

How Exercise Affects GPA

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ABSTRACT

“Exercise is good for you” is a broad phrase is thrown around carelessly with no elaboration into many of the actual benefits. What are some of the actual benefits of exercise? A longer lifespan? A clearer mind? A better grade point average? Our research set out to specifically target the correlation between the amount and type of exercise someone does and their GPA. Out of curiosity, we had the opportunity to educate people on the benefits of living a balanced lifestyle, not only focusing on school but also on their health and wellness. This project seeks to show that physical health and activity play a major role in one’s academic performance.

Our research includes an examination of what other experts have discovered. Physical activity has already been shown to improve other aspects of life, perhaps these discoveries will change the way people think about exercise.

INTRODUCTION/OBJECTIVES

Exercise has been a part of most people’s lives since they were young. However, most people begin to neglect regular exercise as life gets increasingly busier and more stressful. Perhaps giving some time back to physical exercise is more beneficial than neglecting it and using that time in other ways.

Our objectives for this research include

- showing that exercise does, in fact, improve mental performance
- using a measurable variable (GPA) to show the effect exercise has on the mind
- Informing on the science of what exercise does for the brain.

METHODS

- Performing a close analysis of the latest published discoveries on the topic
- Using available databases to find accurate, up-to-date, scholarly articles applicable to our research



Figure 1. Does exercise affect GPA?

RESULTS

- Students engaging in moderate to vigorous physical activity had a higher learning capacity and a lower BMI. These factors were also shown to have a correlation with a higher GPA
- In college students specifically, it was gathered that inconsistencies in exercise and eating habits led to a lower GPA

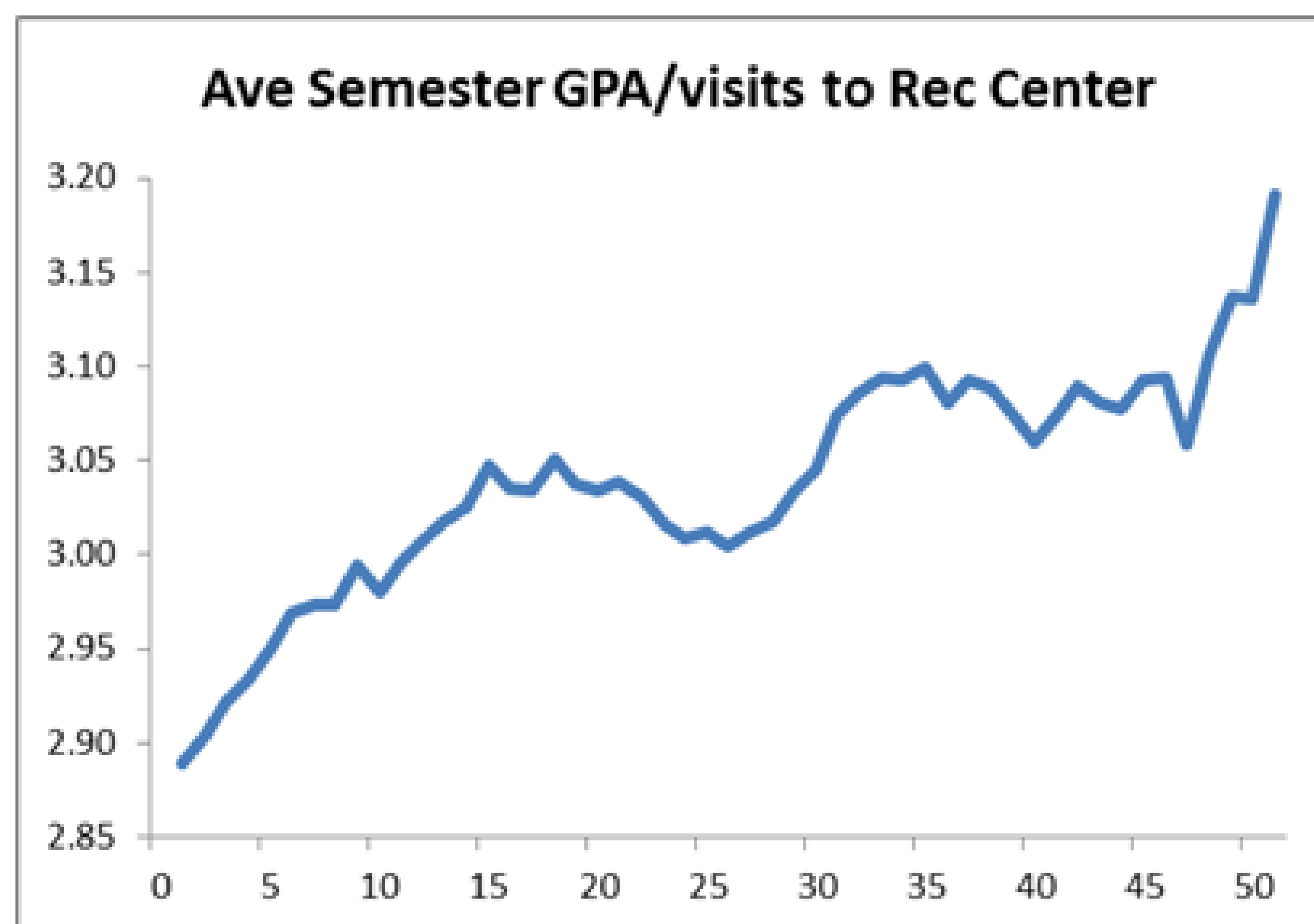


Figure 2. Correlation between Average Semester GPA and Number of Visits to Recreation Center. (Woods 2015)

