

Continents – SSC Notes

1. Definition

- **Continent:** A large continuous mass of land on Earth, separated by oceans or distinct geographical features

2. Number of Continents

- **Seven continents:** Asia, Africa, North America, South America, Antarctica, Europe, Australia

3. Continents – Key Facts

Continent	Area (million km²)	Population	Highest Point	Notable Features
Asia	44.58	4.7 billion	Mount Everest (8,848 m)	Largest & most populous, Himalayas, deserts, rivers
Africa	30.37	1.3 billion	Mount Kilimanjaro (5,895 m)	Sahara Desert, Nile River, savannahs
North America	24.71	600 million	Denali (6,190 m)	Rocky Mountains, Great Lakes, Mississippi River
South America	17.84	430 million	Aconcagua (6,961 m)	Amazon Rainforest & River, Andes Mountains
Antarctica	14.0	1,000 (researchers)	Vinson Massif (4,892 m)	Coldest, ice-covered, penguins
Europe	10.18	750 million	Mount Elbrus (5,642 m)	Alps, Danube & Rhine Rivers, industrialized
Australia	8.56	40 million	Mount Kosciuszko (2,228 m)	Great Barrier Reef, deserts, outback

4. Important SSC Points – Continents

- Largest continent → Asia
- Most populous continent → Asia
- Smallest continent → Australia
- Coldest continent → Antarctica
- Longest river → Nile (Africa)
- Highest mountain → Everest (Asia)
- Deserts → Sahara (Africa), Kalahari (Africa), Great Victoria (Australia)

5. Continents – Fun Facts

- Asia & Europe → Eurasia → Largest landmass
- North & South America → Separated by Panama Canal
- Antarctica → No permanent population, only research stations
- Australia → Only continent-country