

# Women's Sport-- Benefits to Mind and Body

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# Overview

- Great strides in women's sport in the past decade
- Benefits of sport on the body
- Benefits of sport on the mind
- Skills developed and applied to all aspects of life
- Success in new roles contributes to changing views of women in society, promoting further gender equality

# Great strides in women's sport in the past decade

- More women than ever are participating
- Starting young, becoming part of life from early age
- Increased opportunity
  - Professional sport
  - nontraditional sport

# Increasing gender equality in sport

- Sponsors, endorsements
- More media coverage, press coverage-- becoming very popular
- Performances improving
- Financial
  - Prize money equalizing
  - Earning higher paychecks, still not equal

# Role Models

- Girls growing up seeing women in sport, training, competing and succeeding
- Team Sports--soccer, basketball, hockey
- Individual sports-- track and field, swimming, ice skating, tennis
- See sport as a way of life for women!
- Possibility for career in professional sport

# Women athletes--more accepted

- It is now acceptable and and for women to be athletes!!
- Acceptable for women to be strong and muscular
- Increasingly seen as beautiful
- Looked at as positive

# Benefits of sport on the Body

- Health benefits in women similar to men
  - Undisputed benefits in Health Promotion/  
Disease prevention
  - lower blood pressure, fewer heart attacks, etc..
- Increased coordination, strength and agility
- Also benefits unique to women
  - Less Osteoporosis
  - Less Breast Cancer

# Benefits of Sport on the Mind

- Improved Confidence
- Improved self-esteem
- Better body image
- Happier than non-active women
- Increased energy
- Stress relief



# Additional benefits

- Take better care of self
  - better diet, healthier choices
  - less likely to smoke
  - more likely to obtain routine health maintenance

## Other Benefits (Cont..)

- Women are still primarily responsible for household duties/ raising children
  - whole family eats better
  - children are raised in a healthy, active lifestyle
  - she is a very important role model
- Hobby, positive way to spend time
- Social contacts, friends made

# Valuable skills learned

- Leadership
- Teamwork
- Confidence
- Pride in hard work and accomplishment
- Discipline
- Camaraderie

# Skills learned

- Social skills
- Benefits of friendly competition
- Determination
- Dedication
- Focus and Concentration
- Physical skills are developed!!!

# Skills applied to...

- ALL other aspects of life
  - Work/ business
  - Home/ Family
  - Military Service
- Expand horizons, set higher goals, try new things
- With success in new fields, more opportunity opens (a POSITIVE circle)

# Results...

- Women are expanding horizons/ setting higher goals, trying new things, new careers
- With their success, society's views of women are changing--seen more as capable, strong and athletic
- More doors then open to women, a **POSITIVE** circle

# Results (Cont..)

- Gender equality then increases across the board
  - athletics
  - military
  - business/civilian sector

# Negative impact of sport on women's health?? NO!

- Women more at risk for certain knee injuries than men
- Other sport injuries found at same rate as men
- Benefits FAR OUTWEIGH the risks



# Goal, sport for all

- Regardless of age or gender
- Need to provide the opportunity for sport for all--then encourage and promote it
  - make it more user-friendly for women
  - still cultural challenges
- Women have come a long way, still have a long way to go