

Unit-5

Children And Women In Sports

1-Mark Questions-(Objective/Subjective)

1. Fine motor development is related to the development of
a. Big muscles. b. small muscles c. cardiac muscles d. involuntary muscles
2. Which of the following is not a factor affecting motor development?
a. parent & heredity b. notorious food. c. peer group d. regular practice.
3. Later childhood stage is between
a.1-2 years b.2-6 years c.7-12 years d.13-19 years
4. The main cause of kyphosis is
a. wrong sitting posture. b. wrong footwear
c. poor sleeping posture. d. poor walking style
5. lordosis can be corrected through
a. backward bending exercise. b. forward bending exercise
c. pillow walking. d. sideward bending exercise
6. Knock knee can be corrected
a. backward bending exercise b. Vakrasana. c. forward bending d. sideward bending.
7. bow leg deformity there is
a. wide gap between knees. b. knees touch each other
c. Parallel feet d. bending to the sideward
8. Menarche start at
a.8-10 years b.12-14 years c.17-19 years d.20onwards.
9. Women with menstrual dysfunction should participate in
a. light physical activity b. stressful physical activity
c. should not participate. d. should do normal activity.
10. An abnormal curve of the spine at the front is called
a. scoliosis b. kyphosis c. lordosis d. knock knee
11. Menarche is defined as.
a. ending of the menstrual period. b. beginning of the menstrual cycle
c. pregnancy d. all of these.
12. Select the correct development during the infancy state.
a. Moral values. b. Various senses. c. fine motor skills. d. Writing skills
13. Deformity means
(a) The malformation of any component of the body
(b)The malfunction of the body's organs
(c) The malfunction of joints of the body.
(d) De-sapped of muscles
14. 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

15. Cobra pose is useful to correct
 - a. Kyphosis
 - b. Scoliosis
 - c. Lordosis
 - d. Knock knee
16. is a weakening of the bones due to loss of bone density?
 - a. Lordosis
 - b. Amenorrhoea
 - c. Anorexia nervosa
 - d. Osteoporosis.
17. Most postural deformities are from.
 - a. Abdomen
 - b. lower Limb
 - c. upper extremities
 - d. None of the above
18. Motor development consists of ... stages
 - a. Two
 - b. Three
 - c. Four
 - d. Six
19. Which development is motor development
 1. Bones & muscles
 2. Sense Organs
 3. Disorder development
 4. Postural deformity
20. Painting, catching activities are examples of
 1. Gross motor skill development
 2. Fine motor skill development
 3. Sensory skill development
 4. Bone & muscles development
21. Select the right no of motor skills development in children
 1. 2
 2. 4
 3. 6
 4. 1
22. Amenorrhoea is caused by
 - a. Hormonal imbalance, irregularity in the diet.
 - b. Hormonal Imbalance in the reproductive system
 - c. Hormonal imbalance & irregular in the menstrual cycle.
 - d. Hormonal balance regular in menstrual period
23. In which disorder, the female athletes think only about food, dieting, and bodyweight all the time?
24. In which Olympics, there was no participation of women?
25. Name the first Indian woman who secured a bronze medal in the Olympic games.
26. Vines Phogat, Babita Kumari, and Shakshi Mallik are related to which sports?
27. In which Olympic game, Saina Nehwal and Mary Kom's won bronze medals each?
28. In which Olympics PT Usha secured 4th place in the 400-meter hurdle race?
29. Which one of the following factors leads to osteoporosis among women athletes?
30. Mention the following factors to enhance the chance of amenorrhoea?
31. Which one of the following postural deformities is opposite to the knock-knees position?

3-Mark Questions

32. Mention all spinal curvature deformities. Explain any one of them.
33. Discuss menarche and menstrual dysfunction.
34. Explain any two factors affecting motor development.
35. State any three causes to lead bad posture?
36. Elucidate motor development in middle childhood.

5-Mark Questions

37. "Equal opportunities should be provided women in sports and there should not be any discrimination". explain your views in the light of this statement.
38. What is menstrual dysfunction? elaborate on the various type of disorders related to menstrual dysfunction.

39. What is the female athlete triad? Discuss elements/conditions among athletes.
40. What is osteoporosis? Explain various factors that usually lead to osteoporosis among women athletes.
41. What do you mean by motor development? Explain motor development during childhood.
42. Discuss the factors affecting motor development in detail.
43. Elucidate the exercise guidelines at different stages of growth.
44. How can physical activities be corrective measures for the common postural deformities?

