

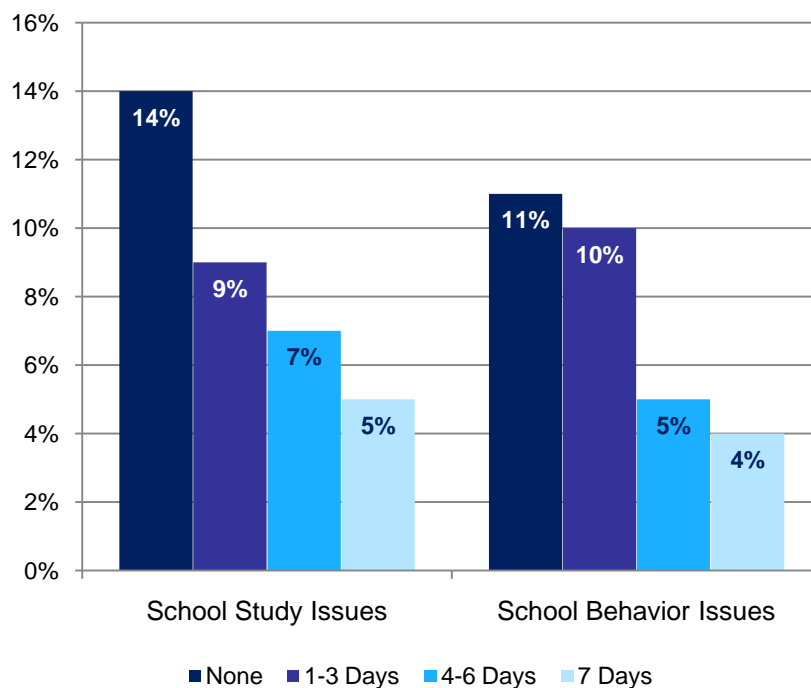
Does exercise affect children's school performance?

Denton, Hood, Johnson, Parker, Tarrant and Wise Counties, Texas

Number: 23

March 2010

Exercise is important; but, does it affect how a child performs in school? CCHAPS asked 7,439 parents how many days their child exercised 30 or more minutes in the past week. The parents were also asked about the child's behavior and study performance in school.



CONCLUSIONS:

Parents report that those children who exercised 30 minutes a day, five days each week were half as likely to experience study and behavior issues in school.

This is important for both parents and school officials to support continuing physical education as a regular part of the school curricula.

Source: CCHAPS 2008 at www.cchaps.org accessed March 2010.
CCHAPS is a random household survey reporting responses from 7,439 families with a child aged 0 – 14

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