

INDIAN SCHOOL AL WADI AL KABIR

Class 12 – Physical Education

UNIT 2- CHILDREN AND WOMEN IN SPORTS

Date: _____

Worksheet 2

Section A: Multiple Choice Questions (1 Mark Each)

1. Which of the following is **not** a component of the **female athlete triad**?
 - a) Osteoporosis
 - b) Anemia
 - c) Amenorrhea
 - d) Eating disorder
 2. **Menarche** refers to:
 - a) The first ovulation
 - b) The onset of puberty
 - c) The first menstrual cycle
 - d) Menstrual pain
 3. Which of the following is a **psychological benefit** of women's participation in sports?
 - a) Increased body fat
 - b) Improved mental well-being
 - c) Menstrual irregularity
 - d) Osteoporosis
 4. **Amenorrhea** is defined as:
 - a) Bone thinning
 - b) Loss of appetite
 - c) Absence of menstruation
 - d) Muscle cramps
 5. Which condition involves **low energy availability, loss of periods, and bone issues** in athletes?
 - a) Menstrual syndrome
 - b) Iron deficiency
 - c) Female athlete triad
 - d) Anaerobic syndrome
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Section B: Very Short Answer Questions (2 Marks Each)

6. What is menarche and at what average age does it occur?
 7. Name any two **social benefits** of women's participation in sports.
 8. What is osteoporosis?
 9. Mention any two **causes of menstrual dysfunction** in female athletes.
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Section C: Short Answer Questions (3 Marks Each)

10. List any three **physical benefits** women gain from regular sports participation.
 11. Briefly describe the three components of the **female athlete triad**.
 12. What psychological challenges may female athletes face due to **menstrual irregularities**?
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Section D: Case Study (4 Marks Each)

13. **Case Study:**

Anita, a 17-year-old national-level gymnast, reports fatigue, irregular periods, and a recent stress fracture. She eats very little to maintain a "slim" figure. Her coach is concerned about her declining performance and health.

Questions:

- a) Identify the possible condition Anita is experiencing.
 - b) List the three major symptoms she is showing.
 - c) Suggest any two measures to manage or treat this condition.
 - d) Why is it important for coaches to be educated about this condition?
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Section E: Long Answer Questions (5 Marks Each)

14. Explain the **importance of sports participation for women** under physical, psychological, and social aspects.
 15. Describe the **female athlete triad** in detail. Include causes, symptoms, and preventive measures.
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Answer Key

Date: _____

Worksheet 2

Section A: MCQs

1. b) Anemia
 2. c) The first menstrual cycle
 3. b) Improved mental well-being
 4. c) Absence of menstruation
 5. c) Female athlete triad
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Section B: Very Short Answers

6. Menarche is the first menstrual cycle in a girl, usually occurring around age 12–13 years.
 7. Social benefits:
 - Better teamwork and cooperation
 - Enhanced social interaction and peer relationships
 8. Osteoporosis is a condition where bones become weak and brittle due to loss of bone mass.
 9. Causes:
 - Excessive physical training
 - Poor diet or low energy availability
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Section C: Short Answers

10. Physical benefits:
 - Improved cardiovascular health
 - Better body composition

- Increased muscle and bone strength

11. Female Athlete Triad:

- Disordered eating (low energy availability)
- Amenorrhea (loss or irregular menstruation)
- Osteoporosis (decreased bone density)

12. Challenges include:

- Low self-esteem
 - Anxiety about performance
 - Emotional stress from body image concerns
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Section D: Case Study

a) Female athlete triad

b) Symptoms:

- Irregular periods (amenorrhea)
- Fatigue and stress fracture (osteoporosis)
- Inadequate food intake (eating disorder)

c) Measures:

- Increase caloric intake
- Modify training intensity and duration

d) Coaches must identify early signs, promote healthy habits, and protect athletes' long-term health

Section E: Long Answers

14.

- **Physical:** Enhanced fitness, bone strength, better immunity
- **Psychological:** Reduced stress, improved self-confidence, mental well-being
- **Social:** Teamwork, leadership, breaking gender stereotypes

15.

- **Definition: A syndrome involving three interrelated conditions affecting female athletes**
 - **Components:**
 - **Disordered eating: Restricting food intake or eating disorders**
 - **Amenorrhea: Menstrual disturbances due to hormonal imbalances**
 - **Osteoporosis: Reduced bone density leading to fractures**
 - **Causes: Pressure to stay slim, overtraining, poor diet**
 - **Prevention:**
 - **Proper nutrition**
 - **Balanced training and recovery**
 - **Psychological support**
 - **Education for athletes and coaches**
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