



Article

# Relationship between Physical Fitness and Academic Performance in University Students

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**Abstract:** Several studies involving students have been developed with the objective to analyse the influence of different factors on academic performance. Nevertheless, all these studies were focused on stress and sympathetic modulation response instead of contemplating other physiological parameters that may affect academic performance. The aim of the present study was to analyse body composition, cardiovascular, sleep habits and physical activity factors related to the academic performance of university students. Two hundred and sixty-one students with bachelor's degrees in physical activity and sports science participated in the present study (age:  $22.49 \pm 3.84$  years; weight:  $73.94 \pm 11.4$  kg; height:  $176.28 \pm 7.68$  cm; 87.7% males). Participants were divided into two groups according to their academic performance: low academic performance group (LAPG) and high academic performance group (HAPG). Body composition, blood pressure, physical activity and sleep habits were measured, and maximum oxygen uptake was estimated by the Cooper's 12 min run test. The results show that students with a high academic performance presented a higher  $\text{VO}_2$  max than the LAPG (LAPG =  $40.32 \pm 6.07$ ; HAPG =  $47.91 \pm 6.89$  mL/kg/min;  $p < 0.001$ ), as well as lower diastolic blood pressure (LAPG =  $72.44 \pm 14.27$ ; HAPG =  $67.48 \pm 13.50$  mmHg;  $p < 0.01$ ) and insomnia levels caused by breathing problems (LAPG =  $0.37 \pm 0.8$ ; HAPG =  $0.13 \pm 0.42$  a.u.;  $p = 0.046$ ). Therefore, we found a relevant association between academic performance and  $\text{VO}_2$  max, diastolic blood pressure, and insomnia caused by breathing problems. These results highlight the importance of applying different programmes that may improve these factors, especially those related to physical activity and sleep habits in order to improve academic achievement.

**Keywords:** blood pressure; body composition; grade; maximum oxygen uptake; sleep patterns



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## 1. Introduction

Academic performance could be a useful tool to evaluate learning in a university environment. In this context, several factors have been highlighted as important determinants of academic performance. Firstly, physical activity is thought to be a key element that may have a great impact on academic performance, since previous researchers indicated an improvement in different cognitive skills, such as execution, decision, perception, concentration and memory, which would aid regular activity practice [1–3]. Furthermore, previous researchers found a positive correlation between vigorous physical activity and higher academic performance [4]. Secondly, stress has also been highlighted as an important component that could have a negative impact on academic performance. Previous research described how acute stress led to a reduced blood flow in the prefrontal cortex, triggering a reduction in oxygen and nutrients in this area, causing concentration difficulties, lower memory potential and more decision making [5,6].

Additionally, stress compromises synaptic efficacy as well as cortical plasticity [7], which might hinder the learning process. Regarding stress, anxiety is also associated with academic achievement, since previous researchers found a negative association between

# Futures Fitness Physical Performance

**Rachel Sandford**



## **Futures Fitness Physical Performance:**

**Training Load in Sport: Current Challenges and Future Perspectives** Luís Branquinho, Pedro Forte, Elias De França, Ricardo Ferraz, José Eduardo Teixeira, Ronaldo Thomatieli-Santos, 2025-03-06 Training load is a critical component of athletic development which involves manipulating various parameters such as training intensity volume frequency and density to promote positive adaptations in the athlete's performance. However, training load can also have negative effects such as excessive fatigue, injuries, and overtraining which can impair the athlete's performance and health. It is therefore crucial to understand how training load can be optimized to improve athletic performance and minimize associated risks. This Research Topic aims to provide a current perspective on the knowledge and challenges associated with the effects of careful manipulation and load management to optimize performance and promote the health of athletes from different sports and competitive levels. The results obtained may be of particular importance for identifying the best and most current load prescription practices in different sports as well as preventive and treatment interventions for injuries related to excessive training. Furthermore, research can provide information about the physiological mechanisms underlying the relationship between training load and athletic performance which can be useful in developing new, more efficient and safer training strategies.

**AI And The Future Of Sports Science: Foundation, Performance And Innovation** Dr. Varun Malik, Dr. Kiran Malik, Prof. Kuldeep Singh Kaswan, While a dedicated book by this title may not exist, numerous scholarly articles and research papers have been published that explore the intersection of AI and sports science. For instance, a study by Alieza Amani discusses how AI can transform sports science by enhancing athletic performance, reducing injuries, and promoting public health. The paper emphasizes AI's role in improving research accuracy, training planning, performance monitoring, and injury risk management. AESA Sport Journal Foundations of AI in Sports Science Exploring how AI technologies can enhance research and data analysis in sports science. Performance Enhancement Utilizing AI-driven analytics to optimize athlete training, injury prevention, and performance enhancement. Innovation in Sports Technology Advancements in materials science and AI integration to improve sports-related technologies and training methodologies.

