EXERCISE AND ACADEMIC PERFORMANCE

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LEARNING OUTCOMES

• Understand the importance of physical activity in college
• Explore different ways to exercise
• Implement physical activity into your routine
WHY IS EXERCISE IMPORTANT IN COLLEGE?

- Various responsibilities and developmental transitions dispose colleges students to high stress (Moses, Bradley, & Callaghan, 2016)

- High need for self-care and activities that “protect and enhance” health (Moses, Bradley, & Callaghan, 2016)

- Can lead to greater long term health (Keating, Guan, Pinero, Bridges, 2005)
WHAT WILL EXERCISE DO FOR YOU?

Exercise is defined as “bodily or mental exertion, especially for the sake of training or improvement” 
(Dictionary.com, 2020)

• **Boosts immune system**  (Karacabey, Saygin, Ozmerdivenli, Zorba, Godekmerdan & Bulut, 2005)

• **Reduce stress and improve mood**  (Taras, 2005), (Taliaferro, Rienzo, Pigg Jr., Miller & Dodd, 2008)

• **Aid your sleep**  (Kredlow, Capozzoli, Hearon, Calkins, Otto, 2014)

• **Improve memory**  (Hotting, Schickert, Kaiser, Roder & Schmidt-Kassow, 2016)

HOW MIGHT EXERCISE HELP YOUR PERFORMANCE IN SCHOOL?

- **Maintain health and avoid illness in the midst of exams** (Karacabey, Saygin, Ozmerdelenli, Zorba, Godekmerdan, & Bulut, 2005)
- **Release stress and improve mental health while balancing academics and extracurriculars** (Taliaferro et al., 2008)
- **Enhances sleep quality** (Kredlow et al., 2014)
- **Improve memory and recall when studying** (Hotting et al., 2016)
HOW CAN YOU EXERCISE?

• Going to the gym
• Sports (Basketball, tennis, baseball, soccer, etc.)
• Dancing
• Biking or skateboarding
• Swimming
• Going for a walk or jog
• Yoga

Visit [https://recsports.usc.edu](https://recsports.usc.edu) for more information and ideas!
HOW CAN EXERCISE BECOME A PART OF YOUR ROUTINE?

- Schedule in exercise in your calendar at a time that works for you (Dembo & Seli, 2016)
- Take study breaks
- Exercise with a friend
- Reward yourself (Duhigg, 2012)
- Do exercises that you feel comfortable with
- Consistency is key! (Duhigg, 2012)
REFERENCES


