

CBSE Test Paper 04
CH- 05 Children and Women in Sports

1. What is ideology?
2. Write in brief about osteoporosis. What are the causes of osteoporosis in women?
3. What is Amenorrhoea?
4. What is menstrual Cycle?
5. What is menarche?
6. Briefly explain amenorrhea. How it is associated with women athletes.
7. Explain any two causes of osteoporosis.
8. How can women's participation in sports and games be encouraged in India?
9. Explain briefly about gender ideology in sports.
10. What is anaemia and osteoporosis? Explain the causes of it?

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Answer

1. Ideology is a set of Doctrines or beliefs that are shared by the members of a social group or it is the imaginary relations to the real conditions of existence.
2. Osteoporosis is a weakening of the bones due to the loss of bone density and improper bone formation. This condition can run a female athlete's career because it may lead to bone fractures and other injuries.

Causes of Osteoporosis:

- Insufficient calcium in
 - Amenorrhoea
 - Eating disorder
 - Bad eating habits
3. Amenorrhoea is a menstrual disorder or illness in females in which female of 18 years and above either never began menstruating or their absence of menstruation for three months or more than that in females with the history of normal menstrual cycle.
 4. The monthly cycle of changes in the ovaries and the lining of the uterus (endometrial), starting with the preparation of an egg for fertilization. When the follicle of the prepared egg in the ovary breaks, it is released for fertilization and ovulation occurs.
 5. Menarche is the first menstrual bleeding of the young girl (9-16 yrs.)
 6. Amenorrhea refers to the absence of menstrual periods. It may be either primary (meaning woman has never developed menstrual periods) or secondary (absence of menstrual periods in a woman who was previously menstruating). There are many reasons responsible for amenorrhea including extensive exercise and improper diet. Exercising intensively and not consuming enough calories can lead to decreases in hormones that result in a girl's periods becoming irregular or stopping altogether.
 7. The two causes of osteoporosis are:

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- a. Insufficient calcium in diet: the main cause of osteoporosis is intake of insufficient amount of calcium in diet. In fact, 100 gms of calcium should be taken in diet by a women athlete.
 - b. Amenorrhea: women suffering from menstrual dysfunction for more than six months are likely to face osteoporosis because the secretion of the hormone called oestrogen is decreased in those women and this hormone is very essential for absorption of calcium in our body.
8. The following steps should be taken to increase women's participation in sports:-
1. 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.
 2. Safety- This is another factor that promotes girls' participation in sports. Exercising in groups can make physical activity safer for women and girls.
 3. Facilities - Keeping in mind the hygienic needs of women and girls separate changing 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.
 4. Affordability - Participation fee in sports should be reduced or abolished for women. Concessions for travelling and boarding should be provided to women.
9. Sport is one of the most celebrated and contested institutions in our society. In ancient times, sport served various social functions, from spiritual and religious expression to applied practice for warfare. Sport provides professional opportunities for athletes and coaches but the participation of men and women is not proportionate.

For decades, gender ideology has had a tremendous impact on the way people view the game and its athletes. Most of the fans believe women cannot perform well in sports but they are only suitable for kitchen and cunning duties. This line of thinking has been part from generation to generation but slowly the barriers have been breaking. Now for more than 30 years ago but there are still many obstacles for female athletes to reach the game level and avail the opportunities similar to male

athletes, There is a strong belief that are much stronger, faster and more capable than women and therefore are better at sports and are more entertaining to watch. There are popular Female athletes like Venus and Serena Williams, Danica Patrick and Saina Nehwal, but they possess nowhere near the star power and attraction like male athletes Usain Bolt, Milkha Singh etc. During the last fifty years gender role of men and women in sport have changed greatly.

Recently, female athletics have made strides in gaining equal representation and media coverage in comparison to that part, when there were coverage of female athletes. In addition, women have begun to participate in many sport then it had previously been male dominated. Women have continued to break stereotype and cultural barrier that have prevented them from participating in mainly sports.

10. A. Anaemia :- decrease amount of red blood cells or hemoglobin in the blood. It can be defined as a lowered ability of blood to carry oxygen to the tissues of the body.

Female athlete anemia may be caused by

- a. Acute bleeding
- b. Stomach ulcers
- c. Gastrointestinal blood loss
- d. Cancer
- e. Child birth
- f. Menstruation cycle
- g. Surgery
- h. Inadequate iron intake
- i. Poor iron absorption
- j. Loss of iron through sweat (Especially during long distance races).

B- Osteoporosis :- It is a skeletal disorder which refers as to the decreased bone material contents.

- a. Insufficient calcium in diet.
- b. Amenorrhoea
- c. Eating disorder
- d. Bad eating habits