

UNIT - 5

**Children and Women in
Sports**

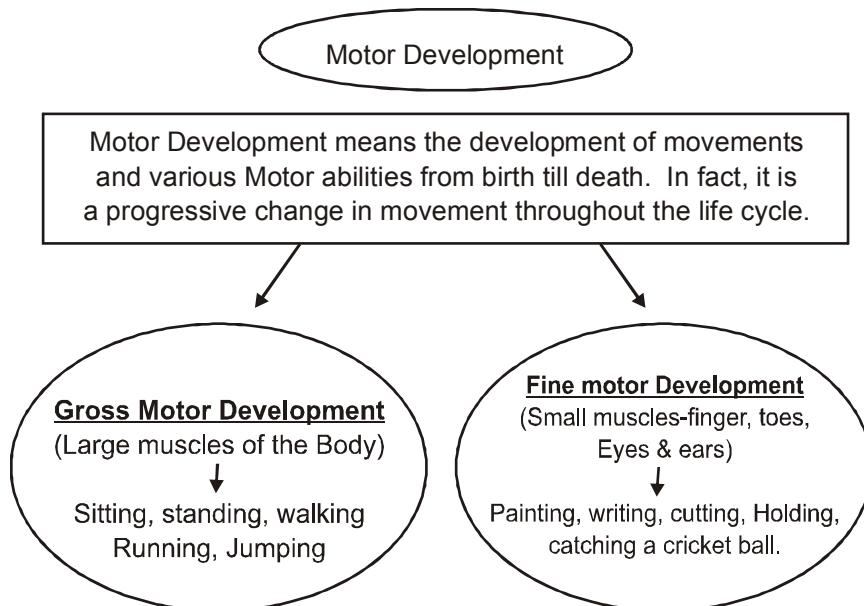
UNIT - 5

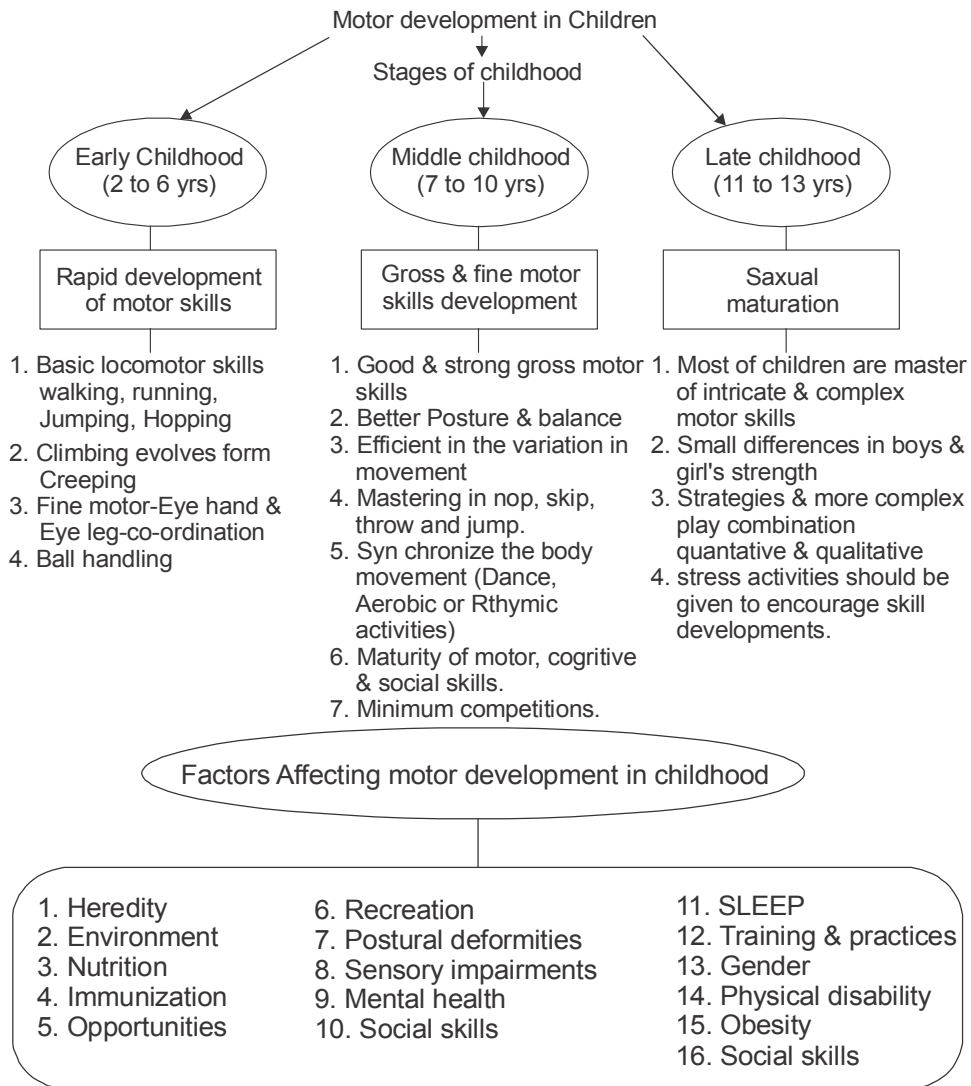
Children and Women in Sports

Key Points :-

- 5.1. Motor Development and factors affecting it.
- 5.2. Exercise Guidelines at different stage of growth and development.
- 5.3. Common postural Deformities knock knee, flat toot, Round shoulders, Lordosis, kyphosis, Bow legs and scoliosis and their corrective measures
- 5.4. Sports participation of women in India.
- 5.5. Special consideration (Menarch & Menstural Disfunction)
- 5.6. Female Athlets Triad (Oestoporosis, Amenoria, Eating Disorders)

