



## RESEARCH ARTICLE

### THE RELATIONSHIP BETWEEN SPORTS AND MEDICAL STUDENTS GPA IN AL.

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#### Manuscript Info

##### Manuscript History

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##### Key words:-

sports and students GPA,- Imam medical college, medical students, exercises, enhancement health

#### Abstract

**Background:** It is known that the sport a positive effect on physical and mental health, it strengthens the muscles of the body and the level of immunity in the body and therefore, through practicing the sport, we prevent a lot of diseases that affect our body.

##### Material and method:

- 1- sample size: 142 students
- 2- sample technique: Convenient Sampling.
- 3- data collection methods:
- 4- The questionnaire will be send through all leaders of all medical students to distributed to all groups of medical students through emails.
- 5- data management and analysis plane:  
Statistic software (SPSS) will be used to find out the result of this research.

##### Result:

Percentage of student	GPA		
7%	4-5	3 % (non athlete)	4% (athlete)
93%	3-3.99	20% (non athlete)	73% (athlete)

**Conclusion:** in this study conclude that student which participate in sports have higher GPA than other students. which they do not participate by the percentage of difference is about 1-2%

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#### Introduction:-

It is known that the sport a positive effect on physical and mental health, it strengthens the muscles of the body and the level of immunity in the body and therefore, through practicing the sport, we prevent a lot of diseases that affect our body, for example, the heart and lungs, as well as the bones.

The focus of our study in this research is the impact of practicing sports on the academic achievement of students at the College of Medicine and if it were so, does this impact positive or negative.

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Many studies have worked on high school students and middle us reflect the positive impact of exercise on academic achievement among these students and also has some international institutes do similar studies showed similar results we will review.

That medical students are more students busier study and educational attainment and what they are studying is very important because it relates to human life and the dangers surrounding it.

When logged in to lacquer ware medicine in any of the universities in the Kingdom or abroad, you find students from more students are busier because of scientific subjects taught and other organizing scientific conferences college and establish awareness days and other activates.

**Hypothesis:-**

the practicing sports helps in enhancement the student health and subscently lead to improvement of studyingperformance.

**Objectives:-**

The goal of this research is to find out if there are any relations between practicing sports and students GPA in Al-Imam medical college, Riyadh city at 2015.

**Material and method:-**

1-sample size:142 students

2-sample technique: Convenient Sampling

3-data collection methods:

The questionnaire will be send through all leaders of all medical students to distributed to all groups of medical students through emails.

4-data management and analysis plane:

Statistic software (SPSS) will be used to find out the result of this research.

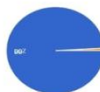
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ملخص

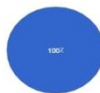
Age

99%	99	20-25
0%	0	25-30
1%	1	30-35
0%	0	More than 35



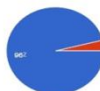
Sex

100%	100	male
0%	0	female



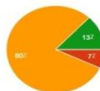
Marital Status

96%	96	Single
4%	4	Married



Size of your household, i.e. the number of people, including yourself, who live in your house

0%	0	Alone
7%	7	1-3
80%	80	3-5
13%	13	More than 5



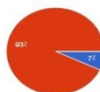
Smoking

37%	37	Not smoker
47%	47	Ex smoker
16%	16	Smoker



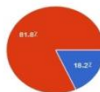
:(Approximate cumulative grade point average GPA: (choose one

7%	7	4-5
93%	93	3.99-3
0%	0	1.99-1
0%	0	Less than 1



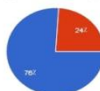
?Are you Interested in practicing the sport on a daily basis

18.2%	18	yes
81.8%	81	no



?Do you engage in any kind of study conflicts with your study times

76%	76	yes
24%	24	no



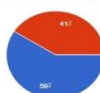
?Do you think that practicing sports have a positive impact on the achievement of science

77%	77	yes
23%	23	no



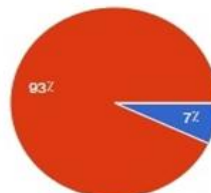
?Do you think that a medical student has enough time to practice the sport

59%	59	yes
41%	41	no



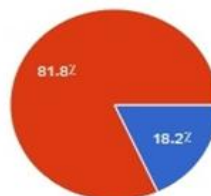
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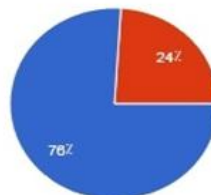
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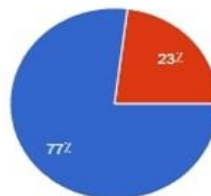
?Do you engage in any kind of study conflicts with your study times

