

### **Physical Activity and Academic Performance**

Exercise and physical activity can have a profound impact on academic performance across all ages. By assessing a person's level of physical fitness, their academic performance can be predicted. For example, schoolchildren who engage in regular physical activity have greater reading fluency and comprehension and show greater mastery of arithmetic skills than children who exhibit lower levels of physical activity (Haapala et al., 2014, pg. 1019 & 1020). The academic performance of college-aged students can be predicted based on their frequency of regular strength training. Student who engage in the most strength training per week tend to have the highest GPAs regardless of gender (Keating, Castelli, & Ayers, 2003, p. 1990). Although the relationship between levels of physical activity and academic performance are correlational and not causational, the positive correlations found between the two factors are good indicators that increase levels of physical activity and exercise amongst students of all ages may increase their overall academic performances.