5.1 (A)





Multiple Choice questions (1 Mark)

a. Which development is motor development

- | | |
|-------------------------------|-----|
| 1. Bones & muscles | [] |
| 2. Sense Organs | [] |
| 3. Disorder development | [] |
| 4. Postural deformity | [] |

- b. Select the right no of motor skills development in children
1. 2 []
 2. 4 []
 3. 6 []
 4. 1 []
- c. Painting, catching activities are the examples of
1. Gross motor skill development []
 2. Fine motor skill development []
 3. Sensory skill development []
 4. Bone & muscles development []
- d. Choose the correct one
- | | | |
|-----------------------------|-----------------------|--|
| 1. Big muscles activities | a. 3 to 6 yrs | |
| 2. Small muscles activities | b. Running, jumping | |
| 3. Early childhood | c. Painting, catching | |
1. 1-a, 2-b, 3-c []
 2. 1-c, 2-b, 3-a []
 3. 1-b, 2-c, 3-a []
 4. 1-c, 2-a, 3-b []

Short Type Questions Answer (3 Mark 30 to 50 words)

Q.1. Elucidate the meaning of motor development.

Ans. Motor development refers to the development of a child's bones, muscles and ability to move around and manipulate his/her environment. In simple words, motor development means the development of movement various motor abilities from birth till death. In other words, motor development means the progressive change in movement throughout the life cycle. As a matter of fact, the ability to move is essential for human

development. Various motor movements or motor skill are essential for everyday life activities such as sitting, walking, running, climbing, catching or holding, jumping skipping or throw etc. Motor development can be divided into two types i.e., gross motor development and fine motor development.

Q.2. Mention types of motor development in child new.

Ans. **1. Gross motor development:** It involves the development of large muscles in the child's body such as sitting, walking, running, climbing etc.

2. Fine motor development. It involves the small muscles of the body specially in the small movement of the fingers and hands. For example, holding of javelin, discus, pole, catching a cricket-ball, smashing a volley ball and gymnastic exercises with or without apparatus etc.

Long Answer Type Questions Answer (5 marks 70 to 100)

Q.1. Explain any five factors affective motor Development in children.

Ans. The following are the most important factor which affect the motor development in children.

1. Heredity: Children get 'genes' for all the developments from their parents. It has been seen motor development of a child follows the same pattern as of their parents. These factors are related to body weight, size and strength.

2. Environmental Factors: Environmental factors such as physical and social factors are likely to effect the motor development. Encouragement, love and security help the child to take risk to explore fearlessly which leads to better motor development. Those children, who are not

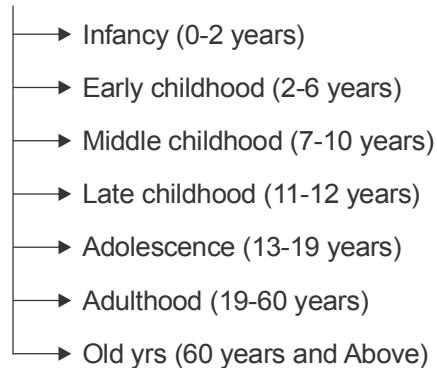
encouraged or motivated towards motor activities have slow rate of motor development.

- 3. Nutrition:** Nutritive food promotes good motor development. If they get nutritive food, they get stronger & their development is good. If they don't get proper nutrition they are found to be less energetic & their motor development takes place slowly.
- 4. Physical Activities:** Those children, who do not perform or practise physical activities regularly their motor development becomes slow. However, the physical activities must be according to the capabilities of children.
- 5. Opportunities:** Children who get more opportunities to perform more activities, motor development is better in them. Opportunities to play give a better chance of developing sensory motor activities. If proper opportunities are not given to children their motor development cannot take place in those children properly.
- 6. Disability and Disease:** Disability and disease affects motor development. It reduces perfection in motor skills whereas healthy persons gain faster motor development.
- 7. Body Weight:** Overweight and obese children have less motor development whereas healthy child has more skill perfection.
- 8. Mental Ability:** Motor development depends upon mental level, thus small children have less perfection.
- 9. Regular Practice:** With regular practice motor development and perfection is gained.

10.Immunization. If mother and child both are immunized at a proper time it leads to good sensory motor development.

5.2 Exercise Guidelines at Different Stages of Growth and Development.

Stages of Growth and Development



1. Infancy (0-2 years)

- Exercise to develop head control, sitting & crawling,
- Gross motor activities should be promoted,
- Exercises for moving arms, legs, reaching to object,
- Exercises like throwing, catching & kicking a ball,

2. Early childhood (2 to 6 years)

- Exercises to develop competence in movement skills.
- Emphasis on participation not on competition.
- Activities related to fine motor skills.
- Minimum one hour regular medium exercise.
- Recreative & enjoyable methods of physical activities.
- Clean & safe environment.

3. Middle childhood (7 to 10 years)

- Exercise to develop fine & gross motor skills
- Exercises to build & improve co-ordination skills
- Exercises to develop synchronize the movements of body's parts.
- Introduction of major sports activities cognitives and social skills.

4. Later childhood (11 to 12 years)

- Exercise to develop body control, strength and coordination.
- Activities related to endurance should be avoided.
- Organised or team games to develop social-consciousness.
- Teach basic rules of sports i.e., fair, play, simple strategies.
- Introduction to concept of sport training.

5. Adolescence (13 to 19 years)

- Moderate to vigorous intensity physical activity.
- 60 min to several hrs everyday.
- Muscle strengthening exercises at least 3 times a week.
- Bone strengthening exercises and resistance exercises by weight training.
- Running swimming etc. for stamina building.

