Digital Spring School
Brain, Lifestyle, and Learning
Objectively and subjectively measured physical activity: associations with cognition and academic achievement in adolescents

• Observational study
• 441 participants
• Grade 7 and 9
• Senior general secondary education & University preparatory education (HAVO & VWO in Dutch)
• Secondary school in Heerlen (the Netherlands)
Preliminary results
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Physical activity is not associated with cognition / academic achievement in adolescents

Combination physical activity and low body mass index might be positively associated with cognition

Academic year and educational level may moderate association physical activity / academic achievement
Thank you for your attention!

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