*Benefits Of Exercise* Tabitha Cozy, 2024-10-05 *Benefits Of Exercise* offers a comprehensive exploration of physical activity's transformative power, focusing on its wide-ranging benefits and practical do-it-yourself approaches to fitness. This accessible guide bridges the gap between scientific knowledge and real-world application, making it essential for anyone seeking to improve their health through exercise. The book progresses from fundamental concepts of exercise physiology to specific aspects like cardiovascular health, strength training, and mental well-being, culminating in strategies for creating personalized fitness routines. What sets *Benefits Of Exercise* apart is its emphasis on making exercise accessible to everyone, regardless of their current fitness level or access to specialized equipment. It presents simple, effective routines that can be done at home or in local parks, demystifying complex exercise science and empowering readers to take control of their health. The content is

backed by peer reviewed studies and expert interviews while real life case studies provide relatable examples of exercise s life changing potential Through its engaging conversational style Benefits Of Exercise tackles topics such as improving cognitive function through physical activity and the synergy between proper nutrition and exercise By offering clear actionable information and addressing ongoing debates in the fitness world this book equips readers with the knowledge and tools to embark on their own fitness journey promising long lasting improvements to both physical and mental well being

*Introduction to Physical Education, Fitness, and Sport* Daryl Siedentop, Hans Van Der Mars, 2022-06-06 The ninth edition of *Introduction to Physical Education Fitness and Sport* is as robust and instrumental as ever for students preparing for careers in the various physical activity fields And the latest version of this long running and seminal text is chock full of new material for budding teachers coaches fitness professionals recreation leaders and program leaders This book covers a broad spectrum of careers and professions including those in physical education health dance fitness sport recreation athletic training and athletic administration The authors provide an overview of the respective professions and offer a deep dive into individual careers In addition the text explores the role of public policy across local state and federal levels noting how various physical activity professions are affected by regulations New content in this edition includes the following Five new chapters cover dance education recreational leadership health education contemporary physical education curriculum models and exemplary physical education programs Updated content on how economic racial and ethnic disparities affect physical activity and physical activity professions will help students anticipate real life issues New evidence data and information throughout the text will help students understand the issues problems and programmatic solutions in the various fields as they prepare to meet and solve those problems The expanded and updated physical education chapters reflect current trends and developments The new chapters on dance education recreational leadership and health education broaden the book s scope as they show the role these allied physical activity professions play in the larger efforts to promote and support physical activity as a way to create a healthy citizenry All chapters throughout the text have been updated to reflect the most current information on the topics And the book s web based ancillaries which include a range of instructor tools have also been revised and expanded *Introduction to Physical Education Fitness and Sport* is organized into six parts Part I provides a thorough understanding of the health issues related to physical inactivity and of the evolution of physical activity programs Parts II III and IV focus on concepts programs professions and barriers to overcome in physical education fitness and sport respectively Part V delves into the allied physical activity professions of dance and dance education recreation and health education exploring the concepts professions and issues in each area Part VI tackles the subdisciplines of kinesiology that support physical activity such as exercise physiology sport pedagogy sport and exercise psychology sport philosophy biomechanics and more *Introduction to Physical Education Fitness and Sport* will help students make more informed career choices understand the professional issues they will face and be in a better position to develop high quality

programs and make those programs widely available Ultimately this book will help new generations of physical activity professionals provide positive solutions to the problems that exist in their fields and to make lifelong impacts on their students

**Bullseye or Bullshit** Rajesh Kunduri,2024-10-30 Bullseye or Bullshit The Truth About Your Fitness Journey Are you hitting your fitness goals or just spinning your wheels In Bullseye or Bullshit we uncover the mistakes most people make when it comes to health and fitness Many fail to set clear goals and get lost in the noise of trendy workout plans and diets without understanding that the real key to success is building sustainable habits Exercise is a habit Eating well is a habit Even sleep is a habit This book not only breaks down the pros and cons of various exercises but also compares different diets highlighting the merits and demerits of each Armed with this knowledge you ll make more informed choices before embarking on any new fitness or nutrition practices Ready to find out if you re aiming at the bullseye or just stuck in the bullshit

