

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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