

Are Consistent Exercise Habits Related to the Improvement of Academic Performance in Average College Students?

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INTRODUCTION

- There is a decline in physical activity among college students (Calestine et al., 2017)
- Physical activity (PA) has a positive effect on academic performance and cognitive function in children (Calestine et al., 2017)
- Limited research on the impacts on college students

Research Question

- Do consistent exercise habits impact academic performance in college students?

METHODS

- Anonymous survey through Google forms
- Cross-sectional survey utilized
 - Demographics were collected first then questions related to the research
- Type of exercise, frequency, academic performance like GPA and credit hours
- Correlation and ANOVA tests were run

RESULTS

Participants:

- 158 undergraduate students
- 94% Caucasian, 3.2% Hispanic Origin, 3.2% Asian or Pacific Islander, 3.2% Black or African American
- 91.8% regularly exercise, 8.2% do not regularly exercise

Correlation:

- GPA and hours of exercise; 0.009 value meaning no correlation
- Credit hours and GPA; -0.165 meaning correlation

ANOVA:

- Major and GPA; p-value 0.031 meaning group means are not equal, CAP majors had the highest GPA at 3.828 average

Limitations:

- Not a large enough sample
 - 160 responses
- Majority Health Science Majors
- Exclusions had to be made
 - Those who did not complete the survey, those who were not 18+ years, and those who were not UD students

