

# GABRIELE

## FITNESS & PERFORMANCE



## Does Physical Activity Improve Mental Abilities?

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One of the most common conversations we have with the parents of our athletes is regarding their child's academic performance. Parents are often concerned with how our programs, local leagues and school sports will interfere with their kid's school work. This is a frustrating experience for us because we know how important exercise, physical activity and sports are to mental cognition and academic performance. Most parents feel that taking their kids out of these program or removing them from a team and forcing them to study will improve grades and somehow make them smarter. We do not want to sound like meatheads and tell your kids to workout and not study, but we understand the importance of doing both. The worst thing a parent can do is limit their child's physical activity, but saying it is one thing, we wanted some research to back it up, so here you go:

### **Activity Level & Good Grades - A Positive Correlation**

A study of 6th graders showed a positive correlation between vigorous physical activity and academic achievement. Researchers found that students participating in more than 20 minutes of vigorous activity 3 times a week had significantly higher grades than those who did not meet those standards. The vigorous activity ranged from dancing to jumping rope to soccer.

### **"Extra" Study Time is Not the Answer**

This is one we see the most. Parents not allowing their kids to participate in activities until their grades improve, but they are just digging a deeper hole. Researchers in Quebec found that schools that cut out Physical Education Programs in order to add more "academic" time did not improve grades. However, taking time from the academic curriculum to increase phys. ed. does not cause a drop in grades.

### **Exercise Before Studies Improve Scores**

A study conducted at a high school in Illinois showed that physical education classes held before a literacy support and math class drastically improved scores on standardized testing. The students who

participated in a voluntary, early morning phys. ed. program more than doubled their improvement rates over the students who did not exercise, but took the same study classes.

### **Exercise Improves Executive Function**

One study looked at the improvement of overweight children's executive function. Executive function encompasses many skills including organization, resisting impulses and problem solving. Increased training showed a drastic improvement in executive function over the control group who did not increase activity levels at all.

**[CLICK HERE TO CHECK OUT THE STUDIES FOR YOURSELF](#)**