76%	76	yes
24%	24	no



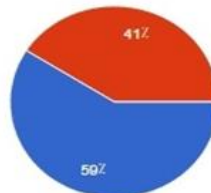
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77%	77	yes
23%	23	no



?Do you think that a medical student has enough time to practice the sport

59%	59	yes
41%	41	no



**Discussion:-**

In previous study about the relation between high school athletic participation and academic performance conclude that as students' school-sponsored athletic participation increases, their academic achievement, based on tests and GPA, will be lower than those who did not participate.

In sport participation and academic performance from the national longitudinal study of adult cents health provide only limited evidence that sports participation leads to enhanced academic performance.

In a study grade point average of athletes and non athletes the results of the study determined that there was a significant difference in the GPA of athletes and non-athletes.

In this study we conclude that there is significant relation between GPA and practicing sports.

**Conclusion:-**

in this study conclude that student which participate in sports have higher GPA than other students. which they do not participate by the percentage of difference is about 1-2%

**Recommendation:-**

the population should practicing sports regularly to improve their physical health.-1  
2- the regular sport practicing may increase academic achievements.

**Questionnaire form:-**

✚ Age:

- 20-25
- 25-30
- 30-35
- More than 35

✚ Sex:

- M
- F

✚ Marital Status:

- Single
- Married

✚ Size of your household, i.e. the number of people, including yourself, who live in your house:

- Alone
- 1-3
- 3-5
- More than 5

✚ Smoking:

- Not smoker
- Ex smoker
- Smoker

✚ Approximate cumulative grade point average GPA: (choose one):

- 4-5
- 3.99-3
- 2.99-2
- 1.99-1
- Less than 1

✚ Are you interested in practicing the sport on a daily basis?

- ✓ Yes
- ✓ No
- ✚ Do you engage in any kind of study conflicts with your study times?
- ✓ Yes
- ✓ No
- ✚ Do you think that practicing sports have a positive impact on the achievement of science?
- ✓ Yes
- ✓ No
- ✚ Do you think that a medical student has enough time to practice the sport?
- ✓ Yes
- ✓ No

*The link for the questioner:*  
<http://goo.gl/ERBwc>

### **Literature review:-**

1- Correlations between High School Athletic Participation and Academic Performance:

#### **Objectives:-**

This research study examines the correlation between high school students' school-sponsored athletic participation and their academic performance.

#### **Conclusion:-**

This study concludes that as students' school-sponsored athletic participation increases, their academic achievement, based on tests and GPA, will be lower than those who did not participate.

#### **Main finding:-**

This study was focused on two questions in order to evaluate any relationships. The first question asked —Is there a relationship between the amount of high school students' school-sponsored athletic participation and their academic performance,

The data showed a negative relationship between these two variables.

The second question this study asked was, —Does increasing the number of sports have a positive or negative correlation on the student's academic performance? There is a negative correlation between the two.

#### **Reference:-**

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Recommended Citation

Klein, Tim, "Correlations Between High School Athletic Participation and Academic Performance" (2011). *Master of Education*

2- Sports participation and academic performance: Evidence from the National Longitudinal Study of Adolescent Health:

#### **Objectives:-**

the effect of sports participation on several measures of academic performance.

#### **Conclusion:-**

Our results provide only limited evidence that sports participation leads to enhanced academic performance.

**Main finding:-**

the instrumental variables estimates, like the individual fixed effects estimates, provide very little evidence of positive academic spillovers associated with playing an active sport.<sup>20</sup>

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3-a study in the grade point average of athletes vs. non-athletes:

**Objectives:-**

The purpose of this study was to analyze the grade point average of student athletes versus that of non-student athletes.

**Conclusion:**

The results of the study determined that there was a significant difference in the GPA of athletes and non-athletes.

**Main finding:-**

The maximum GPA for both non-athletes and athletes is 4.0. However, what the charts do not show is that the athletes actually had 4 students with 4.0 GPA and the non-athlete had only one.

The minimum GPA for non-athletes is 1.21 and the athletes' minimum was 1.79. The minimum for non-athletes was 0.58 lower than that of the athletes showing a significantly lower GPA minimum.

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