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The Relationship Between Physical Activity and Academic Performance of Students

Abstract

In China, many teachers and parents concern that physical activities take too much time of students, which would negatively influence students' academic performance and the inescapable pressure of schools to produce students who meet academic standards. However, decreased physical activity participation due to the scarcity of exercises becomes prevalent in Chinese students. The correlation between students' physical activity participation and academic achievement has raised increased attention. This study explored the relationship between students' physical activity participation and academic performance from the perspective of humanities and sociology to explore a way to balance the two aspects for students. We conducted literature review and a case study to analyze the relationship between students' physical activity participation and academic performance. Published books and existing literature on students' physical activity participation and academic performance were searched through the library and CNKI. In addition, a case study by Zhong Nanshan, Hu Kai and Wang Yu was employed by consulting the news and reports, literature materials and biographies. Moreover, the humanistic and social factors that influence the life experience of those cases were analyzed in political, economic, cultural, educational, ethical and moral views, so as to figure out the relationship between students' physical activity and academic performance from the perspective of humanities and sociology. According to the results, moderate physical activity participation could improve students' academic performance. Specifically, physical activity could enhance the volitional quality, stress tolerance, value of life, self-ideal realization, diligent spirit, and professional awareness and the interpersonal relationships of students. The aforementioned humanistic and social factors contribute to their academic performance. Finally, based on the research results, this study proposed a new strategy to coordinate development between physical activity and academic performance of students.

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Keywords: Physical activity, Academic performance, Literature review, Case study