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THE RELATIONSHIP BETWEEN PHYSICAL FITNESS AND ACADEMIC PERFORMANCE IN COLLEGE STUDENTS

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Abstract

An emerging body of evidence has revealed a positive relationship between physical fitness and academic achievement in school aged children. However, few studies with college students have examined this relationship. The purpose of the current study aimed to assess various fitness data in college students using the Chinese National Student Physical Fitness Standards (CNSPFS) battery to investigate this relationship between physical fitness and academic performance in college students. Data including a total of 3,799 college students in China from 2014 to 2017 revealed that, relative to their counterparts, students who were higher in academic performance exhibited better fitness level in cardiorespiratory endurance, leg strength, and flexibility. No such difference was observed in other fitness measures. Our findings indicate that there might be selective associations between fitness and academic performance in college students.

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