

The Impact of Physical Activity on Academic Performance: A Comprehensive Analysis

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Abstract: *This detailed study investigates the relationship between physical activity and academic performance among students at Surigao del Norte State University (SNSU). Utilizing a mixed-method approach, we examine the potential links between physical activity levels, grade point (GP), and standardized test scores. Data from varied SNSU students reveal a positive correlation between physical activity and academic achievement, supported by regression analysis that controls for age, gender, and socioeconomic status. These findings underscore the potential cognitive benefits of regular physical activity and suggest implications for educational institutions in promoting both physical and academic well-being. While limitations exist, including the cross-sectional design and self-reported data, this research contributes to the ongoing dialogue on the intersection of physical activity and academic success, inspiring further exploration in this vital area of study.*

Keywords: Physical Activity, Academic Performance, Comprehensive Analysis

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