

Study: Exercise increases teen academic success

By Lois M. Collins, Deseret News

Parents who want their teens to do better in school might want to send them outside to play hard for a bit. Research from the United Kingdom indicates that moderate to vigorous exercise helps teens academically. And it's especially good at helping girls do better in science.

The study is published in the British Journal of Sports Medicine.

Researchers from the universities of Strathclyde and Dundee said the improvements lasted, "with the findings pointing to a dose-response effect – the more intensive the exercise taken, the greater the impact on test results," they said in a written statement.

The results are based on a sample of close to 5,000 children who participated in the Children of the '90s study. That study tracked long-term health of around 14,000 children from southwest England, born in 1991 and 1992.

Activity levels were measured using a device called an accelerometer, worn on an elasticized belt by the subjects when they were 11. The duration and intensity of exercise was examined for between three and seven days. On average, boys clocked about 29 minutes of moderate to vigorous exercise, while girls racked up about 18 minutes. Experts recommend they get 60 minutes a day.

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