsible for early sports socialization. The socializing process at home for both sex is

different. Males usually get more support and encouragement to get involved in sports activities. They are further provided with more facilities to encourage and support participation in sports and games. However female usually are not encouraged to get involved in sports activities.

2. School - The culture of sports is generated in schools and reputation of school is dependent on the success of male and females as sports personalities. Lots of schools do not have girl teams as male teams (soccer/ wrestling/boxing etc/) They do not have proper arrangements for coaches and sports facilities for females.
3. Culture - Cultural beliefs have great impact on the involvement of females in sports. Many cultures still firmly believe that women's place is in the kitchen. The participation in the sports masculinised females are viewed negatively.
4. Attitude and prejudices - Attitude and prejudices of society play significant role in sports participation, some females avoid certain sports for fear of being perceived masculine. Due to such attitude and prejudices of society regarding sexuality inhibit females to participate.

10. The following steps should be taken to increase women's participation in sports.

- i. Coaching programmes. During coaching, women should be motivated and provided appropriate opportunity to undertake leadership positions within an organisation. State of the art technical instruction should be provided to them. Flexible approach by the authorities is required for participation of women in sports.
- ii. Safety this is another factor that promotes girls participation in sports. Exercising in groups can make physical activity safer for women and girls.
- iii. Facilities keeping in mind the hygienic needs of women and girls separate change facilities should be arranged for them. Childcare should be provided so that women can bring their children to the training or competition venues without hesitation.
- iv. Affordability Most of the women depend upon the male members of the family. Their earning capacity is usually negligible. So some concessions should be given to them. Instances of these are participation fee should be abolished, traveling and boarding should be provided cheap etc.