6. Adult hood (19-60 years)

- Moderate intensity physical every day.
- Muscles strengthening exercise at least 2 times a week.

- Bone strengthening exercises and resistance exercise.
- Running, swimming, etc. for stamina building.

7. Old age (60 years and above)

- At least 5 days of moderate intensity activities such as walking, light-jump etc. It should be done for above 45-60 minutes. These actions should be done over a period of 10-10 minutes.
- Those who are more active than an elderly mature, They should do more than 30 minutes of high-strength activity, combined with the actions of moderate intensity. Such as climbing stairs, running etc.

Benefits of Physical Exercises on children

1. Builds healthy muscles,
2. Good Digestive Process,
3. Boost Energy level,
4. Improve neuro-muscular co-ordination,
5. Strengthen the lungs & Heart,
6. Control healthy weight,
7. Improve brain's function,
8. Reduce injuries and diseases risk,
9. Improve joint's flexibility,
10. Maintain good postures,
11. Strengthens bones & muscles,

Multiple Choice questions 1 Marks

1. Select the correct development during infancy state.
 - a. Moral values
 - b. Various senses
 - c. fine motor skill
 - d. Writing skills

2. Pre-school children learn things by
 - a. Imagination
 - b. Practice
 - c. Lecture
 - d. Repetition

- c. In the childhood, children's behaviour is mostly influenced by
 - a. Friends
 - b. School
 - c. Peer group
 - d. family

- d. In adolescence exercises help to
 - a. Strengthens of cardio-vascular system
 - b. Increases age toward old
 - c. Move away from society
 - d. Remove various senses

5. Choose the correct one

A

1. Infancy
2. Old age
3. adulthood
4. adolescences
5. childhood

B

- a. 13-18 yrs
- b. 19 to 59 yrs
- c. 60 yrs and above
- d. 3 to 12 yrs
- e. 0-2 yrs

1. 1-a, 2-b, 3-c, 4-d, 5-e []
2. 1-e, 2-c, 3-b, 4-a, 5-d []
3. 1-e, 2-d, 3-c, 4-b, 5-a []
4. 1-b, 2-c, 3-d, 4-a, 5-e []

3 Marks Short Questions Answer (80-90 words)

Q.1. Explain briefly about the motor development in middle childhood?

Ans. Middle childhood: The period of middle childhood starts for 7th year and continues up till 10th year. During this period the changes, which takes place are-

- a. Children become more energetic,
- b. Strong desire to engage in various physical movements and activities.
- c. Good eye-hand-leg coordination.
- d. Better in balance and postures.
- e. Motor skills are perfected and stabilized.
- f. Coordinative abilities develop at the high level, while the

flexibility develop at the slow level.

Q.2. Write the benefits of exercises during old age?

Ans. Benefits of exercises during old age

- In low the chances of heart-related diseases.
- Increases ability to work in daily life without fatigue.
- Slows down ageing process.
- The mood remains good, which reduces the change of depression.
- Physical capacity increases.
- Bones and muscles remain strengthened.
- Reduces the chance of many lifestyle related diseases, such as diabetes, cancer and high blood pressure, etc.

Q.3. Describe the exercises for Adolescence.

Ans. Adolescence (13 to 19 years): During adolescence, moderate to vigorous intensity exercises or physical activities should be performed for at least 60 minutes or little more daily.

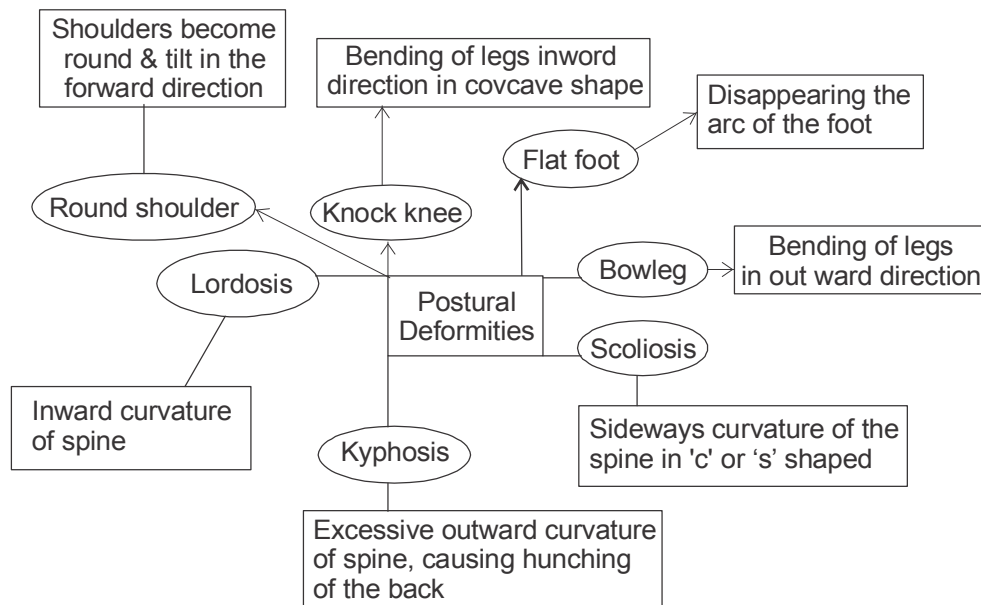
- Adolescents should also indulge in muscle strengthening exercises at least three days per week.
- They should also perform bone strengthening exercises.
- Adolescents or teenagers should avoid sedentary lifestyle.
- Physical activities or exercises such as running, gymnastics, push ups, jumping rope, playing hockey, basketball, swimming, tennis, and resistance exercises (weight training) are also very beneficial during adolescence.

