

## “Women : Diet And Sports Performance”

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### Abstract

The major aim of this paper was to highlight the issues related to women's sports participation, performance, diet uptake and exercise to spot the recent fact in the shape of this article. In the last 10 years. More progress has been made in the lives of women than was achieved in all the years prior to 1900. Women now have political, social, and educational, sports & economic opportunities that were denied then for centuries, however, these rights are not enjoyed equally around the world but slowly for too slowly in some nations change for women is beginning to be felt. Now women are seeing examples of strong women who have taken advantage of opportunities & who serve as role models to their nation. Very often these pioneers are female athletes. A sound working knowledge & pragmatic approach to nutrition & performance will increase the likelihood that nutritional recommendation will be implemented. Women who practice the same well-designed strength training programs as men do benefit from bone and soft- tissue modeling, increased lean body mass, decreased fat and enhanced self-confidence. The proper diet for women will provide sufficient subtract to obtain the energy necessary for work, physical activity and relaxation.

**KEYWORDS** : Women Sports, Diet, Exercise, Training.

### Introduction :

The major aim of this paper was to highlight the issues related to women's Sports Participation, performance, diet uptake and exercises to spot the recent fact in the shape of this article. In the last 10 years, more progress has been made in the lives of women than was achieved in all the years prior to 1900. Women now have political, social education, sports & economic opportunities that around the world then for centuries, now ever, these rights are not enjoyed equally around the world but slowly, for too slowly in some nations change for women is beginning to be felt. Now women are seeing examples of strong women who have taken advantage of opportunities & who serve as role models to their nation. Very often these pioneers are female athletes. A sound working knowledge & pragmatic approach to nutrition & performance will increase the likelihood that nutritional recommendation will be implemented. Healthy and mind is basic requirement of health standards all over the world.

1. The basic elements healthy. By providing knowledge of sound and relevant principles to people may be moved towards taking good economic tasty and nutrients able to fulfill not only daily energy requirements of body also to keep the body and mind healthy. For these all things every human having well balanced diet because without health no one can perform well. For that human have must to take care and it is very important when it is related to the women. Every human being must be eating to survive. Nutrition is the process be consuming, absorbing and using nutrients need by the body for growth, development and the maintenances of life. Nutrition's are chemical substances in food that nourish the body. A well balanced diet.

2. Consummates a sufficient supply of protein, carbohydrate, fats, salts and minerals. The quantity of food absorbed should correspond to the needs of the body. It is not only the quantity of nourishment the body requires, but also its quantity which supplies the body cells with vita force in proper proportion. A diet should be adopted that includes increasing amounts of raw food stuffs like green vegetables fruits, cereals, milk and dairy products honey etc. fresh fruit and vegetable juices are also excellent for health. Every human have their own requirement for their health means it may be change by their physical structure like male and female. Both have different structure and having different requirement of nutrition and diet. Every human being has a diet and nutrition as per their body structure. As same as women who play sports usually know whether their sports require rigorous diet regiments. Diet problems in women sports refer mostly to decrease in the consumption of food high in energy, fat and protein, female athletes should pay very special attention to their diet because their food important when it comes to improve their performance. They also need to meet certain energy need and reduce problems cause by taking on poor diet. In terms of diet, it is recommended to always have an adequate caloric intake while practicing their sports. Fortunately in India most traditional diets are well balanced small quantities of both saturated and unsaturated fats are necessary for a balanced diet. Nutrition is the science of food and its relationship to health and physical activity athletes must have proper nutrition to attain optimum health and physical fitness is able to withstand rigorous training and be capable of good performance during competitions. It is equally important to remember that today there are many choices of food that nourish and help to avoid risks to the health and life of female athletes. The proper diet for women will provide sufficient subtract to obtain the energy necessary for work, physical activity and relaxation three are some essential nutrient required by the human body are carbohydrates, fat, protein, vitamin, minerals and water. With the help of these things we can study and to sort out the problems which are highly affecting for woman players. High school participation may help prevent osteoporosis (loss of bone mass), bone density has been shown to be an important factor in preventing osteoporosis from occurring in the first place. Purdue university researcher found that of minimally active women aged from 18-31 years, those who had participated in high school sports had a significantly greater bone density than those who had not. (Teegarden, D. et. al.)