**Interprofessional Approaches for the Management of Chronic Diseases** Alberto Marcos

Heredia-Rizo,Maria Jesus Casuso-Holgado,Javier Martinez-Calderon ,Emma K. Ho,2024-09-30 Chronic diseases represent the leading causes of death and disability worldwide with a subsequent enormous socioeconomic burden The clinical management of these conditions often requires a multidisciplinary approach to treat the complex symptoms related to the disease and the associated problems Different healthcare systems have been experimenting with interprofessional collaboration to enhance professional effectiveness and quality of practice among professionals in an environment often constrained by resources The optimum use of resources is made possible by interprofessional collaboration which is described as an integrative cooperation of many health professions in different health disciplines including medicine nursing physical therapy psychology and occupational therapy It has been demonstrated that interprofessional care improves patient outcomes by lowering the rate of preventable adverse drug reactions morbidity and mortality and optimising prescription dosages However despite the increasing evidence on the positive impact of integrative multidisciplinary programs for people with chronic diseases there are still gaps and challenges in how to translate evidence based knowledge into well informed clinical practice The aim of this Research Topic is to explore the current status and future direction of interprofessional care teams We are open to receiving articles that explore interprofessional collaboration in the context of various clinical diagnoses including chronic pain cancer neurological ailments psychiatric problems or cardiorespiratory conditions Also the effects of new health technologies on interprofessional collaboration such as virtual reality mobile health apps or telecare

*Advances in The Prevention and Rehabilitation of Cardiovascular Diseases via Aerobic Exercise* Richard Yang Cao,Jian Yang,Sebastian Kelle,2022-04-05

**Physical Fitness/sports Medicine** ,1987 Consists of citations selected from those contained in the National Library of Medicine s Medical Literature Analysis and Retrieval System

Human Interaction & Emerging Technologies (IHIET 2023): Artificial Intelligence & Future Applications Tareq Ahram and Redha Taiar,2023-08-22 Proceedings of the 10th International Conference on Human Interaction and Emerging Technologies IHIET 2023 August 22

24 2023 Universite Co te d Azur Nice France      **Exercise Physiology** John Porcari, Cedric Bryant, Fabio Comana, 2015-02-25 Learn how to apply the science of exercise physiology to your exercise programs and to solve the problems you ll encounter every day in practice You ll explore the principles of movement on which exercise is based while you develop the confidence you need to create individualized exercise programs based on current lifestyles schedules and abilities and properly progress those fitness programs through the stages of the ACE IFT training model      *Exercise Genomics* Linda S. Pescatello, Stephen M. Roth, 2011-03-23 Exercise Genomics encompasses the translation of exercise genomics into preventive medicine by presenting a broad overview of the rapidly expanding research examining the role of genetics and genomics within the areas of exercise performance and health related physical activity Leading researchers from a number of the key exercise genomics research groups around the world have been brought together to provide updates and analysis on the key discoveries of the past decade as well as lend insights and opinion about the future of exercise genomics especially within the contexts of translational and personalized medicine Clinicians researchers and health fitness professionals will gain up to date background on the key findings and critical unanswered questions across several areas of exercise genomics including performance body composition metabolism and cardiovascular disease risk factors Importantly basic information on genomics research methods and statistics are presented within the context of exercise science to provide students and professionals with the foundation from which to fully engage with the more detailed chapters covering specific traits Exercise Genomics will be of great value to health fitness professionals and graduate students in kinesiology public health and sports medicine desiring to learn more about the translation of exercise genomics into preventive medicine      Paediatric Exercise Science and Medicine Neil Armstrong, Willem van Mechelen, 2008-10-23 This text explains the principles of developmental exercise science assessment of performance the promotion of young people s health and well being and the clinical diagnosis and management of sports injuries in children and adolescents      **Routledge Handbook of Sport and Exercise Systems Genetics** J. Timothy Lightfoot, Monica Hubal, Stephen Roth, 2019-03-14 Technological advances over the last two decades have placed genetic research at the forefront of sport and exercise science It provides potential answers to some of contemporary sport and exercise s defining issues and throws up some of the area s most challenging ethical questions but to date it has rested on a fragmented and disparate literature base The Routledge Handbook of Sport and Exercise Systems Genetics constitutes the most authoritative and comprehensive reference in this critical area of study consolidating knowledge and providing a framework for interpreting future research findings Taking an approach which covers single gene variations through genomics epigenetics and proteomics to environmental and dietary influences on genetic mechanisms the book is divided into seven sections It examines state of the art genetic methods applies its approach to physical activity exercise endurance muscle strength and sports performance and discusses the ethical considerations associated with genetic research in sport and exercise Made up of contributions from some of the world s leading sport and exercise scientists and

including chapters on important topical issues such as gene doping gender testing predicting sport performance and injury risk and using genetic information to inform physical activity and health debates the handbook is a vital addition to the sport and exercise literature It is an important reference for any upper level student researcher or practitioner working in the genetics of sport and exercise or exercise physiology and crucial reading for any social scientist interested in the ethics of sport

