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## Women's fitness and sports in the modern Era

**Dr. Manikandan S**

### Abstract

Fitness implies the ability of each person to live most effectively and function more effectively. Fitness and sports participation, contributes to the development of the "complete" WOMEN. her social, physical, emotional, and cultural environment -- rather than to one aspect of the Women's life. A therapeutic and preventive intervention to enhance the physical and mental health. Enhances the mental health of women's through opportunities to develop positive feelings about their body, improved self-esteem, tangible experiences of competency and success, and enhanced self-confidence. Women in the Olympics, Women have fewer events and participants than men. In 1972, U.S. team 342 men and 96 women. In 1996, U.S. team 382 men and 280 women. 1996 women made up 36.5% of the athletes. 2012 London Olympic Games, women made up more than 44% of participants. IOC slow to approve new events for women even though women are participating in world competition in these events.

**Keywords:** Women in Sports, Fitness, Modern Era and Physical Fitness.

### Introduction

Fitness implies the ability of each person to live most effectively and function more effectively.

### Physical fitness

The ability to meet life's daily demands and still have enough energy to respond to unplanned events.

### Physical activity and sport in the lives of women

Fitness and sports participation, contributes to the development of the "complete" WOMEN her social, physical, emotional, and cultural environment -- rather than to one aspect of the Women's life.

A therapeutic and preventive intervention to enhance the physical and mental health.

Enhances the mental health of women's through opportunities to develop positive feelings about their body, improved self-esteem, tangible experiences of competency and success, and enhanced self-confidence

### Physical Activity and Sports in the Lives of women's

- Sports contribute to educational goals.
- Poverty substantially limits many women's access to physical activity and sport.
- The potential for women's to derive positive experiences from physical activity and sport is limited by lack of opportunity and stereotypes.

### Women in sports

- Women in the Olympics
- ❖ Women have fewer events and participants than men.
- ❖ In 1972, U.S. team 342 men and 96 women.
- ❖ In 1996, U.S. team 382 men and 280 women.
- ❖ 1996 women made up 36.5% of the athletes.
- ❖ 2012 London Olympic Games, women made up more than 44% of participants.

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- ❖ IOC slow to approve new events for women even though women are participating in world competition in these events.
- Expansion of opportunities for women due to:
  - ❖ increased visibility of women athlete role models
  - ❖ fitness movement
  - ❖ women's movement
  - ❖ legislation
- Factors limiting participation
  - ❖ financial constraints
  - ❖ societal constraints
  - ❖ discrimination

#### **Women's sports in the modern era**

- Women sports in India is not given as much importance and men sports, still some Indian women have made great achievement in this field.
- Anju Bobby George, Athlete: The First Indian athlete ever to win a medal in a world Championships in Athletics clearing 6.70 m.
- Tania Sachdev: Tania is an Indian chess player, who holds the titles of International Master and Woman Grandmaster. Sachdev became the eighth Indian Woman Grandmaster.
- Bachendri Pal, mountaineering: the first Indian woman to scale the Mount Everest, and the fifth woman in the World.
- Geeta Zutshi, Athlete: The top Indian woman athlete at the 1982 Asian Games, awarded with Arjuna award and Padma Shri.
- India's top tennis star Sania Mirza has seen a fair share of controversies on her way to fifth in the doubles rankings and three Grand Slam mixed doubles titles winner.

#### **Mary Kom**

- 4 times World Champion
- Women's boxing Awarded with Arjuna award and Padma Shri, Rajiv Gandhi Khel Ratna-2009, Pepsi MTV youth icon
- Int'l Boxing Association's Ambassador for Women's Boxing 2009.

#### **M D Valsamma, Athlete**

- The third Indian woman to win an individual Gold medal at the Asian Games and the first to win it on Indian soil.

#### **Nafisa Ali, Swimming**

- The National swimming champion from 1972-1974.
- Won the Miss India title in 1976 and was runner-up at the Miss International contest in 1977.
- Saina Nehwal
- A Indian badminton player.
- Currently ranked number 5 in the world.
- First Indian woman to reach the singles quarterfinals

At the Olympics and to win the World Junior Badminton Championships.

#### **Shiny Abraham**

- Won a National Champion in 800 meters for 14 years. Represented India more than 75 times in international competition. Holds the added distinction of representing Asia in four World Cups. Only athlete to have taken part

in six Asian Track & Field Meets in a row beginning 1985 in Jakarta.

#### **Soma Biswas, Athlete**

- Won the silver medal in 2002 Asian Games in Busan, South Korea.
- Won another silver medal at the 2006 Asian Games in Doha.

#### **P. T. Usha, Athlete**

- Regarded as one of the greatest athletes India has ever produced
- Known the "queen of Indian track and field".
- Has won 101 international medals so far.

#### **Conclusion**

If we could give every individual the right amount of nourishment and exercise, not too Little and not too much, we would have found the safest way to health.

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