Practice Questions (3 marks)

1. What exercises should be done in old age?
2. Describe the exercise for the adulthood?
3. Explain the benefits of physical exercises on the children?

5.3 Common Postural Deformities and their Corrective Measures

Postural deformity is the malformation of any components are body part or joint of the body.



Multiple Choice Question (1 Mark)

- a. Deformity means
 - (a) The malformation of any component of the body
 - (b) The malfunction of body's organs
 - (c) The malfunction of joints of the body
 - (d) De-shaped of muscles
- b. Lordosis deformity is

- (a) Lateral curvature of the spine []
 - (b) Arch of sole of feet []
 - (c) Abnormal backward curvature of the thoracic region of the spine []
 - (d) Aggravated lower curvature of the lumbar region []
- c. Scoliosis is postural deformity where the person body position become-
- (a) Lateral curvature of the spine []
 - (b) Arch of sole of feet []
 - (c) Wide gap between the knees []
 - (d) A side way curvature of the spine []
- d. What are the causes of "flat foot".
- (a) Weak muscles of the foot []
 - (b) Improper shoes of carry heavy weight []
 - (c) Healthy muscles of the body []
 - (d) Both (a) & (b) []
- d. Choose correct one
- | | |
|---------------|------------------|
| 1. flat foot | a. wide gap |
| 2. Knock knee | b. inward bent |
| 3. Bow legs | c. Abnormal arch |
- (a) 1-a, 2-b, 3-c []
 - (b) 1-c, 2-a, 3-b []
 - (c) 1-c, 2-b, 3-a []

(d) 1-b, 2-a, 3-c []

e. **A**

1. Round shoulder

2. Scoliosis

3. Lordosis

4. Kyphosis

(a) 1-a, 2-d, 3-c, 4-b []

(b) 1-d, 2-b, 3-a, 4-c []

(c) 1-d, 2-a, 3-c, 4-b []

(d) 1-b, 2-c, 3-d, 4-a []

B

a. Abdomen is ahead of body

b. sideways curvature of the spine

c. Forward rounding of upper back

d. forward bending of shoulder

Short Answer Question (80–90 Words)

Q.1. Explain the symptoms & corrective measures of kyphosis?

Ans. **Symptoms:** Distance between the scapula increase.

– The length of the chest muscles become short.

-- Shoulders tilt forward.

-- Neck tilt forward

-- Upper Body wt. lean forward.

Corrective Measures :- In order to cure kyphosis such types of exercises are suggested, those increase the length of the pectorals and provide strength to the thoracic region muscles.

such as :

1 Back stroke swimming.

2 Chakrasana

- 3 Bhujangasana
- 4 Dhanurasana
- 5 Reverse bending on the swiss ball
- 6 Reverse butterfly
- 7 Pillow back extension
- 8 Marjaryasana (cat pose)
- 9 Adhomukha shananasana (Down word dog pose)
- 10 Ustrasana (Camel pose)
- 11 Half wheel pose (Ardha chakaarasana)

Any 3-syptoms - Corrective mesures.

Q.1 Mention the symptoms causes & corrective measurs of knock knee.

Ans. **Symptoms :**

- Knees touch each other in standing position.
- Knees touch each other in walking.
- Knees touch each other in running.

Causes :-

- 1 Obesity
- 2 Defficiency of vit D
- 3 Rickets
- 4 Early age walk or standing
- 5 Malnutrition



- 6 Enlargement of medial ligament of both knees quickly as compare to lateral ligament.
- 7 Lifting heavy load for long time.

Corrective measures :-

- 1 Horse riding
- 2 Padamasana
- 3 Standing with pillow between the knee
- 4 Use walking calliper
- 5 Straight leg lift.
- 6 Straight leg knee press on the towel placed under the knee
- 7 Side kicking the football

Any 2-symptoms, causes & corrective measures of knock knee.

Q.2. Discuss the symptoms, causes & corrective measures of flat feet?

Ans. **Symptoms :**

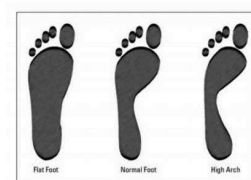
Pain in mid part of feet during standing & walking.

Disappearing the long arch of the feet

Complete feet print can be seen on the floor.

Causes

- Weakness of muscles & bones.
- over weight
- Obesity
- Carrying heavy load for long time.
- Injuries
- Malnutrition
- Faulty shoes.



Corrective Measures :-

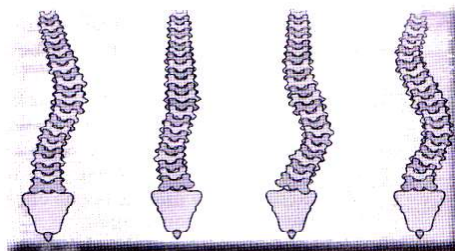
- Writing with legs
- Walking or running on the sand.
- Jumping on toe
- Wearing proper shoes
- Pick the pebble with help of feet
- Walking on toe
- Tadasana
- Vajra-asana
- Ball under the feet game
- Wear the shoe with hankey inside the mid part of the feet.

Long Answer Question (5 Marks 150-200 Words)

Q.1. Describe the symptoms, causes & corrective measuring of scoliosis?

Ans. **Scoliosis**

Postural adaptation of the spine in lateral direction is called scoliosis. In fact, these are sideways curves and may be called scoliotic curves. Indeed these curves are identified as either convexity right or right convexity. A simple or single curve to the left or curve. Scoliotic curves may be found in 'S' shape.



(a) **Causes of Scoliosis:** Scoliosis may be due to many reasons but the main reasons are diseases in the joints of bones, under-developed legs, infantile paralysis, rickets, carrying heavy loads on one shoulder, unhealthy conditions, like inadequate lighting arrangement,

uncomfortable desks, partial deafness and wrong standing posture. It may be caused by congenited or acquired abnormalities of vertebrae, muscles or nerves.

