Proofs of Propositions and selected exercises (Lectures 16 -20)

Proposition 16.1.0.2 Let (X, \mathcal{T}) be a topological space. For this problem, we let \mathcal{K} denote the collection of closed subsets. Show the following are true:

- 1. $\emptyset, X \in \mathcal{K}$.
- 2. If $A_1, \ldots, A_n \in \mathcal{K}$ is a finite collection, then $\bigcup_{i=1,\ldots,n} A_i$ is in \mathcal{K} .
- 3. For an arbitrary collection $\{A_{\alpha}\}_{\alpha \in \mathcal{A}}$ of elements of \mathcal{K} , we have that the intersection $\bigcap_{\alpha \in \mathcal{A}} A_{\alpha}$ is also in \mathcal{K} .

Proof of Proposition 16.1.0.2. Note that in this problem, given $A \subset X$, the complement of A is the complement of A in X. That is, if A^C denotes the complement, we have

$$A^C = \{x \in X \text{ such that } x \notin A.\}.$$

1. To show the empty set is closed, we must show its complement is open. We know $\emptyset^C = X$, and by the definition of topological space, we know X is open. This shows that the empty set is closed.

To show that X is closed, we must show that its complement is open. We know $X^C = \emptyset$, and the empty set is always open (by definition of topological space). This shows that X is closed.

2. Since each A_i is closed, we know A_i^C is open for every i = 1, ..., n. By DeMorgan's Laws, we have

$$(\bigcup_{i=1,\dots,n} A_i)^C = \bigcap_{i=1,\dots,n} (A_i^C)$$

The righthand side is a finite intersection open sets. Hence it is open (by definition of topological space). Because $(\bigcup_{i=1,\dots,n} A_i)^C$ is open, we conclude that $\bigcup_{i=1,\dots,n} A_i$ is closed (by definition of closed set). This finishes the proof.

3. Again by DeMorgan's Laws, we have

$$(\bigcap_{\alpha \in \mathcal{A}} A_{\alpha})^{C} = \bigcup_{\alpha \in \mathcal{A}} (A_{\alpha}^{C}).$$

Each A^C_{α} is open because each A_{α} is closed; thus the righthand side is a union of open sets. Thus the righthand side is open (by definition of topological space). This shows that $(\bigcap_{\alpha \in \mathcal{A}} A_{\alpha})^C$ is open, which means $\bigcap_{\alpha \in \mathcal{A}} A_{\alpha}$ is closed (by definition of closed set).

Proposition 16.1.0.3 Let $f : X \to Y$ be a continuous map of topological spaces. Show that if $A \subset Y$ is closed, then its preimage is closed.

Conversely, suppose that $f : X \to Y$ is a function such that whenever $A \subset Y$ is closed, its preimage is closed. Prove that f is continuous.

Proof of Proposition 16.1.0.3. Let $A \subset Y$ be closed. Then A^C is open. Moreover,

$$f^{-1}(A^C) = f^{-1}(A)^C.$$

(To see this, you need to exhibit each set as a subset of the other. Well, x is in the lefthand side if $f(x) \notin A$. In particular, $x \notin f^{-1}(A)$. Likewise, if x is in the righthand side, then $x \notin f^{-1}(A)$, so $f(x) \notin A$, meaning $x \in f^{-1}(A^C)$.)

And the lefthand side is open by definition of continuous map. Thus $f^{-1}(A)^C$ is open, meaning $f^{-1}(A)$ is closed.

Proposition 16.1.0.4. Let $B \subset X$ be an arbitrary subset. Show that there exists a subset, $\overline{B} \subset X$, satisfying the following properties:

- 1. $B \subset \overline{B}$
- 2. \overline{B} is closed.
- 3. Moreover, if C is any other closed subset of X containing B, then C contains \overline{B} .

