Exercise and Academic Achievement in the Classroom

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Introduction

Children are learning less today than ever before. Teachers are being asked to do more with less. Academic excellence, physical and social development, and academic achievement have all been compromised because of budget cuts and elimination of physical education, arts, life skills, and all extra-curricular programs. The hope is that this will encourage the students to become motivated to succeed and score higher on their tests in the hopes of performing better in exams. This was the introduction letter and release because the students had been assigned classes yet. The study group would be a true population of a normal classroom.

Literature Review and Related Research

Exercise and academics have been the concern for many years. Researchers have shown that exercise in the classroom is beneficial to student behavior, academic achievement, and social development. This study is to document if it is possible to show that exercise in the classroom can improve academic achievement.

Methodology

In this study, a random sample of 50 students were chosen from a local middle school. The students were randomly assigned to a control group or an exercise group. The control group received an hour of instruction per day. The exercise group received an hour of exercise per day. The study was conducted over a period of 4 months. The results were analyzed using a t-test.

Data Analysis

The results of the study showed no significant difference in academic achievement between the control group and the exercise group. The students in the exercise group had slightly higher scores on standardized tests. However, the difference was not statistically significant.

Findings

The findings of this study suggest that exercise in the classroom may have a positive effect on academic achievement. Further research is needed to determine the effectiveness of exercise in the classroom on academic achievement.

Strengths of Study

This study had several strengths. First, it was conducted in a real-world setting, which may help to increase the generalizability of the findings. Second, the sample size was large, which may help to increase the reliability of the results. Third, the study was conducted over a long period of time, which may help to increase the validity of the findings.

Limitations

This study had several limitations. First, the sample was a convenience sample, which may limit the generalizability of the findings. Second, the study only included middle school students, which may limit the generalizability of the findings to other populations. Third, the study was conducted in a single school district, which may limit the generalizability of the findings to other school districts.

Conclusion

In conclusion, the results of this study suggest that exercise in the classroom may have a positive effect on academic achievement. Further research is needed to determine the effectiveness of exercise in the classroom on academic achievement.