

CBSE Test Paper 02
CH- 05 Children and Women in Sports

1. What is triad?
2. Who was the first Indian woman to win a bronze medal at the Sydney Olympics?
3. Name two types of eating disorders.
4. Among females, what type of Menstrual Dysfunction is called Amenorrhea?
5. What is anaemia?
6. Enlist psychological aspects of women athlete.
7. How can osteoporosis ruin a female athlete's career?
8. Elucidate the steps to improve participation of women in sports and games.
9. Keeping in view the Indian ideology, critically analyse the sociological aspect of women athletes in sports participation.
10. Elucidate the steps to improve participation of women in sports and games.

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Answer

1. The triad is a serious disorder or illness with lifelong health consequences and can be very fatal.
2. Karnam Malleswari was the first Indian woman who won a bronze medal at the Sydney Olympics in 2000 in the weightlifting event.
3. The two types of eating disorders are
 - a. Anorexia nervosa
 - b. Bulimia nervosa
4. Amenorrhea is a Menstrual disorder in women where girls of 18 years and above either never began menstruating or there is an absence of menstruation for three months or more than that in woman with a history of normal menstrual cycle.
5. A. 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.
6. The psychological aspects of women athletes are:
 - a. Gender role orientation.
 - b. Competitiveness
 - c. Confidence
 - d. Self image or body image
 - e. Self esteem
7. Osteoporosis is a disease of the bones. It happens when you lose too much bone; make too little bone or both. As a result bones may break from a minor fall. Estrogen is lower in case of female athletes. Low estrogen levels and poor nutrition, especially low calcium intake, can lead to osteoporosis . Osteoporosis is a weakening of the bones due to the loss of bone density and improper bone formation. This condition can ruin a female athlete's career because it may lead to bone fractures and other

injuries,

8. The steps to improve women participation in the field of sports and games:-

- A. Motivation and inspiration to women for participation.
- B. Support from family and parents.
- C. To organize camp, seminar and workshops.
- D. To provide knowledge and media coverage.
- E. Educating women at grass route level and participation.
- F. Provide better infrastructure and facilities.

9. In India, most of the people believe that women cannot perform well in sports and that they are good only for kitchen and cleaning duties. This line of thinking had led to the emergence of many sociological aspects related to women participation in sports.

These aspects are:-

- 1. Safety and Issues This is a major cause of concern, as parents do not allow girls to go to sports venues alone or return late after long hours of practice. Due to this, girls find. It is difficult to pursue their dreams in sports.
- 2. Social Stigma Girls are discouraged from participating in sports on the basis of an ill-placed belief that they are weak and feeble as compared to men.
- 3. Lack of Role Models In India, only a few women sportspersons have been able to achieve such success which enables them to become role models. Because of this, parents do not encourage their girl child to pursue sports as a career.
- 4. Fewer Media Coverage In India, the electronic and print media do not give wide coverage to women tournaments. This also acts as a determining factor in encouraging women participation in sports.
- 5. Family – Family is a very significant social factor, which is generally responsible for early sports the socializing process at home for both sexes 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.
- 6. School – The culture of sports is generated in schools and the reputation of the

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

7. Culture – Cultural beliefs have a 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 masculinizes females is viewed.
 8. Attitude and prejudices – Attitude and prejudices of society play a 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.
 9. Religious faith discourages woman participation in sports.
 10. Biological inferiority.
 11. Less competitive spectators for woman sports.
10. The steps to improve women participation in the field of sports and games:-
- A. Motivation and inspiration to women for participation.
 - B. Support from family and parents.
 - C. To organise camp, seminar and workshops.
 - D. To provide knowledge and media coverage.
 - E. Educating women at grass route level and participation.
 - F. Provide better infrastructure and facilities.
 - G. Ensuring safety and security of women.
 - H. More opportunity for competition
 - I. Develop new techniques and environments.
 - J. To build physical and psychological strength.
 - K. Healthy and balance food.
 - L. Better incentives and awards.
 - M. Culture in domestic constrains.
 - N. Change in attitude and perception in village level
 - O. Equality and community mobilizing.