(b) Precautions:

1. Balanced diet should be taken
2. Studying should be avoided in sideways bending position.
3. Avoid walking for the long time while carrying weight in one hand.

(c) Remedies: Scoliosis can be remedied by doing the following exercises.

1. Bending exercises should be done on the opposite side of the 'C' shaped curve.
2. Hold the horizontal bar with hands and lift your body or hange for some time.
3. Hold the horizontal bar with your hands and swing your body to the left and right sides.
4. Swim by using breaststroke technique.

Q.2. Discuss the symptoms, causes & corrective measure of bow legs?

Ans. Bow legs: There is a wide Gap between the kness.

Symptoms :

- Gap between the knees are increased
- Knee moves in outward direction in standing, walking & running.
- Shape of legs look like the bow.

Causes :-

- Inlargement of lateral ligment of both knee quickly as compare to medial ligament.

- Weakness of bones and muscle.
- Long time cross leg sitting.
- Faulty style of Walking.
- Obesity
- Rickets
- Early age standing and walking.



Corrective measures :

- Walking (feet twisted inward)
- Use of walking callipers.
- Massage therapy.
- Use those exercise which strengthen the muscles surrounding the knee such as leg extension in laying position.
- Use yoga strap to bind the legs together then make cow face posture & forward bending are recommended.
- Pilate exercise such as roll up & ballerina arms are effective to tone legs.
- Garud Asana, Ardh-Matsyendrasana

Practice questions (3 marks 80 to 90 words)

1. What do you mean by hump back. Explain the causes of it? (1 + ½×4)
2. Discuss the causes & corrective measures of scoliosis? (1½+1½)
3. Describe the precautions & remedial for flat foot. (½+½)

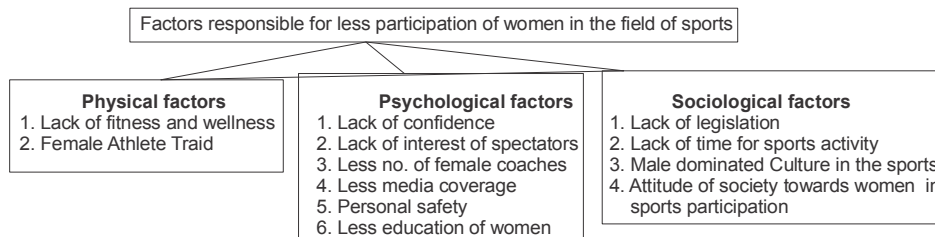
4. Explain the symptoms & precautions of round shoulders
($\frac{1}{2} + \frac{1}{2}$)
5. Elucidate spine postural deformities. (1 × 3)
6. Explain the deformities of knock-knee.
7. Express your view on lower limbs deformities? (1 × 3)

5 Marks 150 to 200 words

1. Elaborate the factors causes postural deformities.
2. Suggest physical activities as correctivbe measures for postural deformities.
3. Describe the symptoms, causes & corrective measures for kyphosis. ($\frac{1}{2} + 1\frac{1}{2}$)
4. Describe the steps taken to protect scoliosis.

5.4 Sports Participation of Women in India

Sports Participation of women means women Particiapation in the field of sports and games. In 1952 Olympic games, the first India women took part. In 2000 Olympia games, karnam mallehwari (weight lifting) become the first Indian women to have won a bronze medal.



Multiple Choice Questions – 1Mark

1. Select the correct reason for less participation of female in sports.
(a) Low physical fitness []

- (b) Lack of education []
 - (c) Good Legal system []
 - (d) (a) & (b) both []
2. Select the correct reason to improve participation of female in sports
- (a) Good legal system []
 - (b) Female role model []
 - (c) Both (a) & (b) []
 - (d) Improper motivation []

Long Answer Question–5 marks (150 to 200 words)

1. Express the reasons for women to have less participation in sports?

Ans. 1. Lack of legislation

- 2. Lack of time
- 3. Lack of self-confidence
- 4. Male dominated cultural of sports
- 5. Lack of interest of spectators
- 6. No media coverage of women's sports
- 7. Lack of female sports person as role models
- 8. Lack of fitness & wellness movement.
- 9. Lack of education among women.
- 10. Attitudes of society towards women's sports participation.
- 11. Lack of personal safety.
- 12. Lack of proper scientific equipments & facilities.
- 13. Sports & games are considered masculine.

14. Depression & Aggression level.

15. Competitiveness.

2. Elucidate the steps to improve participation of women in sports & games.

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

1. Motivation and inspiration to women for participation.

2. Support from family and parents.

3. To organise camps, seminar and workshops.

4. To provide knowledge and media coverage.

5. Educating women at grass root level for participation.

6. Provide better infrastructure and facilities.

7. Ensuring safety and security of women.

8. More opportunity for competition.

9. Develop new techniques and environments.

10. To build physical and psychological strength.

11. Healthy and balance food.

12. Better incentives and awards.

13. Change in attitude and perception at village level.

14. Equality and community mobilizing.

15. Development of self Confidence.

16. Financial help

17. Employment and career

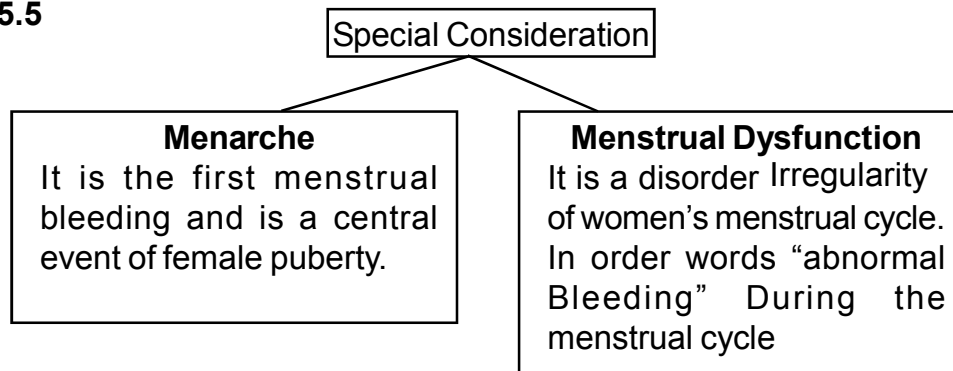
18. Designing and implementing government policies.