### **WOMEN IN SPORTS :**

Girls and women can successfully compete in strenuous activities without suffering physiologic or psychological harm. There are physiologic, anatomic and physiologic differences between males and females, but these differences 3.make participation in all forms of athletics no less beneficial for females then for males. The average women's performance in athletics is below that of a man's but some women athletes can beat the performance of most male. The performances of champions in commonwealth games Delhi today exceed the winning times of females participant . however, the important issue not whether man or women are better performers. The important issue is whether women should compete in athletics and experience the satisfaction and joy of knowing that they are the best in the class and event. Sports participation is associated with less risk of body dissatisfaction and disordered eating among adolescent girls. It is also associated higher self esteem. Exercise has been shown to improve cardiovascular fitness, muscle strength, body composition, fatigue, anxiety, depression, self-esteem, happiness and several components of quality of life (Physical, functional and emotional) in cancer survivors (Brown. J.K. et. al. 2003).

Women who participates the same well-designed strength training program as men do benefit from bone and soft tissue modeling, increased lean body mass, decreased fat and enhanced self- confidence. Women do not become less feminine as a result of participation. Girls whose physiques reflect considerable masculinity are stronger per unit of weight than girls who are low in masculinity and boys who display considerable femininity of build. Females high in the masculine component are often attracted to sports because they are usually successful and perform well.

A number of anatomic and physiologic differences between males and females make it advisable that females not compete against males. Eleanor methane has pointed out that the early development of some of the attitudes towards women in sport which are held to some degree to this day. In early Olympic Festivals, which began in 776 BC; women were excluded from the sacred precincts of Olympia. Every boy and girl wants-and needs-to succeed in something, and every boy and girls can succeed in something. The greater the diversity of sports offered in the required physical education, the intramural, and the inter-collegiate sports programs, the greater the number who will be able to experience success.

### **WOMEN AND DIET :**

Healthy body & mind is basic requirement of health standards all over the world knowledge of sound & relevant principles to people regarding diet & nutrition, eating habits of the people may be moved towards taking good economic tasty and nutrition's food able to fulfill not only daily energy requirements of body but also to keep the body & mind healthy. A well balanced diet consummates a sufficient supply of protein, carbohydrates, fats, salts and minerals a diet should be adopted that includes increasing amounts of raw food stuff e.g. green salad. Vegetable and dairy products honey. Fresh fruit and vegetable juices are also excellent for health. As same as women who play sports usually know whether their sports require rigorous diet regiments. Diet problems in women sports refer mostly to decrease in the consumption of food high in energy, fat and protein. Female athletes should pay very special attention to their diet because their food important when it come to improve their performance. They also need to meet certain energy need and reduce problems cause by taking on poor diet. In terms of diet, it is recommended to always have an adequate caloric intake while practicing their sports. With the help of these things we can study and to sort out the problems which are highly affecting for women players.

### **SOME LATEST FINDINGS & RESULTS REGARDING WOMEN'S PARTICIPATIN IN SPORT :**

According to as study of 2,993 women, who exercise tends to be motivated towards physical activity by expectations of benefits to their health and longevity. Inactive women tend not to have the self-confidence, skill and experience with physical activity that active women do. In a study of 17,000 Medicare beneficiaries, researchers found that the average, non over weight female cost the program \$ 6, 224 per year but over weight and obese patients cost Medicare \$ 7.653 and \$ 9.612 each year respectively.

Research suggests that girls who participate in sports are more likely to experience academic success and graduate from them those who do not play sports. Sports participation is associated higher self esteem.

Exercise has been shown to improve cardiovascular fitness, muscle strength, body composition, fatigue, anxiety, depression, self-esteem, happiness, and several components of quality of life (Physical, functional, and emotional). Women who practice the same well-designed strength training programs as men do benefit from bone and soft-tissue modeling, increased lean body mass, decreased fat and enhanced self confidence. Daily physical education in Primary School appears to have a significant effect.

### **Conclusion & Discussion :**

Exercise and sports participation can be used as a therapeutic and preventive intervention for enhancing the physical & mental health of adolescent females. It also can enhance mental health by offering them positive feeling about body image, improve self-esteem, tangible experiences of competency and success and increased self-confidence with enough strength training, women can lift, carry and march as well as men, in some extent more than men. They regularly used to pull weight as bear child or daily work. Women who exercise weight less, have lower levels of blood sugar, cholesterol and triglycerides and have lower blood pressure than non exercising women. They also report being happier believe they have more energy and felt they were in excellent health more often than non-exercising women. The proper diet for women will provide sufficient subtract to obtain the energy necessary for work, physical activity and relaxation.

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