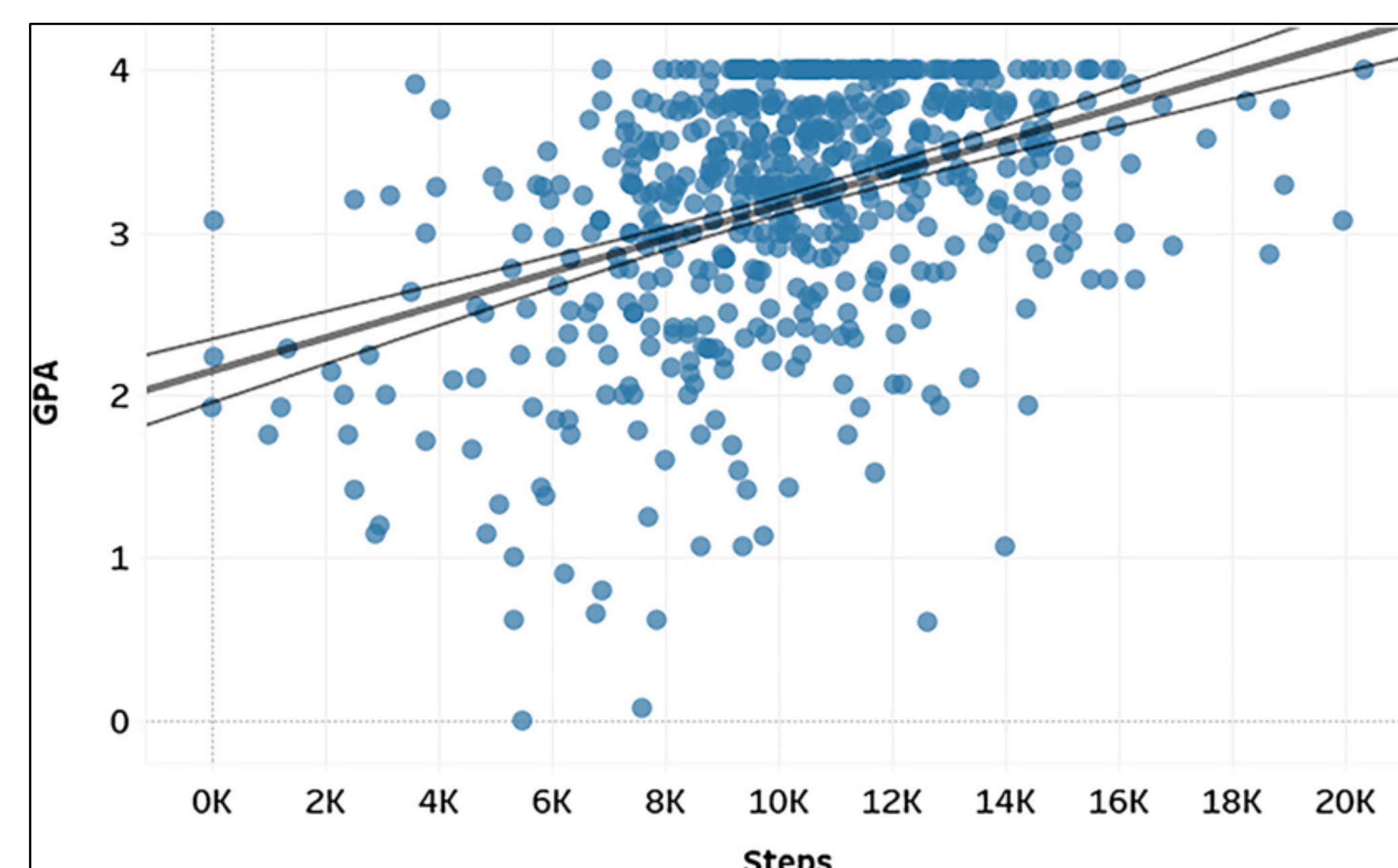


Figure 3. Correlation of Daily Steps to GPA (Broaddus 2019)

DISCUSSION/FUTURE WORK

One study examined the correlation between GPA and exercise by using the quantifiable variable of “visits to rec center” (see figure 2). Revealing that those who went to the rec center more often had a higher GPA, it showed that GPA and exercise seem to be directly related. A similar study, this time looking at how the number of steps taken in a day related to GPA, showed a similar conclusion (see figure 3). Other studies showed that exercise decreases stress, increases neurotransmitters, induces sleep, and requires time management. All of these play a part in an improved GPA.

In the future, we would like to see an additional study that discusses the same correlation but instead focuses on different age groups. Some studies attempted to research both middle school and high school but found the correlation to be much more inconsistent.

CONCLUSIONS

The evidence shows a strong correlation between how much an individual exercises and a multitude of benefits that ultimately lead to doing better academically.

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