Parctice Questions

Short Answer Question–3 Marks (80 to 90 Words)

- Explain any three reasons for less participation of women in India?
- Describe the social factors of women participation in sports.
- Suggest techniques to promote participation of women in sports.

5.5



Multiple Choice Question

- Menarche is the
 - Very first menstrual bleeding in girls
 - Last menstrual bleeding in girls.
 - Irregular bleeding in girls.
 - Regular bleeding in girls.
- The average menstrual cycle consists of ____ days.
 - 10–15 days
 - 15–25 days
 - 21–35 days
 - 05-10 days
- Define menstrual Dys function
 - Irregular menstrual bleeding
 - Delay of menstrual cycle

3. Lack of Haemoglobin []

4. Extra amount of Haemoglobin []

d. **A** **B**

a. Menarch 1. Irregular menstrual bleeding

b. Menstrual cycle 2. Very first menstrual bleeding

c. Menstrual dysfunction 3. 21–35 days

1. a-1, b-2, c-3, [] 2. a-3, b-2, c-1 []

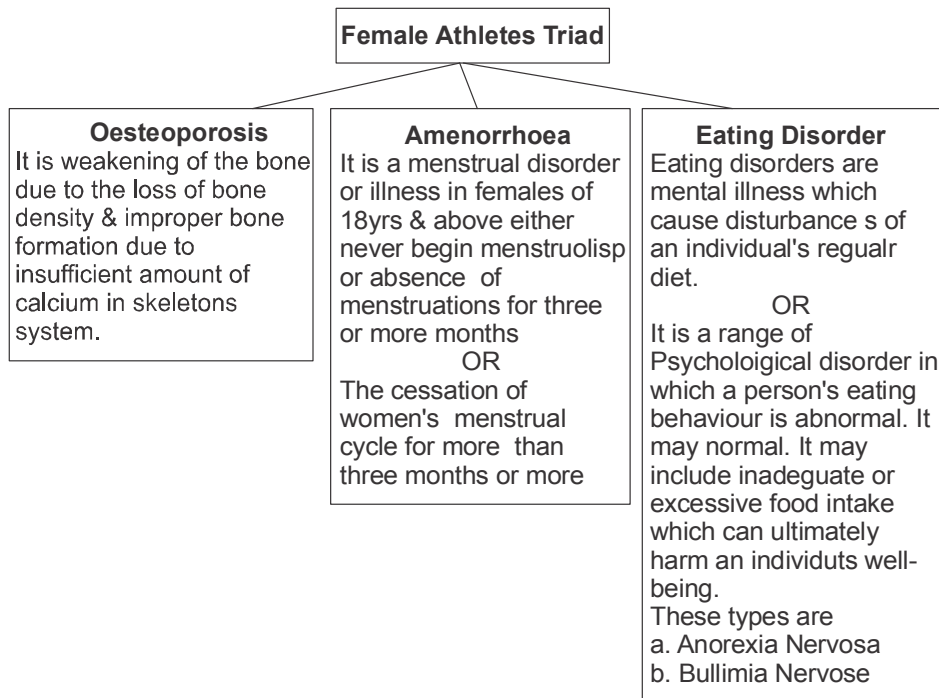
3. a-2, b-3, c-1 [] 4. 1 & 2 both []