Proof of Proposition 16.1.0.4. Given B, let \mathcal{K}_B denote the collection of all subsets $K \subset X$ for which (i) K is closed, and (ii) K contains B. Note that \mathcal{K}_B is non-empty because it contains X. Now we define

$$\overline{B} := \bigcap_{K \in \mathcal{K}_B} K.$$

We see \overline{B} is closed because arbitrary intersections of closed sets are closed (proving 2.). We also see that \overline{B} contains B because B is contained in every $K \in \mathcal{K}_B$ (proving 1). Finally, if C is any other closed subset of X containing B, then $C \in \mathcal{K}_B$, so in particular, $C \supset \bigcap_{K \in \mathcal{K}_B} K$ (proving 3). \Box

Proposition 16.2.0.2. Let $\{U_{\alpha}\}$ be an open cover of X. Note there is a function

$$p: \coprod_{\alpha \in \mathcal{A}} U_{\alpha} \to X.$$

Prove that the induced map

$$(\coprod_{\alpha\in\mathcal{A}}U_{\alpha})/\sim\to X$$

is a homeomorphism. (Here, the equivalence relation \sim is the one for which $x \sim x' \iff p(x) = p(x')$.

Proof of Proposition 16.2.0.2. Let us recall the definition of the disjoint union $\coprod_{\alpha,\mathcal{A}} U_{\alpha}$ —this is the set of all pairs (x, α) where $\alpha \in \mathcal{A}$ and $x \in U_{\alpha}$. Then the function p is given by

$$p: \prod_{\alpha \in \mathcal{A}} U_{\alpha} \to X, \qquad (x, \alpha) \mapsto x$$

That is, $p(x, \alpha) = x$.

Because $\{U_{\alpha}\}$ is a cover of X, for every $x \in X$, there is some α such that $x \in U_{\alpha}$. In particular, for every $x \in X$, there is some (x, α) such that p(x) = x. This shows that p is a surjection.

In a previous lecture, we showed that whenever p is a surjection, then the induced function

domain of
$$p/\sim \rightarrow$$
 codomain of p

is a bijection if \sim is defined by $x \sim x' \iff p(x) = p(x')$. This is exactly the equivalence relation that we are taking, so we conclude that the induced map

$$f: (\coprod_{\alpha \in \mathcal{A}} U_{\alpha}) / \sim \to X$$

is a bijection. Note that we have now given this map a name: f.

First let's show f is continuous. In homework you showed that f is continuous if and only if p is. (A map from the quotient is continuous if and

only if the its composition with the projection map is.) So let us show p is continuous. This means we must show that if $V \subset X$ is an open subset, then $p^{-1}(V)$ is open. By definition of coproduct topology, $p^{-1}(V)$ is open if and only if

$$p^{-1}(V) \cap U_o$$

is open for every $\alpha \in \mathcal{A}$. So let's prove it. First, we compute:

$$p^{-1}(V) \cap U_{\alpha} = \{ x \in U_{\alpha} \text{ such that } p(x) \in V \}$$
$$= \{ x \in U_{\alpha} \text{ such that } x \in V$$
$$= V \cap U_{\alpha}.$$

Because $V \subset X$ is open and $U_{\alpha} \subset X$ is open, their (finite) intersection is open. This shows that $p^{-1}(V) \cap U_{\alpha}$ is open for every $\alpha \in \mathcal{A}$, and hence that $p^{-1}(V)$ is open. This shows p is continuous. Thus f is continuous.

Now we must show that the inverse map

$$g: X \to (\coprod_{\alpha} U_{\alpha}) / \sim$$

is continuous. For this, it suffices to show that if a subset V in the codomain is open, then $g^{-1}(V) = f(V)$ is open. Well, something in the codomain is open if and only if its preimage under the quotient map is open (by definition of quotient topology). Thus, a subset V of the codomain is open if and only if V is the image of some open subset

$$\tilde{V} \subset \coprod_{\alpha} U_{\alpha}$$

Again by definition of coproduct topology, \tilde{V} then has the property that $\tilde{V} \cup U_{\alpha}$ is open for every α . But then we have

$$f(V) = p(\tilde{V}) = p(\bigcup_{\alpha} V \cap U_{\alpha}) = \bigcup_{\alpha} p(V \cap U_{\alpha}).$$

For every α , we know $V \cap U_{\alpha}$ is open an open subset of X (because it is a finite intersection of open sets), so $p(V \cap U_{\alpha}) = V \cap U_{\alpha}$ is an open subset of X. In other words, the rightmost term in the above string of equalities is a union of open sets, and is hence open (by definition of topology). This shows f(V) is open, which completes the proof.

Proposition 17.1.0.3 Let $\mathcal{A} = X \times \mathbb{R}_{>0}$ be the set of pairs (x, r) where $x \in X$ and r is a positive real number. Let (X, d) be a metric space, and equip it with the induced topology.

(i) The collection

$$\mathcal{U} = \{ \text{Ball}(x, r) \}_{(x, r) \in \mathcal{A}}$$

is an open cover of X.

