



The Relationship Between Exercise and Grade Point Average

University Wisconsin River Falls
 Dan Keller, Alison Busby, Katie Frischmon, Joe Steinert
 Faculty Mentor Andrew Kotelnicki



Abstract

In an attempt to find the relationship between physical activity and academic success, we have devised a research project that will survey 100 UW-River Falls students on campus and at 4 different fitness centers in River Falls. The students will be asked to fill out a short survey and we will record the amount of hours of exercise per week the student is doing and also their grade point average (GPA). We intend to find a relationship between time spent exercising and a higher GPA.



Purpose

The purpose of this study was to discover if there is a relationship between students at the University of River Falls Wisconsin grade point average and exercise.

Methods

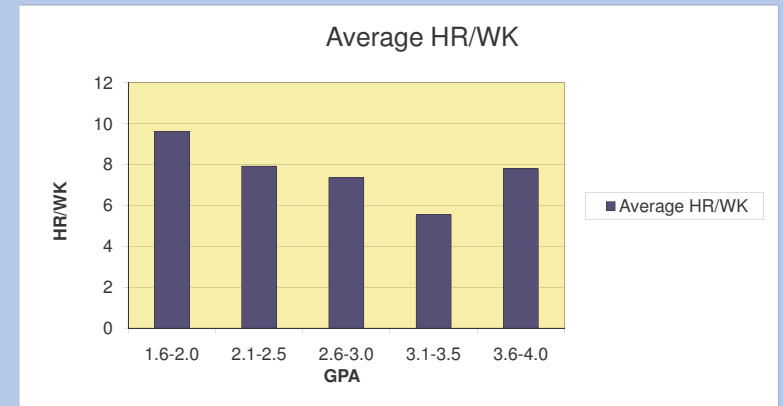
Random students at UW-River Falls were given surveys to determine if there is a relationship between their grade point average and how much they exercise each week. Surveys were handed out at various facilities around the University of Wisconsin River Falls campus including the University center, Emogene Nelson fitness center, Knowles, and other areas throughout campus. Students were told the survey was completely confidential and were given the opportunity to not take the. To ensure confidentiality to the participants we handed out the survey and would leave for a minute to allow them to take the survey before we returned to collect it. Once we collected it we folded the survey and placed it in a secure place that allowed the participants to see that we were keeping their personal information confidential..

The survey asked UW-River Falls students what their grade point average is, how many hours a week they exercise, where they exercise, what year in school are they and what is their gender. We asked these questions because we felt that it is important for us to know this information because it will help us determine if there is a relationship between grade point average and exercise for UW-River Falls. We broke down the data by producing a survey that was used to calculate amount of hours students were exercising and the relationship that is has with their grade point average (GPA) being higher or lower. We created this survey ourselves and found it to be an excellent tool for our research.



Results

After recording data from 104 UWRF students the results show that there is no relationship between the amount of exercise a student does in a given week and their GPA. When we performed this study we surveyed over 100 different River Falls students and recorded the number of hours that they worked out per week and also their cumulative GPA. In our findings we discovered that there was a very high contingent of students that were in the range 3.1-3.5 GPA. We also found that most students work out an average of 4-6 hours per week. In the results of the experiment as shown in our graph students with a GPA from 1.6-2.0 has the highest amount of average work out time per week.



Conclusion

Through our findings we have concluded that there is not a relationship between physical exercise and GPA at UWRF. The idea that GPA and exercise are closely related still seems to be a subject that can be debated. Through further refined research we would be able to show a positive relationship between exercise and academic achievement.