



Benefit of Physical Activity in Academic Achievement

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Abstract

To perform exceptionally well in any endeavour, whether it professional or personal, maintaining one's health has always been seen as the most important factor. Others who are in good health and make it a habit to engage in physical activities on a daily basis have more potential in both their professional and personal life compared to people who do not take part in physical activities. “Although a child's academic achievement is the result of a complicated interplay between their intelligence and the elements in their environment, a child's health is an extremely important moderating factor in their capacity to study. Multiple studies have shown that physical activity is associated with numerous health benefits, such as improved cardiovascular and muscular fitness, bone health, psychosocial outcomes, and cognitive and brain health. The idea that children who are physically and mentally healthy have an advantage when it comes to learning is widely held and supported by empirical evidence”.

key words: Health, children, academic, performance, physical etc.

Introduction

It is well established that participation in sports competition by children contributes to the developmental outcomes for a healthy lifestyle. Through participation in sports competition, children learn about both physical and social skills, in addition to cognitive abilities. In a broader sense, it is widely acknowledged that participating in physical exercise may contribute to a variety of beneficial outcomes, including one's physical and mental health, as well as their social wellness, cognitive ability, and academic success. Research reveals that total daily physical activity is connected with school day physical activity; thus, removing or lowering the amount of time children spend in physical activity courses during the school day may have a negative impact on the children's physical and mental health. “It is unclear whether these correlations reflect causal



relationships or are driven, in whole or in part, by unmeasured heterogeneity. For example, while it is clear that high school athletes receive better grades, have higher educational and occupational aspirations, spend more time doing homework, and have a more positive attitude towards school than non-athletes, it is unclear whether these correlations reflect causal relationships”.

Physical Education

To fulfil the all-round development of the students in all three educational domains, i.e., the cognitive, the psychomotor, and the affective, more emphasis should be placed on physical education, which is one of the most neglected parts of the educational curriculum in India and other third world countries in Asia. This would make the curriculum more enjoyable, stress free, and successful for the royal achievement in the entirety of an academic journey. As a result, Physical Education plays an important part in the whole educational experience. The purpose of Physical Education is to provide the opportunity for young people to develop themselves physically, cognitively, socially, and emotionally. After a long period of deprivation and remorse in the educational curriculum throughout the nation, Physical Education has lately been given very little priority in Indian educational curricula. This comes after the deprivation having existed for quite some time. “However, for some inexplicable reason, the secondary level is where it has been allowed to go by the wayside. On the other hand, in the remaining areas of the country, through the Central Board of Secondary Education, it has still not been implemented as a compulsory subject in the primary, upper primary, or secondary levels. However, in the CBSE schools' higher secondary levels, physical education existed as an elective subject”. This demonstrates that the topic has a low status and that there is a lack of regard for it in the mindset of educationists and government officials at both the state and the central levels. These individuals have neglected the topic, which is essential to the completion of any curriculum in developed nations. The curriculum provides examples of predetermined ideals or objectives that become active as a result of a cumulative growth process and the students' accomplishments in their educational endeavours. The educational curriculum is very significant, and one of its many facets serves to meet our educational standard in accordance with the requirements. At the very beginning of its existence, Physical Education began its trip with stumbling steps and



overcame the obstacles it encountered along the way to firmly establish itself as an essential component of the educational programme in schools. In India, several states have their own boards of education for secondary and upper secondary education. Despite this, India as a whole has a central board of education, which is responsible for ensuring that distinct school curricula are followed in each of the country's two official languages. The West Bengal Council of Higher Secondary Education is the name of the school board that is in charge of higher secondary education in the Indian state of West Bengal, which is located in the eastern section of the country (WBCHSE). On the other hand, the name of the central body that oversees education at the same level is the Central Board of Secondary Education (CBSE). Both the West Bengal Council of Higher Secondary Education (WBCHSE) and the Central Board of Secondary Education (CBSE) continue to use distinct physical education curricula at the higher secondary level. These curricula were developed by the Education Department of the respective government, which in this case is the Government of India.

Benefit of physical education in education system

The kids' increased ability and self-assurance are a direct result of their participation in physical education. It enables children to participate in a broad variety of physically demanding activities, which are important to their life and may be done both in and outside of the classroom. All of India's kids should be able to participate in a variety of physically demanding pursuits to their full potential thanks to an excellent physical education curriculum. The significance of physical education programmes lies in the fact that they assist children in the development of a diverse set of abilities and also equip them with the capacity to make use of strategies, tactics, and innovative ideas in order to succeed in both their home and school environments..

1. Ethical Virtues Can Be Learned Through India's Physical Education System

The first advantage of participating in physical education is that it instils in pupils the moral qualities that are necessary for them to succeed in today's cutthroat environment. Perseverance and work ethic are the two most important values that kids pick up from their time spent in physical education. In both physical education and sports,



disagreements are common, and the only way to lessen the number of disagreements is for players to demonstrate both integrity and endurance.

2. Enhancement of One's Academic Capabilities

One of the benefits of physical education is that it assists kids in increasing their overall academic performance, which is one of the many reasons why it is so beneficial. The vast majority of the physical activities that children participate in while they are at school are linked to increased levels of focus, which in turn aid with improved behaviours. Participation in sports and other forms of physical activity helps to reinforce the information that is acquired in the classroom.