(ii) Now let $\mathcal{B} \subset \mathcal{A}$ denote the set of pairs (x, r) where $x \in x$ and r is a positive *rational* number. (So $\mathcal{B} = X \times \mathbb{Q}$.) Then $\{U_{\beta}\}_{\beta \in \mathcal{B}}$ is a subcover of \mathcal{U} .

Proof of 17.1.0.3. (i) By definition of metric topology (i.e., the topology induced by the metric), every $\operatorname{Ball}(x,r)$ is open. Moreover, for ever $x \in X$, clearly $x \in \operatorname{Ball}(x,r)$ for any r > 0, so we conclude $X \subset \bigcup_{(x,r)\in\mathcal{A}} \operatorname{Ball}(x,r)$. On the other hand, the union $\bigcup_{(x,r)\in\mathcal{A}}$ is clearly a subset of X, being a union of subsets of X. This proves that \mathcal{U} is an open cover.

(ii) There is a typo; \mathcal{B} does not equal $X \times \mathbb{Q}$, but it equals $X \times \mathbb{Q}_{>0}$ —i.e., X times the set of positive rational numbers. Regardless, for any rational positive number r and any $x \in X$, we have that $x \in \text{Ball}(x, r)$, so we again have that $X = \bigcup_{(x,r) \in \mathcal{B}} \text{Ball}(x, r)$. This proves the claim. \Box

Exercise 17.0.0.3 Show that this definition is equivalent to the old one: "We say that a collection $\{U_{\alpha}\}_{\alpha\in\mathcal{A}}$ of subsets of X is a *cover* if $\bigcup_{\alpha\in\mathcal{A}} U_{\alpha} = X$. We further say this collection is an *open cover* if each U_{α} is open."

Solution to Exercise 17.0.0.3. The notation $\{U_{\alpha}\}_{\alpha \in \mathcal{A}}$ means that we have some set \mathcal{A} , and for every $\alpha \in \mathcal{A}$, we have specified some open subset $U_{\alpha} \subset X$. That is the same information as giving a function from \mathcal{A} to \mathcal{T} . And of course, if $U_{\alpha} \in \mathcal{T}$, it is open by definition.

The "cover" part of the definitions are identical, so there is nothing to check there. $\hfill \Box$

Exercise 17.1.0.2 Let \mathcal{U} be an open cover. Then a subcover of \mathcal{U} is the same data as a choice of subset $\mathcal{B} \subset \mathcal{A}$ such that the composition

$$\mathcal{B} \to \mathcal{A} \to \mathcal{T}$$

is an open cover of X.

Solution to Exercise 17.1.0.2. As stated, the exercise isn't quite correct; we'll see why. Suppose you have an open cover $\{U_{\alpha}\}_{\alpha \in \mathcal{A}}$.

The first definition (17.1.0.1) says $\{U_{\beta}\}_{\beta \in \mathcal{B}}$ is a subcover if (i) if the union $\bigcup_{\beta \in \mathcal{B}} U_{\beta}$ is equal to X, (ii) for every β , there is an α so that $U_{\alpha} = U_{\beta}$.

The second definition (17.1.0.2) is identical for (i). Above, (ii) says we can find a function $i: \mathcal{B} \to \mathcal{A}$ so that $U_{i(\beta)} = U_{\alpha}$.

Exercise 18.1.0.1 Show that addition,

$$\mathbb{R} \times \mathbb{R} \to \mathbb{R}, \qquad (x_1, x_2) \mapsto x_1 + x_2$$

is continuous. (Here, \mathbb{R} is given the topology induced by the standard metric.)

Proof of 18.1.0.1. For notation's sake, let's call the addition function f, so that $f(x_1, x_2) = x_1 + x_2$. We will use the ϵ - δ criterion to prove that f is continuous.

Fix $x = (a, b) \in \mathbb{R}^2$ and fix $\epsilon > 0$. Then

$$U := f^{-1}((a+b-\epsilon, a+b+\epsilon))$$

is the region in \mathbb{R}^2 contained (strictly) between the two lines $x_1 + x_2 = a + b - \epsilon$ and $x_1 + x_2 = a + b + \epsilon$. We must now find δ so that the open ball of radius δ around (a, b) is contained in U.

For this let us use some geometry. Clearly, the open diamond/rhombus of total width 2ϵ and total height 2ϵ , centered at (a, b), is contained in U.



