

## **The relationship of academic performance with health related fitness**

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Educational and health officials believe that individuals who are physically active and fit perform better in school education through higher education. The Purpose of this study was to explore the relationship between health related physical fitness and academic performance. Health related physical fitness is divided into several other components which form our overall health status and included cardiorespiratory endurance, musculoskeletal fitness and body composition. Academic performance is the outcome of education, the extent to which a student, teacher or institution achieved their educational goals. Studies have shown that physical activity can increase neural activity in the brain. Exercise specifically increases executive brain functions such as attention span and working memory. This study is based on the application of qualitative methodology using descriptive narrative mode to identify major thematic concerns on relationship between health related physical fitness and academic performance. The health related physical fitness variables expressed a positive relationship with academic performance. Participation in health related physical fitness activities or programs positively associated with an increase in attendance rates, school engagement, grades, post-secondary education while decreasing in dropout rates and depression. In conclusion, health related physical fitness activities or programs are positively correlated to academic performance.

**Keywords:** Health related physical fitness, Academic performance, Cardiorespiratory endurance, Musculoskeletal fitness, Body composition.