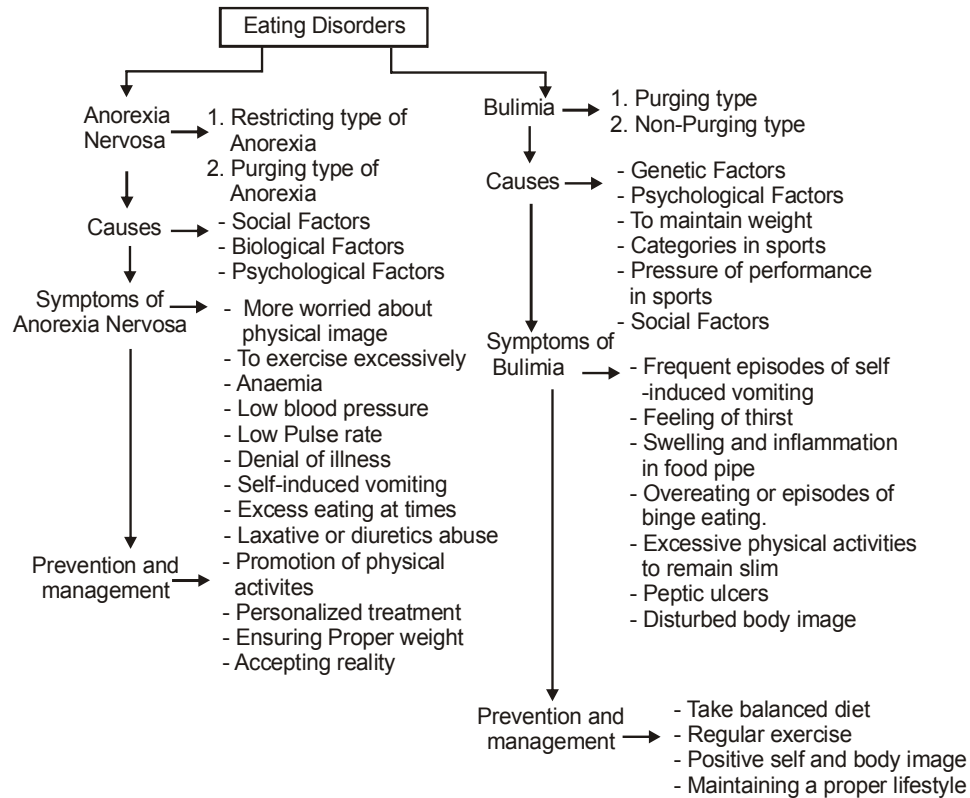
Practice Questions

Short Answer Question – 3 Marks (80 to 90 Words)

1. Discuss the concept of menarch and menstrual cycle. $1\frac{1}{2}+1\frac{1}{2}$
2. Define menstrual dysfunction? Elaborate the various types of problems related to menstrual dysfunction. $\frac{1}{2} + 2\frac{1}{2}$

5.6 Female Athletes Triad





Multiple Choice Question–1 Mark

1. Osteoporosis mean.
 - a. Insufficient calcium in bone []
 - b. Low bone density []
 - c. a & b both

2. Anorexia nervosa is a
 - a. mental disorder illness []
 - b. Wrong perception []
 - c. Normal diet related diseases []
 - d. Serious disease []

3. Amenorrhoea is caused by
- a. Hormonal imbalance, irregularity in diet
 - b. Hormonal imbalance in reproductive system
 - c. Hormonal imbalance & irregular in menstrual cycle
 - d. Hormonal balance regular in menstrual period
4. Bulimia Nervosa is an
- a. Eating disorder
 - b. Eating disability
 - c. eating of balanced diet
 - d. eating of habits

Short Answer Type Questions

(3 Marks each)

- Q.1 What are the causes and risk factors of osteoporosis?
- Ans. Osteoporosis is a skeletal disorder which refers to the decreased bone material content. There are various factors, which lead to osteoporosis, these are :
- A. **Insufficient calcium in diet** :- The main cause of osteoporosis is intake of insufficient calcium in diet.
 - B. **Amenorrhea** :- Women suffering from Menstrual dysfunction or Amenorrhoea for more than 6 months are likely to face osteoporosis because the secretion of the hormone called Oestrogen is decreased in those women. This hormone is necessary for absorption of calcium in our body.
 - C. **Eating disorder** :- Eating disorder like anorexia and bulimia etc. may also cause osteoporosis because they can be less amount of calcium intake.
 - D. **Bad Eating Habits** :- Intake of Caffeine, Alcohol, tobacco or smoking may lead to osteoporosis. These products have a negative effect on Bone Density.

Q.2. Elaborate the various types of disorders/ problems related to menstrual dysfunction?

Ans.

1. **Absence of menstrual periods** :- This problem may be due to eating disorder, excessive exercise schedule, extreme level of stress and medications etc.
2. **Premenstrual syndrome** :- Many girls may have symptoms such as acne, backaches, Sore breasts, headaches, constipation, depression, irritability and feeling anxious etc. These symptoms may be faced by female before their menstruation.
3. **Abnormal Cramps** :- These cramps are caused by a chemical in the body that makes the muscles in the uterus contract.
4. **Heavy or prolonged period** :- It is common for a girl's menstrual period to be heavier on some days than others.
5. **Irregular menstrual period** :- The regular menstrual cycle for a female is 28 days. However, it may vary from 21 to 35 days.
6. **Delay in the first menstrual period.**

Long Answer Type Question (5 Marks 150–200 Words)

Q.1 What do you mean by female triad? Explain the causes of it?

Ans. Female triad means a syndrome in which osteoporosis, amenorrhoea and eating disorders are present in the female. The triad is a serious disorder or illness with life long health consequences and can be very fatal. In fact it is syndrom of three interrelated conditions.

(A)- Osteoporosis :- It is a skelton disorder which refers as to the decreased bone material contents.

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

(B) Amenorrhoea:- It is a menstrual disorder or illness in female of 18 years or above either never began menstruating or there is an absence of menstruation for three months and more.

The factors or causes which may inspire or enhance the chances of amenorrhoea,

- A. Hormone changes
- B. Intensive exercises
- C. Intake of less carbohydrates or calories.

(C) Eating disorders: When people began to eat more than normal or very small amounts it is known as eating disorders.

These types are

1. Anorexia Nervosa
2. Bulimia Nervosa

Q. What do mean by Anorexia Nervosa what are its causes, symptoms and preventions.

Ans. **Anorexia Nervosa:** This is a psycho-physical condition. It is characterised by lack of appetite and is associated with the subconscious desire to remain slim. Such a feeling usually develops in young women or adolescent female in order to retain their body figure and image. As a result of this, there is a refusal to maintain normal body weight from their fear of becoming obese and spoiling their figure.

Anorexia is an eating disorder which is affecting the youth nowadays., It is a dangerous disorder for our health and well being.

Anorexia can lead to many problems such as bone loss, loss to skin integrity and many even cause menstruation to stop. It puts great stress on the heart and interreges the risk of heart attacks and other heart related problems. Individual suffering from anorexia also face an increased risk of death.

