Association of physical activity with learning outcomes in adult distance learners

Jérôme Gijselaers, Renate de Groot, Paul Kirschner
CELSTEC, Open University, the Netherlands
ALOUD (current status)

- 4945 starting OU students invited
- 1589 students participated fully (32.13%)
- 2037 students completed the survey (41.19%)
Hypotheses

1. Physical activity (PA) is positively associated with learning outcomes

2. Sedentary behavior (SB) is negatively associated with learning outcomes
Methods

- Linear regression analyses
- PA measure
- SB measure
- 875 students included
- Exclusion criteria
  - Had not studied for six months (N=926); learning restrictions; outliers in PA or SB domain (listwise N = 236).
This presentation is not complete due to the fact that these results need to be published first. For more information, please contact me.

E-mail: jgy@ou.nl
Twitter: hgijselaers
Blog: hgijselaers.wordpress.com