

Class 9 - Physical Education and Well Being

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Understanding Our Body

CBSE NOTES

Understanding Our Body - Revision Guide

Revise faster with structured summaries, key points, and important ideas.



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1. Define Anatomy and Physiology.

Anatomy studies human body structures; physiology examines how these parts function.

2. What are Bones?

Bones are rigid connective tissues forming the skeleton, providing structure and support.

3. Bone Types: Long, Short, Flat.

Long bones (e.g., femur) support weight; short bones (e.g., carpals) allow movement; flat bones (e.g., skull) protect organs.

4. What is Cartilage?

Cartilage is flexible tissue that cushions joints, absorbs shock, and reduces friction between bones.

5. Role of Tendons.

Tendons connect muscles to bones, facilitating movement by transmitting force during muscle contractions.

6. Importance of Ligaments.

Ligaments connect bones to bones at joints, stabilizing and providing support to prevent injuries.



7. What are Joints?

Joints are connections between bones allowing for movement, classified as synovial, cartilaginous, or fibrous.

8. Synovial Joints Overview.

Freely movable joints containing synovial fluid, allowing extensive motion (e.g., knee, shoulder).

9. Muscle Types Explained.

Skeletal muscles enable voluntary movement; smooth muscles handle involuntary actions, cardiac muscles function the heart.

10. Flexion vs. Extension.

Flexion decreases the angle at a joint; extension increases it, crucial for understanding movements.

11. Degrees of Freedom in Joints.

Degree of freedom refers to the number of directions a joint can move, impacting movement complexity.



12. What are Muscles?

Muscles produce motion, maintain posture, and circulate blood by contracting, playing vital roles in the body.

13. Types of Muscle Contractions.

Isometric (no length change), isotonic (changing length), concentric (shortening), and eccentric (lengthening).

14. Human Body: 206 Bones.

A typical adult human body contains 206 bones, which form the skeleton and aid in various physical activities.

15. Names of Skeletal Muscles.

Skeletal muscles are named based on size, shape, location, or muscle action (e.g., biceps or quadriceps).

16. Maharṣhi Suśhruta's Contributions.

Known as the 'Father of Surgery', Suśhruta's work in Ayurveda laid foundational principles for modern medicine.



17. Muscle Power vs. Strength.

Power combines strength and speed; strength is the maximum force muscles exert under resistance.

18. Function of Smooth Muscles.

These muscles control involuntary actions within organs, like digestion and blood circulation.

19. Key Principle: Force Application.

Force exerted during an action, like kicking a ball, determines how far and fast it travels.

20. Range of Motion Concept.

Range of motion is critical in determining joint flexibility and overall performance in physical activities.



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