3. Acquire an Understanding of the Importance of Maintaining Your Health

Everyone picks up new skills by watching others around them. In a similar manner, toddlers learn through seeing the acts and behaviours of their adults. They need someone who can serve as an example for them and encourage them to begin exercising so that they may maintain a healthy body. One of the most effective methods to teach kids the fundamentals of working out is to enrol them in a class that focuses on physical education. It is common knowledge that children get their first taste of exercise in physical education, and if they find that activity enjoyable, it is likely that they will continue to engage in it for the rest of their life. In India, getting an education in physical education is not only one of the finest methods to learn about the myriad of various sorts of physical activities that people may enjoy, but it's also one of the best ways to stay healthy.

4. Acquire Good Manners and Habits

An ancient English adage states that "an idle brain is the devil's workshop," and the same may be said of pupils who sit about doing nothing productive. Information in the classroom as well as education gained via physical activity helps to keep students focused and prevents them from straying from the path. They also have the opportunity to collaborate as a group while they are participating in physically demanding activities. Students will develop an appreciation for education as a side benefit of participating in physical education activities.



5. The Positive Effects of Physical Education on Nutrition in India

There is no doubting the fact that proper nutrition is one of the most important components of physical education. During their time in physical education courses, children get an understanding of the significance of proper nutrition. They also get an understanding of important nutritional standards.

The connection between physical exercise and physical wellness.

The unintended result of state-mandated academic performance testing has been a reduction in the number of chances for students to engage in physically active pursuits throughout the school day and outside of school as well. Some children are prevented from attending recess or physical education classes so that they can take part in remedial or enriched learning experiences that are designed to improve their academic performance. This is done in addition to the general trend of schools devoting less time to physical education in order to make room for more time to be spent on academic subjects.

After completing a session of physical exercise, there is a noticeable improvement in the speed and accuracy with which children answer to a range of mental challenges. It has been discovered that a single bout of physical exercise with a moderate intensity might boost neurological and behavioural concomitants that are connected with the allocation of attention to a particular cognitive task. And when the cognitive performance of children who engaged in aerobic physical exercise for thirty minutes was compared to the cognitive performance of children who watched television for thirty minutes, the children who engaged in aerobic physical activity for thirty minutes did better.

The Learning Outcome of Physical Fitness, Which Is Related to Academic Performance, and the Role of Physical Education in Achieving This Outcome

A healthy level of aerobic fitness, as determined by applying criterion-referenced criteria from the National Health and Nutrition Examination, is one of the objective learning outcomes of physical education programming. This level of fitness should be achieved and maintained. One of the national learning standards for physical education is consistent and meaningful involvement in physical activity, and regular participation in



physical activity is one of the requirements for meeting this criterion. But despite the fact that being physically fit and engaging in physical exercise are now considered essential learning outcomes.

Time Spent Learning in the Classroom in Relation to On- and Off-Task Behaviors

Given the relevance of academic learning time to academic achievement, the learning environment must take into account a number of essential factors, including excessive time spent on work, inattention to task, conduct that distracts from task, and delinquency. Teachers are concerned about these actions because they are visible and they detract from the atmosphere in which students learn. The results of methodical observation carried out by professional observers may provide valuable insight into the influence that brief pauses spent engaging in physical exercise have on these habits. In point of fact, one alternate method of determining how well students do academically is to make systematic observations of the students' behaviours.

After the creation of classroom-based physical activities, which were given the name Energizers, instructors were given training on how to incorporate at least two of these activities into their classes on a weekly basis. Using pedometers and direct observation, data on students' baseline levels of physical activity and on-task behaviours were gathered from two classrooms in the third grade and two classrooms in the fourth grade.

The relationship between physical exercise, the maturing brain, and overall brain health

The measurement of behavioural outcomes such as task performance and response time are no longer the only focus of research on brain health; the field of study has expanded significantly. At every level, from the level of the bodily systems to the level of the molecules, new technological advancements have made it possible for researchers to comprehend the effect that elements related to lifestyle have on the brain. As a result, a deeper comprehension of the cognitive components that underpin academic success and that could be responsive to remediation has been achieved.

Conclusion



Children who are physically active and aerobically fit routinely outperform their counterparts who are not physically active and who are not fit academically on both a short-term and a long-term basis. This is true whether one adopts a genuine and practical or a mechanical point of view. The amount of time spent participating in physical exercise is associated not just with a healthier physique but also with enhanced cognitive development and the maintenance of healthy brain function throughout life. Increases in aerobic fitness, which can be obtained through physical activity, appear to be related to improvements in the integrity of brain structure and function, which are the foundation of academic performance, according to the findings that have been compiled from the body of research that has been conducted in this field. Aerobic fitness has been shown to have the greatest connections with academic success in the areas of mathematics, reading, and English. Regular engagement in physical exercise is especially useful for children in a school context when it comes to activities that demand working memory and problem solving. Children that engage in regular physical activity have an advantage. “Overall, the benefits of devoting more time to physical education and other opportunities for physical activity before, during, and after school outweigh the benefits of utilising school time solely for academic learning. This is due to the fact that opportunities for physical activity offered across the curriculum do not hinder academic performance”.

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