**Nutrition for Team and Individual Sport Athletes** Justin Roberts, Alvaro López Samanes, Gina Trakman, 2024-12-12 Sports nutrition together with training recovery genetics and environmental considerations represent key factors for achieving high performance on the sports field In recent years there has been an increased interest in the potential of novel dietary strategies e g periodized nutrition and dietary supplements ergogenic aids to improve individual and team sports athletes performance However the majority of the research in the sports nutrition field has been conducted in endurance or high intensity sports highlighting the need for specific information and collaborative strategies to support nutritional knowledge and targeted dietary supplementation strategies to inform and support other athletes The aim of this Research Topic is to provide current findings about the benefits associated with using nutritional interventions and or dietary supplements ergogenic aids on supporting or enhancing sports performance with focus on these applications in real world sports contexts e g competition training situations etc Studies that focus on novel interventions supplements are encouraged Likewise studies that report on outcomes related to previously proven supplements interventions but in an athlete sub population where limited published literature exists will be considered favorably

Foundations of Sport and Exercise Psychology Robert S. Weinberg, Daniel Gould, 2014-11-11 Please note This text was replaced with a seventh edition This version is available only for courses using the sixth edition and will be discontinued at the end of the semester As the leading text in sport and exercise psychology Foundations of Sport and Exercise Psychology Sixth Edition With Web Study Guide provides a thorough introduction to key concepts in the field This text offers both students and new practitioners a comprehensive view of sport and exercise psychology drawing connections between research and practice and capturing the excitement of the world of sport and exercise The internationally respected authors have incorporated feedback from teachers and students to create a text that builds on previous editions making the material accessible to readers In depth learning aids have been refreshed including chapter objectives and summaries sidebars key terms key points anecdotes and discussion questions to help students think more critically about applying the material Other updates to the sixth edition include the following More than 40 new video clips integrated into the web study guide to better demonstrate the core concepts addressed in the book Additional emphasis on hot topics including mindfulness cultural diversity ethics and professional issues and transitions in sport New ancillaries to help instructors teach their courses including an image bank chapter quizzes and more than 122 instructor videos Updated references including more contemporary sources The text provides students with a unique learning experience taking them on a journey through the origins and goals key concepts

research development and career options available in the field in seven parts that may be studied in any sequence Following an introduction to the field the text then shifts focus to personal factors that affect performance and psychological development in sport physical education and exercise settings Situational factors that influence behavior group interaction and processes and the use of psychological techniques to help people perform more effectively are covered as well as the roles psychological factors play in health and exercise The final section deals with topics of psychological development and well being that are important to both society and sport and exercise psychology including children s psychological development through sport participation aggression in sport and moral development and good sporting behavior in sport and physical activity contexts The updated web study guide serves as an important learning tool to support the educational journey With more than 100 engaging activities it works directly with the text in guiding students to complete the related activities for each chapter and apply knowledge gained from the text The study guide activities require students to do the following Use actual sport and exercise psychology instruments to assess their skills Determine how to respond to real life scenarios with short answers or essays Review research studies and experiments Search the Internet for relevant information Apply and test their understanding of principles and concepts of sport and exercise psychology Many of the study guide activities offer compelling audio and video clips that provide an interactive look at how sport psychology consultants communicate with athletes and coaches to improve athletic experiences These clips feature esteemed experts from the field discussing course concepts that they have studied and refined during their professional careers To further emphasize practical application portfolio activities can be integrated through a full semester turning course units into a unified whole that builds upon itself for greater understanding of the field To aid instructors instructor ancillaries have been updated and expanded The instructor guide test package and presentation package are now supplemented with an image bank gradable chapter quizzes and instructor videos all available at [www.HumanKinetics.com/FoundationsOfSportAndExercisePsychology](http://www.HumanKinetics.com/FoundationsOfSportAndExercisePsychology) The updated sixth edition of Foundations of Sport and Exercise Psychology continues to ensure that students are well equipped to enter the field of sport psychology and are prepared for the challenges they may encounter as well as the possibilities This text offers an enhanced and varied learning package to assist students in understanding the sport psychology field

