

## **INFLUENCE OF PHYSICAL EDUCATION ON ACADEMIC PERFORMANCE**

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### **ABSTRACT**

The connectivity between physical activity and scholastic performances gets unwell, as well as the extreme pressure or stress on schools to produce students who meet educational achievements. So there is a need to conduct a research to full-fill this requirement. To analyse the impacts of physical activeness on health, behavioural benefits and promote proved suggestions for physical fitness in young generations. The physical education aims at basically to make the body healthy, energetic and strong so that the body can become capable of struggle even in worldly adverse situations and can make life meaningful by becoming a means of attaining Purusharth Chatushtya. Students in physical education receive instruction in physical activities that assist keep them in shape. Students who desire to compete in sports receive specific practice sessions and preparation for contests. The capacity and confidence of a pupil to engage in physical activity are developed through physical education. It was incorporated into the academic program by the Central Board of Secondary Education. To examine the influence of physical activities researcher divided the students in control group provide physical exercises for 60 minutes daily for 3 months and experimental group which is not received the exercise. The findings of this study states that the performance of control group students gets 6% better than experimental group students towards each factor. In this way this study perfectly describes the influence of physical education on the scholar's academic achievement. Aerobic exercises were positively related with performances, whereas BMI was appositely related. Relations were observed in scholastic performance, mathematical attainment, and reading skills, thus advising that features of physical activity may be universally connected to academic performance in teenagers. The outcomes are discussed with evaluates to more scholastic achievements.

### **INTRODUCTION**

The practice of a physically active lifestyle in combination with healthy nutrition, however, needs to be started in early childhood. Therefore, ensuring that all children engage in regular physical activity is crucial, and the schools are the only place where all children can be reached. Quality Physical Education is the most effective and inclusive means of providing all children, whatever their ability/disability, sex, age, cultural, race/ethnicity, religious or social background, with the skills, attitudes, values, knowledge and understanding for lifelong participation in physical activity and sport and is the only school subject whose primary focus is on the body, physical activity, physical development and health. The major objective of putting physical education into practice and promoting it is to create physically literate people who have the knowledge and abilities to engage in healthy activities for the rest of their lives. After completing the required training, individuals can continue participating in activities without the assistance of professional trainers. The significance of physical education has never emphasized more than it is today. It is widely recognised that physical education (PE) and sports is relevant and important in developing an active and healthy lifestyle and the solution to rising obesity rates worldwide. Trudeau and states that, the studies strictly advices that the scholastic performances, physical activity and fitness of children will not be enhanced by reducing

the period allotted to PE requirements, directions, school physical fitness programs and sports programs.” This research also explained that physical education not decline scholastic performances, rather it can amend them. So it is essential to promote physical activity for the all round development of students. Although in most countries, physical education is part of the school curriculum, lessons are not given, thus leading to a reduced experience of physical activity for children and youth. The present study will identify the current trends, issues and challenges in PE and sports based on which future challenges will be addressed.

## **HOW PHYSICAL EDUCATION IS MORE HELPFUL FOR ACADEMIC PERFORMANCE**

The influence of regular physical exercises upon the educational achievements of high school students is thus evaluated with individual remark to studies proceed in UK, Netherlands and France. When a considerable fraction of curricular time (14–26%) is allotted to physical fitness, learning seems to implemented more quickly per unit of classroom period, so that scholastic achievements tested, and may promoted. Children obtaining supplementary physical activity indicate speeding up of their cognitive growth, and this could give a method for speeding up learning of educational ability. Other possible process involve boosted cerebral blood circulation, maximum stimulation, modifies the hormone levels, increased nutrient input, modifies in body build, and boosted self-concept.

Educational experts may also suggest the promoted physical activity program, producing “halo” effects, and the ensuring release time may raise their scholastic learning. Give the significance of initiating favourable healthy practices from the childhood; school boards should be motivated to follow a policy of necessary regular physical activity in high schools. Facts of extra advantages in students with learning disorders leavings less unassailable. This research also indicated that intellectual activities means mental and physical wellness programs can promote favourable influence on classroom features, power of remembrance, severe alertness and cognizance development or functions. It has proven that

1. Physical movements, games and some pressure-reducing processes like yoga, deep breathing, meditation, morning walk, cycling, etc promote favourable and quiet characteristics of brain which are hurdle for remembrance and learning.
2. It can promote the efficiency among the transporting neurons.
3. It also hiking the plasticity of neurons.
4. It raises the productive capability of neurotransmitters which improve tendency and attentiveness ability.
5. It hikes the volume of oxygen in the body which refine the blood, deduct the poisonous elements and assists to treat different illness.
6. It encourages brain-obtained neurotrophic factor (a protein obtained by BDNF gene) or “wonderful growth” for the cells of the brain, it is very significant factor for neurogenesis.

### **Objectives of the Study**

To analyse the impacts of physical activeness on health, behavioural benefits and promote proved suggestions for physical fitness in young generations.

1. To analyse the games and sports that students are required to indulged in physical activity programs.
2. To explore student that participated in at least one hour of physical activities regularly.

## REVIEW OF LITERATURE

**Wojcicki, T. R. (2011).** Physical Education and Sport in Schools: A Review of Benefits and Outcomes” This study examines the fact that has been collected on the sharing and advantages of physical education and sport (PES) in schools for both students and for academic systems. It is advised that PES have the capability to make different co-operations to the progress of student’s basic moving abilities and physical proficiency, which are required predecessors of involvement in life routine and sporting physical programs. They also, when accurately granted, can assists the progress of communal ability and communal behaviours, self-concept and preschool view points, and, in definite conditions, scholastic and intellectual progress.

**Bailey, R. (2007)** “ Physical Fitness and Academic Achievement in Third- and Fifth-Grade Students” Alliances were revealed in total scholastic performance, mathematics performance, and reading performance, thus advising that dimensions of physical alertness may be universally connected to scholastic achievements in youngsters. The results are discussed with interpretate to maximizing school achievements.

## METHODOLOGY

In this study researcher observed 50 scholars from CBSE and MP Board schools of Bhopal And randomly separated into two groups, control group and experimental group. By the use of physical activities questionnaire. To examine the influence of physical activities researcher divided the students in control group provide physical exercises for 60 minutes daily for 3 months and experimental group which is not received the exercise. When comparing amendment in standardized test score after 3 months we find that control group received physical activity perform 6% better with sharpen memory than experimental group.

## FINDINGS AND IMPERATIVES

The findings of this research are, physically active scholar consist memory and proficiency of the brain by two learning processes, one is relational memory (for remembering object) and second is working memory (to move the information in long term). Unfit teenagers cannot do it in an impressive way. So overall conclusion is that we can make drastic development by the physical education in our society.

## CONCLUSION

At current time physical education plays a vital part in education system. Every school has a huge playground and sport team with quality sport accessories. A famous saying, “all work and no play makes Jack a dull boy” is true with reference to modern contest. Academic performance is directly and positively influenced by physical fitness and scholars can developed themselves in different subject and different aspects of education like reading, writing, drawing, calculation, language, maths, art etc. At last we can say- physical education plays a significant character in the qualitative all over development, flourishing and nourishing the brain and body of the students, teenagers and for every person.

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