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*Does Physical Activity Enhance Learning Ability?*

The overall reason of this project was to see if increasing activity will enhance a students' learning ability. This investigation is important to schools. Schools could, based on the research, increase recess time or PE periods to put in more physical activity time, as a result, students will then maintain a higher GPA. The experiment was conducted by first choosing the subjects needed for the testing. There were differences in each subject such as, GPA, reading level, ethnicity and physical fitness. For the testing, each student for the first test read two chapters of a novel and then took a twenty question test. This was the control. For the following test, the subjects exercised for five minutes before reading and then taking the test. For the third test, the students exercised for 10 minutes, read, then took the test. For the final test, subjects exercised for 15 minutes, read, then took the test. Overall, as physical activity increased, so did the grades of the students' tests. For each test, as a group average, the grades continued to rise. In the final test, the students' grade average dropped by a large amount. The experiment concluded that the increasing activity will enhance learning ability. The original hypothesis was rejected. Too much activity will cause the subjects to be too tired and almost fall asleep. The extensions to add to this experiment would be more subjects, amount of physical activity in each test and have them read the same information before exercising.