In turn, the open ball of radius $\sqrt{\epsilon/2}$ is contained in this open rhombus. Thus setting $\delta = \sqrt{\epsilon/2}$, we are finished.

Exercise 18.1.0.2 Show that the multiplication function

 $\mathbb{R} \times \mathbb{R} \to \mathbb{R}, \qquad (x_1, x_2) \mapsto x_1 x_2$

is continuous. (Here, \mathbb{R} is given the topology induced by the standard metric.)

Proof of 18.1.0.2. Fix a point $(a, b) \in \mathbb{R}^2$. The note that for any $d \in \mathbb{R}$, we have that

$$(a+d)(b+d) = ab + (b+a)d + d^2.$$

And in particular,

$$d_{\mathbb{R}_{std}}(ab, (a+d)(b+d)) = |(b+a)d + d^2| \le |b+a||d| + |d|^2.$$

Note that given $\epsilon > 0$, the sum $|b + a||d| + |d|^2$ is less than ϵ if each term of the sum is less than $\epsilon/2$ —that is, if

$$|b+a||d| < \epsilon/2$$
 and $|d|^2 < \epsilon/2$.

So let δ be any positive real number such that

$$\delta < \min\{\epsilon/2(|b+a|), \sqrt{\epsilon/2}\}.$$

Then we are finished.

Exercise 18.1.0.3 Show that the following functions are continuous:

1. Fix a real number $a \in \mathbb{R}$. The constant function

$$\mathbb{R} \to \mathbb{R}, \qquad x \mapsto a.$$

2. Fix two continuous functions $f : \mathbb{R} \to \mathbb{R}$ and $g : \mathbb{R} \to \mathbb{R}$. The function

$$\mathbb{R} \to \mathbb{R} \times \mathbb{R}, \qquad x \mapsto (f(x), g(x)).$$

Proof of 18.1.0.3. 1. Given any ϵ , any δ will do.

2. You've shown this in your homework for metric spaces. More generally, let W, X, Y be topological spaces, and fix two continuous function $f : W \to X$ and $g : W \to Y$. We will show that $h : W \to X \times Y, h(w) := ((f(w), g(w)))$, is continuous.

Let $A \subset X \times Y$ be open. By definition (of product topology),

$$A = \bigcup_{\alpha \in \mathcal{A}} U_{\alpha} \times V_{\alpha}$$

for some set \mathcal{A} , and where $U_{\alpha} \subset X$ and $V_{\alpha} \subset Y$ are open. Note that

$$h^{-1}(U_{\alpha} \times V_{\alpha}) = f^{-1}(U_{\alpha}) \cap g^{-1}(V_{\alpha}).$$

Because f and g are continuous, we see that $h^{-1}(U_{\alpha} \times V_{\alpha})$ is thus an intersection of two open sets—thus, $h^{-1}(U_{\alpha} \times V_{\alpha})$ is open. We conclude that

$$h^{-1}(W) = \bigcup_{\alpha \in \mathcal{A}} h^{-1}(U_{\alpha} \times V_{\alpha})$$

so $h^{-1}(W)$ is an open subset of X (being a union of open subsets). This concludes the proof.

Exercise 18.2.0.1 (You will need to rely on the exercises above. If you want, you can try proving the following propositions *without* proving the exercises yourself, but taking their truth for granted.)

1. Any polynomial function in one variable is continuous. That is, if one has a finite collection of real numbers a_0, \ldots, a_n , the function

$$p: \mathbb{R} \to \mathbb{R}, \qquad x \mapsto a_0 + a_1 x + a_2 x^2 + \dots a_n x^n = \sum_{i=0}^n a_i x^i$$

is continuous. (Hint: Induction on n.)

2. Any polynomial function in finitely many variables is continuous. That is, if we are given a real number a_{i_1,\ldots,i_m} for some finite collection of *m*-tuples of non-negative integers i_1,\ldots,i_m , the function

$$\mathbb{R}^m \to \mathbb{R}, \qquad (x_1, \dots, x_m) \mapsto \sum_{i_1, \dots, i_m} a_{i_1, \dots, i_m} x_1^{i_1} \dots x_m^{i_m}$$

is continuous. (Hint: A lot of induction.)

