

Class 9 - Physical Education and Well Being

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Age is Just a Number

CBSE NOTES

Age is Just a Number - Mastery Worksheet

Strengthen your foundation with key concepts and basic applications.



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Solve the following questions. Write your answers in the space provided.

1. Discuss the impact of regular physical activity on the ageing process and compare it to the effects of a sedentary lifestyle.

Hint: Consider benefits for both physical and mental health.

2. Analyze the life of Fauja Singh and how his journey demonstrates that age is not a barrier to success in physical fitness.

Hint: Focus on milestones and how his training impacted his health.



Solve the following questions. Write your answers in the space provided.

3. Explain why exercise is referred to as 'the best medicine for aging'. Discuss its physiological and psychological benefits.

Hint: Make a list of physiological and psychological benefits.

4. Evaluate the role of social support in encouraging older adults to engage in physical activities. Use examples to illustrate your points.

Hint: Consider different types of social support and their effects.



Solve the following questions. Write your answers in the space provided.

5. Identify and explain common misconceptions about aging and physical fitness, and counter them with facts.

Hint: List misconceptions and factual counters.

6. Discuss how various forms of exercise (e.g., yoga, weight training, aerobics) benefit older adults differently. Include at least three different types of exercise.

Hint: Break down benefits by type of exercise.



Solve the following questions. Write your answers in the space provided.

7. Compare the effects of moderate aerobic exercise versus high-intensity training on older adults and their overall health.

Hint: Consider safety and sustainability.

8. Discuss the relationship between mental health and physical activity in older adults. What role does exercise play in cognitive function?

Hint: Relate mental health benefits to specific physical activities.



Solve the following questions. Write your answers in the space provided.

9. Explain how lifestyle and environmental factors influence an older adult's ability to stay active and healthy.

Hint: Identify specific lifestyle factors impacting health.

10. Critically assess the importance of personalized exercise programs for older adults. How do they address individual needs and limitations?

Hint: Explore the importance of tailoring fitness plans.



Check your answers with the solutions below.

1. Discuss the impact of regular physical activity on the ageing process and compare it to the effects of a sedentary lifestyle.

Solution: Regular physical activity promotes heart health, maintains muscle mass, and enhances mental well-being, effectively slowing down the process of ageing. In contrast, a sedentary lifestyle is associated with higher risk of chronic conditions such as heart disease, obesity, and depression. Example: A physically active individual in their 70s may have better cardiovascular health compared to a sedentary peer.

2. Analyze the life of Fauja Singh and how his journey demonstrates that age is not a barrier to success in physical fitness.

Solution: Fauja Singh began running at 89, showcasing that commitment and perseverance yield remarkable achievements regardless of age. He became the oldest marathon finisher, inspiring countless individuals to prioritize health over age. His story illustrates resilience and the capacity for physical accomplishment at any age.

3. Explain why exercise is referred to as 'the best medicine for aging'. Discuss its physiological and psychological benefits.

Solution: Exercise helps maintain muscle mass, cardiovascular health, and cognitive function. Physiologically, it enhances blood circulation, regulates blood sugar, and improves bone density. Psychologically, it elevates mood, combats anxiety, and promotes social interaction. Overall, these benefits contribute positively to the aging experience.

4. Evaluate the role of social support in encouraging older adults to engage in physical activities. Use examples to illustrate your points.

Solution: Social support plays a vital role in motivating older adults to maintain an active lifestyle. Encouragement from family, friends, or community groups leads to sustained participation in activities like group walking sessions or fitness classes. Examples include local exercise programs designed specifically for seniors that foster community and accountability.



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Check your answers with the solutions below.

5. Identify and explain common misconceptions about aging and physical fitness, and counter them with facts.

Solution: Misconception: Aging inherently leads to decline in physical abilities. Fact: Many older adults maintain high fitness levels through regular activity. Misconception: Exercise is dangerous for seniors. Fact: Properly guided exercise can enhance health and longevity. Addressing these misconceptions is essential for promoting active aging.

6. Discuss how various forms of exercise (e.g., yoga, weight training, aerobics) benefit older adults differently. Include at least three different types of exercise.

Solution: Yoga focuses on flexibility and breathing, aiding mental relaxation. Weight training builds strength and bone density, crucial for preventing osteoporosis. Aerobics enhances cardiovascular health and endurance, reducing the risk of chronic illnesses. Each form targets specific health benefits important for older adults.

7. Compare the effects of moderate aerobic exercise versus high-intensity training on older adults and their overall health.

Solution: Moderate aerobic exercise (like walking or swimming) is sustainable and improves cardiovascular health without significant risk. High-intensity training can enhance fitness levels but may pose injury risks. Balancing both types according to individual capacity is essential for effective health management.

8. Discuss the relationship between mental health and physical activity in older adults. What role does exercise play in cognitive function?

Solution: Physical activity fosters mental well-being by reducing symptoms of depression and anxiety in older adults. It has been linked to enhanced cognitive functions and memory retention, possibly due to improved blood flow and neurogenesis. Regular exercise helps combat cognitive decline, emphasizing its importance.



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Check your answers with the solutions below.

9. Explain how lifestyle and environmental factors influence an older adult's ability to stay active and healthy.

Solution: Factors such as community infrastructure, accessibility to parks, and social networks influence the ability of older adults to engage in physical activities. Supportive environments encourage regular movement, whereas barriers like lack of mobility resources or negative social attitudes can deter activity.

10. Critically assess the importance of personalized exercise programs for older adults. How do they address individual needs and limitations?

Solution: Personalized exercise programs cater to individual health profiles, considering medical conditions, mobility limitations, and personal fitness goals. They enhance adherence to activity by ensuring safety and appropriateness, ultimately promoting long-term health benefits. Customization leads to better outcomes by addressing unique challenges faced by older adults.



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