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Sports and its school benefits



For several decades, it has been documented that physical exercise has multiple beneficial effects on the human body, the social and psychological well-being of the individual.

In the school sphere, many samples of observations indicate that the student who is physically active, unlike the one who is sedentary, is more alert, has fluid reasoning and has a greater ability to concentrate in class, which is necessary for the process of memorization and learning.

" Students are more focused on material when they have been physically active," says Dr. Antronette Yancey of the University of California (UCLA) School of Medicine. In addition, she observes that students who play sports have better self-esteem and are less depressed. It should be emphasized that intense sessions of physical exercise to the point of fatigue can be detrimental to learning; however, when the body moves regularly without being pushed to extremes, the benefits are remarkable for learning and human health.

**LIGHT THOUGHT**

*The student who is physically active is more alert, has fluid reasoning and has a greater ability to concentrate*

***How cardiovascular activity improves cognitive function as well as student mental health?***

John Medina, international expert on brain development and recipient of 2 awards in medical sciences from the University of Washington reveals that the brain, although it has a mass equivalent to 2% of body weight, consumes 20% of all energy of the human body <sup>1</sup>. The brain is made up of nerve cells (neurons) whose operation is maximized with the oxygen and nutrients (glucose) contained in the blood. Subsequently, the major contribution of cardiovascular exercise can be seen in the fact that it increases blood flow in the cerebral area and thus provides **a greater quantity of oxygen and nutrients to the neurons**, which optimizes their functioning. For example, during exercise, blood flow increases in the dentate gyrus, the region responsible for memory, which promotes its consolidation. Dr. Medina states that aerobic exercise (jogging, swimming, cycling, etc.) integrated in life, according to a minimum frequency of twice a week, reduces by 60% the risk of suffering from Alzheimer's disease <sup>2</sup>.

**LIGHT THOUGHT**

*An aerobic exercise integrated in life, at a minimum frequency of twice a week, reduces by 60% the risk of suffering from Alzheimer's disease.*

In this same line of benefits, Dr. Michelle Derrup, psychologist, reveals that cardiovascular activity represents her best natural medicine for anti-anxiety that she prescribes to patients at her clinic in Cleveland <sup>3</sup>. Indeed, physical exercise regulates the production of biochemicals that are associated with

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mental health: endorphins that reduce stress and the sensation of pain; without forgetting to mention that the concentration of dopamine also increases in the brain which promotes sleep which plays a role in the learning process.

In light of its scientific information, a sedentary lifestyle should be avoided in both youth and adults; a parent should encourage their children to incorporate physical activity into their lives according to their talents or preferences. Certainly, whether practiced individually or collectively, sport generated a multiplicity of benefits that would extend as much to the physiological level as to the school level.

*LMS Consulting Team*

#### **About**

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#### **References**

1. Medina, J. (2014). Brain rules. Seattle, Pear press, p. 27
2. Medina, J. (2014). Brain rules. Seattle, Pear press, p.35
3. Derrup, M. Exercise relieves stress and anxiety. <https://health.clevelandclinic.org/how-exercise-affects-your-sleep/> / November 2020