Proof of 18.2.0.1. 1. First, let us prove that the function $f_n : x \mapsto x^n$ is continuous. We will perform induction on the degree n. For n = 1 this

20.3. ANOTHER PROOF TO VERIFY

is obvious. For n = 2, we note that $f_n(x) = f_1(x) \cdot f_{n-1}(x)$. This is the composition

 $\mathbb{R} \xrightarrow{(f_1, f_{n-1})} \mathbb{R} \times \mathbb{R} \xrightarrow{\text{multiplication}} \mathbb{R}.$

The second arrow is continuous by Exercise 18.1.0.2. the first arrow is continuous by Exercise 18.1.0.32 and by induction. Because the composition of continuous functions is continuous, we conclude that f_n is continuous given that f_{n-1} is continuous.

Second, let us now note that the function $x \mapsto ax^n$ (for any constant $a \in \mathbb{R}$) is continuous. This function can again be written as a composition

$$\mathbb{R} \xrightarrow{(a, f_{n-1})} \mathbb{R} \times \mathbb{R} \xrightarrow{\text{multiplication}} \mathbb{R}.$$

which is continuous by combining the inductive proof above with Exercise 18.1.0.31.

Finally, we must prove that the polynomial function p is continuous. We proceed by induction by the degree n of p. For n = 0, p is the constant function $x \mapsto a_0$. this is continuous by a previous exercise (18.1.0.3 1). Now suppose that any polynomial q of degree n - 1 is continuous. Then p can be written as a composition

$$\mathbb{R} \xrightarrow{(q,a_nx^n)} \mathbb{R} \times \mathbb{R} \xrightarrow{\text{addition}} \mathbb{R}$$

where $q(x) = a_0 + a_1 x^1 + \ldots + a_{n-1} x^{n-1}$. Each function in this composition is continuous, hence so is the composition. This completes the proof of 1.

2. Omitted.

Proposition 18.3.0.1

- 1. Fix a real number $b \in \mathbb{R}$. Then the (singleton) set $\{b\} \subset \mathbb{R}$ is closed.
- 2. For every $m \ge 1$, the (m-1)-dimensional sphere

$$S^{m-1} \subset \mathbb{R}^m$$

is a closed subset of \mathbb{R}^m . (Recall that

$$S^{m-1} := \{(x_1, \dots, x_m) \text{ such that } \sum_{i=1}^m x_i^2 = 1\}.$$

As a hint, you can use the fact that for continuous functions, preimages of closed subsets are closed.)

3. More generally, given any polynomial p in m variables, the set

$${x \text{ such that } p(x) = 0} \subset \mathbb{R}^n$$

is a closed subset.

4. Even more generally, given a finite collection of polynomials p_1, \ldots, p_k in m variables, the set

$${x \text{ such that } p_i(x) = 0 \text{ for all } i} \subset \mathbb{R}^m$$

is a closed subset.

5. Even more generally, given an arbitrary collection of polynomials $\{p_{\alpha}\}_{\alpha \in \mathcal{A}}$ in m variables, the set

$$\{x \text{ such that } p_{\alpha}(x) = 0 \text{ for every } \alpha \in \mathcal{A}\} \subset \mathbb{R}^m$$

is a closed subset.

Proof of 18.3.0.1. 1. The complement $U = \mathbb{R} \setminus \{b\}$ is open. (For example, for any $x \in U$, the open ball Ball(x; |b - x|) is contained in U.) This shows that $\{b\} \subset \mathbb{R}$ is closed.

2. Let $p(x_1, \ldots, x_m) = x_1^2 + \ldots x_m^2$. This is a function $p : \mathbb{R}^m \to \mathbb{R}$, and is continuous because it is polynomial. Hence preimages of closed subsets are closed. Now we note that $\{1\} \subset RR$ is closed by the previous part of this problem, and we note that $p^{-1}(\{1\}) = S^{m-1}$.

3. Same proof, but by taking $\{b\} = \{0\} \subset \mathbb{R}$.

4. Given part 3., note that the set in questin is the intersection of $p_i^{-1}(\{0\})$; i.e., an intersection of closed subsets of \mathbb{R}^m . Hence it is closed. 4. Same proof.

Proposition 18.3.0.2

1. Fix a real number a. Then the set

$$(-\infty, a] \subset \mathbb{R}$$

is closed (under the standard topology).

2. Fix a real number a and let $p: \mathbb{R}^m \to \mathbb{R}$ be a polynomial function in m variables. Then the set

$$\{x \in \mathbb{R}^m \text{ such that } p(x) \le a \}$$

is closed. If you need to, do the same for $\geq a$ rather than $\leq a$.

