

Class 9 - Physical Education and Well Being

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Age is Just a Number

CBSE NOTES

Age is Just a Number - Practice 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 significance of Fauja Singh's achievements in the context of age and physical fitness.

Hint: Focus on how his story can motivate people of different age groups to stay active.

2. Explain the benefits of regular physical activity for older adults.

Hint: Consider mentioning both physical and mental health benefits.



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

3. Define healthy ageing and describe its components.

Hint: Think about various aspects that contribute to a fulfilling senior life.

4. Identify common misconceptions about ageing and physical activity.

Hint: Identify beliefs that may deter older individuals from exercising.



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

5. What are some recommended types of exercise for older adults?

Hint: Consider different categories of exercises and their specific benefits.

6. Discuss the role of social connections in healthy ageing.

Hint: Think about how social interaction can impact physical and mental health.



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

7. Explain how regular exercise can reduce the risk of chronic diseases in older adults.

Hint: Consider different diseases that can be mitigated through exercise.

8. Describe safety tips for older adults starting a new exercise program.

Hint: Think about practical steps that can enhance safety during activities.



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

9. Analyze the impact of a sedentary lifestyle on older adults.

Hint: Consider both physical and psychological effects.

10. Elaborate on the concept of 'active ageing' and its significance.

Hint: Reflect on how staying active promotes a higher quality of life in later years.



Check your answers with the solutions below.

1. Discuss the significance of Fauja Singh's achievements in the context of age and physical fitness.

Solution: Fauja Singh's life exemplifies the idea that age should not limit one's ability to achieve physical fitness. At 89, he began serious training, proving that it's never too late to start. He completed marathons in major cities and became a centenarian marathon runner. His story inspires many to embrace physical activity at any age and promotes the message that maintaining fitness contributes to overall well-being. Fauja's achievements dismantle stereotypes about aging, demonstrating that with dedication and the right approach, individuals can surpass limitations associated with older age. His journey from a weak child to a marathon champion illustrates resilience and determination.

2. Explain the benefits of regular physical activity for older adults.

Solution: Regular physical activity helps older adults maintain muscle mass, strength, and balance, reducing risks of falls. It promotes cardiovascular health by lowering blood pressure and improving circulation. Exercise also aids in managing weight, controlling blood sugar levels, and reducing risks for diabetes. Furthermore, physical activity enhances mental health, reducing symptoms of depression and anxiety, and contributes to better cognitive function. Engaging in physical exercise strengthens bones, reducing the chances of osteoporosis. Completing regular exercise routines can lead to a longer, healthier life, allowing older adults greater independence and social interaction.

3. Define healthy ageing and describe its components.

Solution: Healthy ageing refers to the process of developing and maintaining the functional ability that enables well-being in older age. Key components include physical fitness, mental engagement, and emotional well-being. It involves staying active, which enhances mobility and flexibility, leading to a healthier lifestyle. Mental engagement includes activities that stimulate cognitive functions, such as puzzles or learning new skills. Emotional well-being consists of maintaining social connections and having a supportive environment. Healthy ageing emphasizes a holistic approach to promote a vibrant and active life as one grows older.



Check your answers with the solutions below.

4. Identify common misconceptions about ageing and physical activity.

Solution: One common misconception is that older adults should not exercise because they are frail. In reality, regular activity can enhance strength and flexibility, preventing frailty. Another belief is that age leads to inevitable decline in ability. However, many active seniors continue to push limits in sports. Some think exercise requires intense workouts, but simple activities like walking and gardening are effective. Additionally, many believe that it's too late to start exercising; research shows that starting at any age can result in health benefits. These misconceptions may prevent older adults from adopting a healthier, more active lifestyle.

5. What are some recommended types of exercise for older adults?

Solution: Older adults should engage in various types of exercises to maximize health benefits. Aerobic activities, such as walking, cycling, and swimming, improve cardiovascular health. Strength training helps maintain muscle mass and bone density. Balance exercises, like tai chi or yoga, can prevent falls. Flexibility exercises, including stretching, enhance mobility. Activities should be enjoyable and tailored to individual abilities. It's crucial to consult healthcare providers before starting new programs. Regular participation in these activities can improve overall physical health and emotional well-being.

6. Discuss the role of social connections in healthy ageing.

Solution: Social connections play a vital role in promoting healthy ageing by enhancing emotional well-being and providing support. Maintaining relationships helps combat loneliness and fosters a sense of belonging. Engaging in group activities, such as exercise classes or hobby clubs, can motivate older adults to stay active. Social interactions can also lead to mental stimulation, enhancing cognitive functions. Moreover, having a support network encourages the pursuit of healthy habits and provides emotional resilience, helping older adults navigate changes and challenges more effectively.



Check your answers with the solutions below.

7. Explain how regular exercise can reduce the risk of chronic diseases in older adults.

Solution: Regular exercise is linked to lower risks of chronic diseases such as heart disease, diabetes, and certain cancers. It improves cardiovascular function by enhancing heart strength and circulation. Exercise also helps manage weight and blood sugar levels, reducing the chances of type 2 diabetes. Additionally, physical activity strengthens bones, lowering the risk of osteoporosis. It can positively affect cholesterol levels, reducing overall health risks. Engaging in consistent exercise also promotes immune function, adding another layer of protection against various diseases and contributing to a longer life span.

8. Describe safety tips for older adults starting a new exercise program.

Solution: Safety is crucial when older adults start exercising. First, they should consult a healthcare provider for personalized advice. Gradually increasing activity ensures the body adjusts without strain. Warming up before and cooling down after exercise are essential to prevent injuries. Staying hydrated and wearing proper footwear can enhance comfort and safety. It's advisable to choose low-impact activities to minimize joint stress. Regularly evaluating progress and adjusting routines is important. Exercising with a partner can add motivation and encourage safety. Following these tips will promote a positive experience with exercise.

9. Analyze the impact of a sedentary lifestyle on older adults.

Solution: A sedentary lifestyle significantly impacts older adults' health, leading to various physical and mental issues. Lack of movement contributes to weight gain and can lead to obesity, which increases the risk of chronic diseases. Muscle atrophy occurs due to inactivity, resulting in diminished strength and balance, which raises falling risks. Additionally, sedentary behavior can lead to cardiovascular complications, raising blood pressure and poor circulation. Mental health is also affected, as inactivity is linked to depression and cognitive decline. Promoting an active lifestyle is crucial for enhancing health and maintaining independence.



Check your answers with the solutions below.

10. Elaborate on the concept of 'active ageing' and its significance.

Solution: Active ageing refers to the process of optimizing opportunities for health, participation, and security to enhance quality of life as people age. It encompasses physical, social, and mental activities that allow older adults to lead full lives. Active ageing promotes longevity, encouraging individuals to remain engaged and socially connected. Activities should be tailored to individual needs, focusing on enjoyment and safety. This approach helps reduce the impact of age-related decline and enhances well-being. Active ageing recognizes that individuals can continue to contribute to society and maintain independence.



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