Majors of Student Respondents

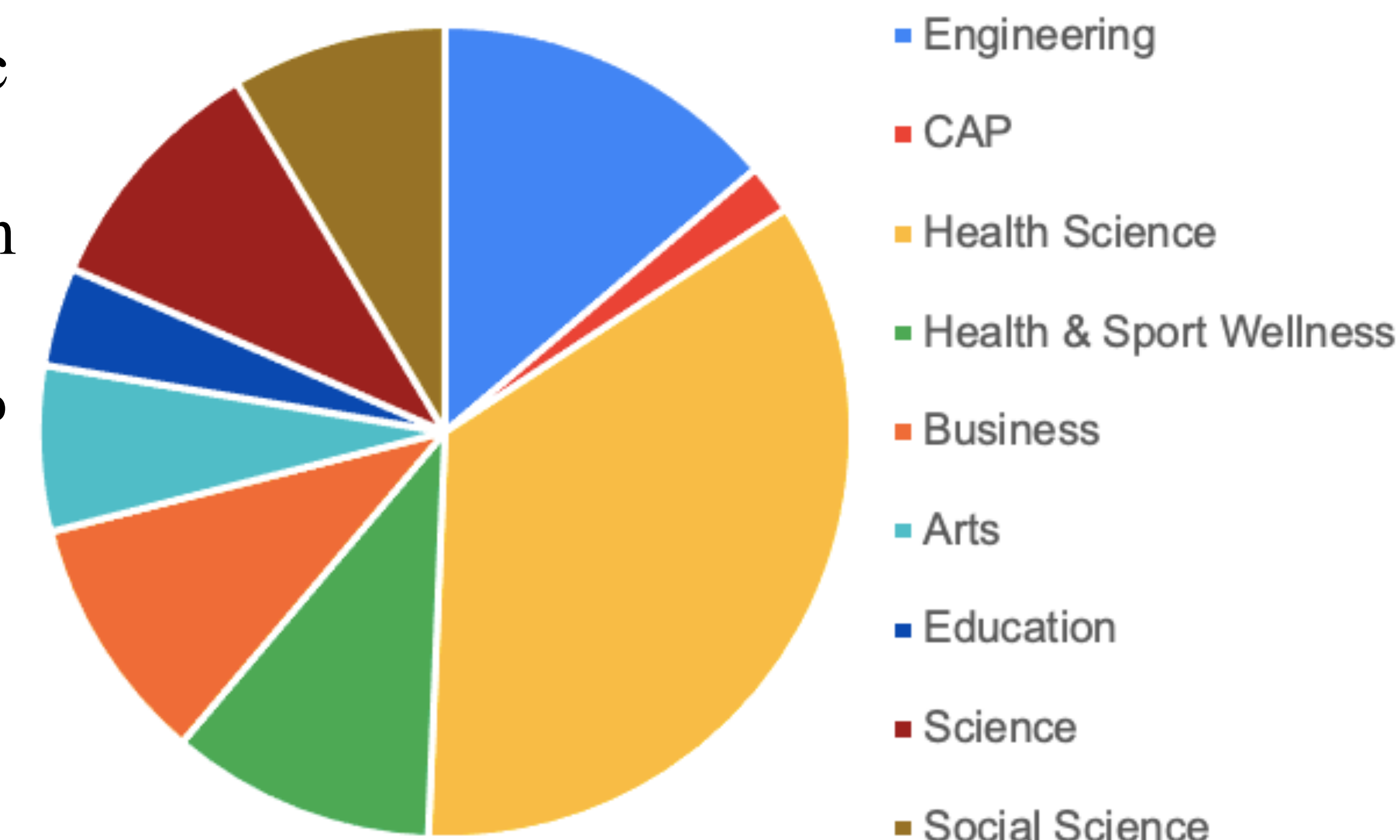


Fig. 1. Pie chart depicting majors of those who are represented in this study

Age of College Students

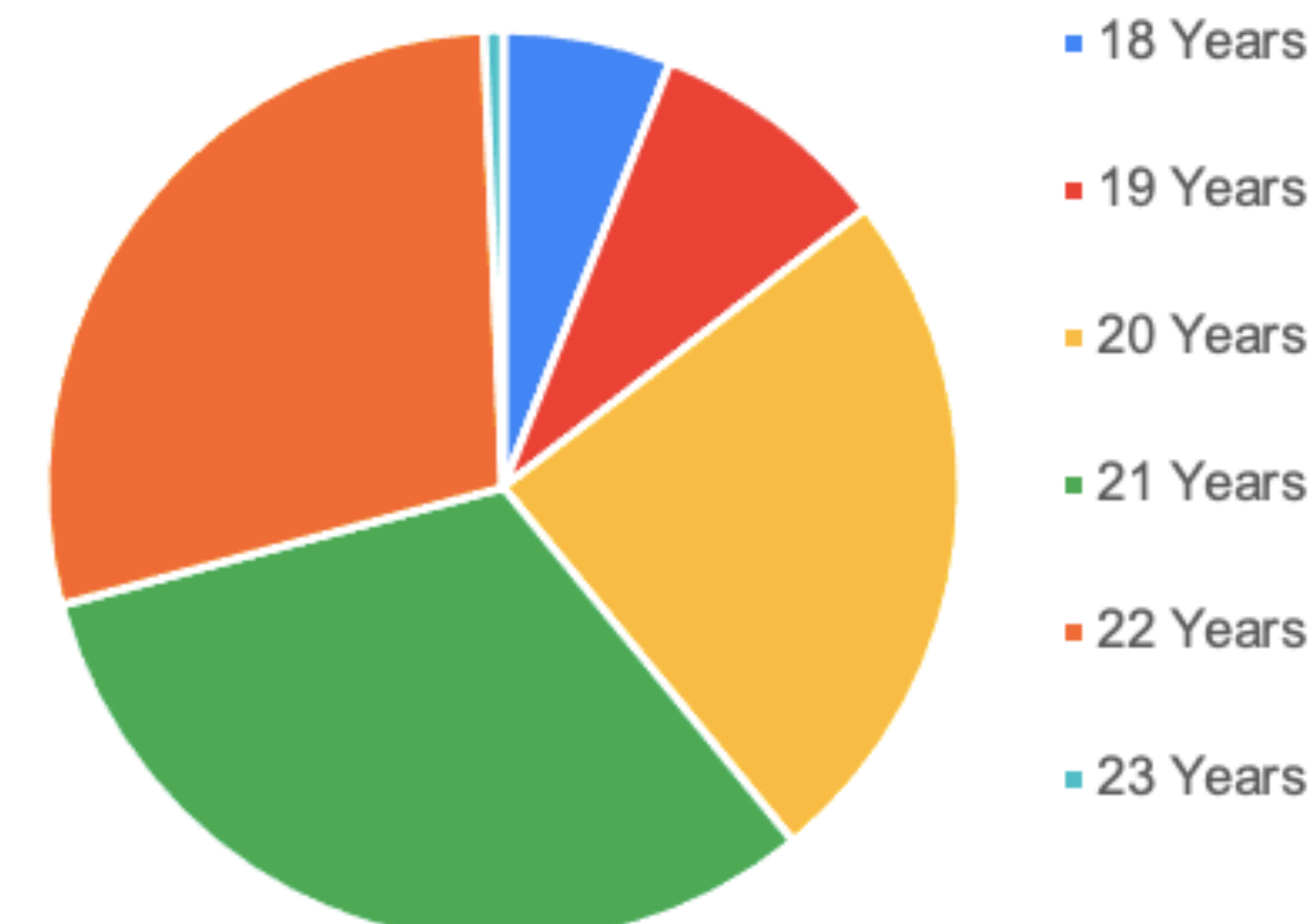


Fig. 2. Pie chart depicting age distribution of those represented

CONCLUSIONS

- The correlation and ANOVA results demonstrated no significant findings
- While the result was negative, we can conclude that there is no relationship between exercise and academic performance according to our data
- Overall, we found that more research could be done in this area with a larger sample to further investigate a relationship

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