Proof of Proposition 19.1.0.1. 1. The set $U = (a, \infty) \subset \mathbb{R}$ is open. For example, for any $x \in U$, we have that the open ball Ball(x; |a-x|) is contained in U. This shows $U^C = (-\infty, a]$ is closed.

2. The indicated set is $p^{-1}((-\infty, a])$. Because p is continuous (Exercise 18.2.0.11), and preimages of closed sets are closed sets for continuous maps, the claim follows from the previous part of this problem.

Proposition 19.1.0.1. Let $d: X \times X \to \mathbb{R}$ be a metric. Endow X with the metric topology (i.e., the topology induced by the metric) and endow $X \times X$ with the product topology. \mathbb{R} has the standard topology.

- 1. Show that d is continuous.
- 2. For any $x_0 \in X$, show that the function

$$d(x_0, -): X \to \mathbb{R}, \qquad x \mapsto d(x_0, x)$$

is continuous.

Proof of 19.1.0.1. 1. We use the ϵ - δ criterion, remembering that the product metric is given by

$$d_{X \times Y}((x, y), (x', y')) = d_X(x, x') + d_Y(y, y').$$

(In this problem, Y happens to equal X.) So fix $(x_1, x_2) \in X \times X$ along with $\epsilon > 0$. For any δ , we have that

$$d_{X \times X}((x_1, x_2), (x_1', x_2')) < \delta \implies d(x_1, x_1') + d(x_2, x_2') < \delta.$$
(19.3.0.3)

Keep the above in mind. Now let's repeatedly apply the triangle inequality:

$$d(x'_1, x'_2) \le d(x'_1, x_1) + d(x_1, x'_2) \le d(x'_1, x_1) + d(x_1, x_2) + d(x_2, x'_2).$$
(19.3.0.4)

By symmetry, we also conclude

$$d(x_1, x_2) \le d(x'_1, x_1) + d(x'_1, x'_2) + d(x_2, x'_2).$$
(19.3.0.5)

Combining (19.3.0.4) and (19.3.0.5) we obtain:

$$|d(x_1, x_2) - d(x'_1, x'_2)| \le d(x'_1, x_1) + d(x_2, x'_2).$$

By the previous equation (19.3.0.3), we conclude

$$|d(x_1, x_2) - d(x_1', x_2')| \le 2\delta$$

Thus choosing δ to be any number less than $\epsilon/2$, we are finished.

2. We note that the function in question is a composition

$$X \to X \times X \xrightarrow{d} \mathbb{R}$$

where the first function sends $x \mapsto (x_0, x)$. So it suffices to prove that for any $x_0 \in X$, the "horizontal inclusion" function

$$X \to X \times, \qquad x \mapsto (x_0, x)$$

is continuous. Because X is a metric space, let us use the ϵ - δ criterion. Given ϵ , let δ be any positive number less than ϵ . Then if $d(x, x') < \epsilon$, we see that

$$d_{X \times X}((x_0, x), (x_0, x')) = d(x_0, x_0) + d(x, x') = 0 + \delta < \epsilon.$$

Proposition 19.1.0.2 Let $d: X \times X \to \mathbb{R}$ be a metric. Endow X with the metric topology (i.e., the topology induced by the metric) and endow $X \times X$ with the product topology.

1. Fix a real number $a \in \mathbb{R}$. For every $x_0 \in X$, show that

 $\{x \in X \text{ such that } d(x_0, x) = a \}$

is a closed subset of X.

2. Fix a real number $a \in \mathbb{R}$. For every $x_0 \in X$, show that

 $\{x \in X \text{ such that } d(x_0, x) \leq a \}$

is a closed subset of X. This is called the *closed ball of radius a centered* at x_0 .

Proof of 19.1.0.2. 1. By Proposition 18.3.0.1, the set $\{a\} \subset \mathbb{R}$ is closed. We know that for all $x_0 \in X$, the function $x \mapsto d(x_0, x)$ is continuous (Proposition 19.1.0.1(2)). Thus the preimage of $\{a\}$ is closed, and the set in question is precisely said preimage.

2. Same exact proof, except we take our closed set in \mathbb{R} to be $(-\infty, a] \subset \mathbb{R}$. (This is closed by Proposition 18.3.0.2(1).)