Causes of Anorexia : Anorexia is an eating disorder that is caused by a combination of several psychological social and biological factors. Several other factors such as family environment, personality traits and low self-esteem may also lead to anorexia. The factors causing anorexia are as follows:

1. **Psychological factors:** Individuals suffering from anorexia are generally perfectionists. Due to their obsession with keeping themselves fit, they are always conscious about their body. For this, they do not even hesitate to use artifactual means. Eating too little, excessive exercise, always being conscious about their body weight and physical appearance become the main causes of anorexia.
2. **Social factors:** Cultural and social constructs about being thin and beautiful put severe pressure on individuals and may cause anorexia. Specific social and cultural ideas relating to health and beauty, promote weight loss and begin thin as the ideal indicators of success and self-worth. Sometimes, parents and relatives may also be critical or their children's physical appearance which may lead to anorexia.
3. **Biological factors:** Biological factors such a circular hormonal functions and nutritional deficients may cause anorexia. Genetics also play a significant role in anorexia as parents suffering from anorexia are more prone to having children who are likely to develop anorexia.

Symptoms of Anorexia

1. **Significant underweight:** The individual having anorexia will not be able to maintain BMI and will lose weight significantly.

2. **Anaemia:** Anorexia may be one of the leading causes of anaemia. This leads to tiredness in an individual.
3. **Low pulse rate:** The individual having anorexia will have low heart rate.
4. **Low blood pressure:** Anorexia may lead to low blood pressure.
5. **Decrease in body temperature:** Low body temperature is also one of the symptoms of anorexia. Due to low heart rate and low blood pressure, temperature of body is not maintained properly.
6. **Failure of menstruations or cessation of the same once established:** Irregular menses or Amenorrhoea may be one symptom of anorexia. Irregularity in mensuration is one of the main causes of anorexia.
7. **Denial of illness:** An individual suffering from anorexia has the tendency to deny the facts related to the disorder.
8. **Self-induced vomiting:** An individual suffering from anorexia will go to the wash room frequently and induce vomit, especially after a meal.
9. **Excess eating at times.** An individual suffering from anorexia will eat excessively and when he is unable to digest the food, they will induce vomit.
10. **Laxative or derelicta abuse.** An individual suffering from anorexia will use diuretics and drain out fluids from his/her body to remain slim. Individuals also use laxatives or artificial sweeteners.

Prevention and Management of Anorexia

The prevention and management of anorexia are very important in the treatment of this disorder. The basic preventive measures used in anorexia are also follows:

1. People should be encouraged to inculcate a positive self-esteem and body image.
2. Body sizes should not be criticized and students should not be taught to be preoccupied with their weight.

3. Students should have knowledge of generic factors that determine body weight. They should be made to understand that being thin is not the most important means to be popular, beautiful or successful.
4. They should have a healthy approach towards their eating and exercising habits and should avoid the company of those people who are obsessed about their body weight.

Q.3. What is Bulimia? What are its causes symptoms and prevention.

Ans. Bulimia is an affecting adolescence girls or young women it is characterised by period of excessive eating (binge) alternating with normal eating.

Types of Bulimia 1. Purging, 2. Non-purging.

Causes of Bulimia: Bulimia is not the result of a single or definitive cause. There are many factors that are related to bulimia.

1. Genetic factors: Genetic factors play a vital role in the development of bulimia if one or both parents of an individual or siblings has bulimia then he/she is most likely to suffer from this disorder.
2. Psychological Factors: Psychological factors also play an important role in the development of bulimia in individuals. If an individual has a problem of low self esteem and body image,
3. To maintain weight categories in sports: Sportspersons taking part in sports like Judo, wrestling, weight lifting etc. which have different weight categories are more likely to suffer from this eating disorder.
4. Pressure of performance in sports: Sportsmen reduced body weight will enhance their performance in sports and increase their chances of success, thereby making them vomit the food that they eat.
5. Social factors: Social factors such as peer pressure and preconceived notions about body weight and being

thin, play a significant role in causing bulimia the media also encourage the desire to thin among the youth.

Symptoms of Bulimia

- Frequent episodes of self-induced vomiting,
- Feeling of thirst,
- Swelling and inflammation in food pipe,
- Overeating or episodes of binge eating,
- Excessive physical activities to remain slim misuse of medical aids,
- Red coloured eyes due to broken blood vessels caused by vomiting jerks,
- Peptic ulcers,
- Erosion of dental enamel,
- Disturbed body image,

Revelation and management of Bulimia : There is no fixed cure for Bulimia. This disorder may be prevented upto some extent by following.

1. Individuals should take a balanced diet and follow healthy eating habits.
2. A proper regimen of exercise should be followed regularly to maintain a healthy lifestyle.
3. Bulimia can also prevented by having a positive self and body image. Individuals should not be critical of their body shapes and sizes and focus on maintaining proper lifestyle.

Practice Questions (3 Marks)

1. Describe the childhood exercises. 1×3
2. Discuss the adolescence exercises. 1×3
3. Staying health & active is directly proportion to the good

- postures comments. $\frac{1}{2} \times 6$
4. Explain the suggestion to promote participation of women in sports of games. $\frac{1}{2} \times 6$
 5. How does menstruation affect women? 1×3
 6. Express the consequence of irregularity in menstruation.

Long Answer Question–5 Marks (150 to 200 Words)

1. Mention any three problem of female athletes. $\frac{1}{2} + 1\frac{1}{2} + 1\frac{1}{2} + \frac{1}{2}$
2. Comment on the out looks of Indian society towards the participation of women in sports. Give supportive reason on your opinion? 1×5

A Match the following 1×5

- | | |
|--------------------------|---------------------------------|
| 1. Round shoulder's | a. Eating Psycholicial disorder |
| 2. Menarch | b. Three female problems |
| 3. Female athelate triad | c. Loss bone material clemiry |
| 4. Oosteoporossis | d. First menstrual Bleeding |
| 5. Anorexia nervosa | e. Posture deformility |