## **1 Mark Questions**

**VERY SHORT ANSWER TYPE QUESTION – (1 MARK EACH)**  
**Q.1 Define the following terms:**  
**Q.2 What is menstrual dysfunction?**

**Q.3 Briefly describe Menarche?**  
**Q.4 What are the causes of early menarche?**

**Q.5 What is anaemia? What are the causes of anaemia.**

## **3 Mark Questions**

**SHORT ANSWER TYPE QUESTION [80 TO 90 WORDS] –**  
**(3 MARKS EACH)**  
**Q.1 How women’s participation in sports is beneficial? Discuss.**

**Q.2 What are the constraints of women participation in sports?**

**Q.3 What is Menopause? What are the health Risk of Menopause?**

**Q.4 What exercises should be recommended during Menopause & Osteoprosis?**

## **5 Marks Questions**

**LONG ANSWER TYPE QUESTION (150 TO 200 WORDS) –**  
**(5 MARKS EACH)**  
**Q.1 What are the steps which should be taken to improve women’s participation in sports in India?**

**Q.2 Why exercises are necessary during Pregnancy?**

**Q.3 Explain female athlete triad, caused by excessive exercises and dieting?**

**Q.4 Explain in details the psychological failures affecting women’s participation in sports.**

**Q.5 Discuss sociological aspects of sports participation of women in India?**