

CBSE Test Paper 03
CH- 05 Children and Women in Sports

1. Explain any two causes of osteoporosis.
2. What is menstrual dysfunction?
3. What do you mean by menarche?
4. What is the female athlete triad?
5. List down the symptoms of anaemia.
6. What is the rapid from method of Harvard step test?
7. What do you understand by female athlete triad and what are its components.
8. What is the factor that causes hindrance in the participation of women in sports?
9. Gender beliefs still exist in every society of the world even when so many changes have taken place due to education. Explain any five psychological traits of women athletes.
10. Explain women participation in sports in India.

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Answer

1. 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
2. Menstrual dysfunction is a disorder or irregular menstrual cycle in women. It can also be defined as “An abnormal bleeding during the menstrual cycle”.
3. A girl's first menstrual period is known as menarche, Menarche is a sign of growing up and becoming a woman. Menarche usually occurs between 9 and 15 years of age.
4. Female athlete triad is a syndrome in which anaemia, osteoporosis and amenorrhea, eating disorders affect adversely on the body.
5. Its symptoms are shortness of breath, dizziness, headache, coldness in hands and feet, pale skin, chest pain, decreased energy, weakness and fatigue, abdominal pain, jaundice, small bruises under skin, feeling of heart racing or beating irregularly, difficulty in concentrating, leg cramps, insomnia etc.
6. The rapid form of Harvard step test was proposed by Johnson and Robinson. The exercise phase is the same as for regular test, however, the pulse is counted from 1 minute to 1 minute 30 seconds (1 to minute). The single post exercise pulse is justified because of high co-relation between the first and the sum of three pulse counts of the original test.

$$PEI = \frac{\text{Duration of exercise in seconds} \times 100}{5.5 \times \text{pulse count for } 1-1\frac{1}{2} \text{ minute}}$$

7. The Female athlete triads syndrome of three related conditions generally seen in teenage or adult female athletes who aren't meeting their energy requirements, which ultimately leaves them undernourished.

The three components of the female athlete triad include

- i. Disordered eating and anemia (Energy deficits)
- ii. Amenorrhea (Menstrual irregularities)
- iii. Osteoporosis (Decreased bone density)
- iv. A female athlete can exhibit symptoms of one, two, or all three parts of the triad.

8. The following factors are responsible for less participation of women in sports

- i. Time constraints Women find less time for sports due to their domestic duties.
- ii. Social constraints the attitude of society towards participation of women in sports is negative
- iii. Lack of sports infrastructure this is particularly so for infrastructure exclusively for women.
- iv. Absence of skill there are very few female coaches available to develop the skills of women,
- v. Sociological constraints limit the success of male coaches with female athletes.
- vi. Concerns for personal safety Women are more afraid to venture in female field (perceived) as they are concerned more about safety from harassment or exploitation.

9. Five psychological traits of women athletes are:-

- 1. **Gender Role Orientation-** It is an established fact that there has been an increase in the level of women's participation in type of sports that have been traditionally limited, only males.
- 2. **Competitiveness-** it is evident that in the field of sports, both women and man are competitive in their own fields. in fact, women are more goal oriented and magnificently in artistic activities such as Gymnastic.
- 3. **Eager to Learn** In various studies conducted, It has been found that women tend to be more coachable and are always eager to learn new techniques.
- 4. **Stress** Women are able to handle stress in a better way. They have a large social support network which helps them to deal with stress.
- 5. **Coping** Women use emotion-focused coping in reaction to stressor. This also affects their performance in a positive way.

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6. **Aggression** Women are slightly less aggressive. Therefore they do not perform well in sports such as boxing, judo etc. However, recently women are also earning accolades in these sports.
 7. **Sensitive** Women are more sensitive to comments made on them. If they respond positively to these comments then it helps in enhancing their performance level.
10. For women's participation in sports we have a look at ancient period. Regarding participation in the first modern Olympic (1896 athens), there was no participation of women.
- Women participated first time in 1900 olympics. (22 women participated in)
 - In 1904 six women participated.
 - And after 100 years in 2000 sydney olympics 4069 women had participated.
 - In 2008 Beijing olympics 4637 women participated.

Participation in India

- In 2000 karnam Malleswari was the first woman who won bronze medal in Sydney Olympic from India.
- In 1984 performance of P.T. Usha was very good in Athletics.
- In 2012 london olympics Saina Nehwal and M.C. Mary Kom got bronze medal.

In 2016, Rio Olympics, Sakshi Malik won bronze medal, P.V. Sindhu won silver medal where as Dipa Karmakar opened new dimensions in gymnastics. Over the past several decades the participation of women in sports in sports field has increased tremendously. But really, it is a matter of regret for all of us to know that sports is such a field where gender inequality is strongly evident. The general social environment has not only inhibited women from participation in sports but has also criticised them when they participate. Many people comment for women "Why don't they stay in the kitchen where they belong"?

But Now time has changed. Women are capable of changing society. Now the ideology suggests that women are participating in every sphere of life and proving themselves globally.