



5 Amazing facts about Women in Sports

- 1. Although women were technically permitted to participate in many sports, relatively few did until the late 19th century, when women's sport history is considered to start. Back then, although horseback riding, archery, golf, tennis, skiing and skating were practiced among women in the upper social class, there was often disapproval of women who played sport.*
- 2. The first Olympic games in the modern era, in 1896, were not open to women. The first time for female athletes to participate in the Olympic games was in 1900. Only 12 female athletes participated out of the 1066 athletes from 19 countries. They competed in only golf and tennis. In the 3rd St. Louis Olympics, archery was the only women's event. In the 4th London Olympics, archery, figure skating and tennis became women's events, and diving, swimming and tennis in the 5th Stockholm Olympics.*
- 3. There are a few sports where men and women compete together: in mixed events or in truly mixed sports. Sports that operate in mixed events are badminton, luge, tennis and ice skating. In badminton, men and women compete as a male/female duo; in luge they compete by teams with equal numbers of men and women; in tennis, men and women compete as a male/female team in mixed doubles matches; and in ice skating male/female pairs compete together performing a dance on the ice.*
- 4. Sports where men and women compete against each other regardless of sex, as the physical differences between them are considered to not have any effect on the outcome of the competition, are equestrian, in which the attributes required to win are just to be an able rider, and sailing, but only in one particular class, the Nacre 17.*
- 5. Women that have broken boundaries in sports! African American sprinter Wilma Rudolph was the first woman to win three gold medals in a single Olympics. Despite the loss of strength in her left leg, caused by polio, she became the fastest woman in the world at the 1960 Olympics. Former World No. 1 Billie Jean King is regarded as one of the greatest women's tennis players of all time. She won 39 Grand Slam titles, including 12 in singles, 16 in women's doubles, and 11 in mixed doubles.*

- Choose the correct answer according to the text

1. When did women's participation in sports significantly increase?

- A) 18th century
- B) Late 19th century
- C) Early 20th century
- D) Mid-20th century

2. In which year did female athletes first participate in the Olympic Games?

- A) 1896
- B) 1900
- C) 1904
- D) 1912

3. Which of the following sports allows men and women to compete against each other regardless of sex?

- A) Badminton and Ice Skating
- B) Equestrian and Sailing
- C) Tennis and Luge
- D) Golf and Archery

4. Who was the first woman to win three gold medals in a single Olympics?

- A) Serena Williams
- B) Billie Jean King
- C) Wilma Rudolph
- D) Nadia Comaneci

- Answer the questions according to the text

5. Women were allowed to compete in the first modern Olympic Games in 1896.

6. In mixed doubles tennis, men and women compete together as a team.

7. Wilma Rudolph won three gold medals at the 1964 Olympics.

- 8. Match the following questions according to the text

- 1. Badminton → (A) Men and women compete directly against each other
- 2. Equestrian → (B) Mixed-gender pairs compete in doubles matches