

Women's Role in sports

Outline:

(1) Introduction

Thesis Statement:

Women is the most vital asset of the society.. The ongoing evolution of women's roles in sports highlights both achievements and persisting challenges, emphasizing the need of continued advocacy, equal representation, and support to foster a truly inclusive and equitable sporting environment

-2. Overviewing the evolution of Women in Sports.

3. Need of Women in Sports

(a) Inclusion in sports promotes gender equality breaking down stereotypes.

(b) Participation in sports enhances physical health.

- (c). Enhancement in Self-Confidence
- (d) Women athletes serve as role models inspiring younger generation
- (e) Women's approaches leads to diversity and innovation within sports
- (f). Encourages teamwork, leadership skills and community engagement

(4) Impacts on Women due to their involvement in Sports

- (a) Participation in sports enhance physical fitness
- (b). Reduces the risk of chronic diseases
- (c) Fosters mental health and reduces stress.
- (d) Women gain empowerment through participation in sports
- (e) Sports cultivate leadership, teamwork and communication skills

- (5). Mitigation required to enhance the involvement of women in sports
- (a) Ensure equal access to training facilities, resource and opportunities for women in sports
- (b). Increase financial and sponsorship for women's sports programs
- (c). Need of Mass awareness
- (d). Promotes increased media coverage and representation of women's sports
- e. Encourages more women in leadership roles
- (f). Implement policies and governance structure

(6). Conclusion.