*ACSM's Introduction to Exercise Science* Jeff Poteiger, 2023-04-23 Presenting an engaging up to date overview of exercise science and its related fields ACSM s Introduction to Exercise Science 4th Edition guides students to success throughout their courses and delivers a robust exploration of potential careers for today s exercise science professionals This full color resource combines a succinct accessible approach with the proven expertise of the American College of Sports Medicine the leading authority in exercise science and sports medicine to establish a practical understanding of how human movement assists individuals in their pursuit of good health appropriate levels of physical activity and exercise and successful sport and athletic performance Each chapter illustrates the importance and practical

relevance of key topics and provides an insider's view of the profession through fascinating interviews and online video profiles and field trips Updated to meet the needs of today's emerging professionals this 4th Edition incorporates new resources that emphasize application and help students make a confident transition to practice **Foundations of Sport and Exercise Psychology, 6E** Weinberg, Robert S., Gould, Daniel, 2014-09-22 As the leading text in sport and exercise psychology Foundations of Sport and Exercise Psychology Sixth Edition provides a thorough introduction to key concepts in the field This text offers both students and new practitioners a comprehensive view of sport and exercise psychology drawing connections between research and practice and capturing the excitement of the world of sport and exercise **The Science of Rugby** Craig Twist, Paul Worsfold, 2023-05-05 Coaches practitioners and medical staff working in the worldwide sport of rugby will frequently apply scientific principles to their programmes to inform the practice performance health well being and development of their athletes This book explores the scientific principles underpinning the preparation and management of rugby players in both codes and modified versions of the sport Applied examples are also provided throughout to understand the practical application of the material in a real world context This new edition of The Science of Rugby offers a significant contribution to the field of rugby science that will act as a useful resource to scientists coaches practitioners and students interested in rugby New chapters and key topics include Physical and psychological preparation for rugby Planning and monitoring of training Managing fatigue recovery and nutrition Effects of different environmental conditions and travel on performance The mechanics of rugby techniques and injury Young players and talent identification Considerations for training the female rugby player Modified rugby including rugby sevens touch tag and wheelchair rugby No other book bridges the gap between theory and applied practice in rugby from grass roots to elite international standard and therefore this is essential reading for any student researcher sport scientist coach physiotherapist or clinician with an interest in the game **Innovative Computing Vol 2 - Emerging Topics in Future Internet** Jason C. Hung, Jia-Wei Chang, Yan Pei, 2023-04-30 This book comprises select peer reviewed proceedings of the 6th International Conference on Innovative Computing IC 2023 The contents focus on communication networks business intelligence and knowledge management web intelligence and fields related to the development of information technology The chapters include contributions on various topics such as databases and data mining networking and communications web and Internet of Things embedded systems soft computing social network analysis security and privacy optical communication and ubiquitous pervasive computing This volume will serve as a comprehensive overview of the latest advances in information technology for those working as researchers in both academia and industry **Exploring Explainable IoT: Recent Trends, Challenges and Future Directions** Dr. Omkar Singh, Ms. Abhilasha Singh, Mr. Vinoth Rengaraj, Mr. Navanendra Singh, 2025-05-20 Exploring Explainable IoT Recent Trends Challenges and Future Directions offers an in depth exploration of the emerging field of explainability within the Internet of Things IoT landscape As IoT systems become more intelligent and autonomous integrating AI and machine

learning for tasks such as smart decision making automation and real time analytics the demand for transparency and interpretability has grown significantly This book provides a comprehensive overview of the latest developments in Explainable IoT addressing how explainability can enhance trust accountability and human understanding in complex data driven environments It examines the current trends driving research and innovation from edge based explainable models to user centric design while also confronting critical challenges such as the trade off between model accuracy and interpretability limited computational resources on IoT devices and data privacy concerns The book brings together interdisciplinary perspectives combining insights from artificial intelligence human computer interaction embedded systems and cloud edge computing to propose novel frameworks and architectures for building more transparent IoT solutions It also outlines promising future directions including the role of explainability in ethical AI regulatory frameworks and adaptive systems that learn and explain in real time Aimed at researchers practitioners and students this book serves as both a foundational resource and a forward looking guide for developing explainable and trustworthy IoT technologies across a range of application domains

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