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**MORNING EXERCISE INFLUENCE ON THE ACADEMIC ACHIEVEMENT OF  
FEMALE STUDENTS MIDDLE SCHOOL JAHROM CITY**

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**ABSTRACT**

The aim of this study was to investigate the effect of exercise in the morning on the academic achievement of female students. The statistics related to all city middle schools Jahrom In the 93-94 school year. A school randomly selected for the sample survey of 89 high school students, 60 volunteers were selected for the sample. After they are matched based on height, weight, age and the test of history lessons spelling Persian, English, math and science, subjects were randomly assigned to two groups of 30 subjects were divided into experimental and control. The experimental group for 8 weeks before entering the class to exercise in the morning; While the control group in the study period, did not exercise in the morning. After 8 weeks, from both the experimental and control groups of test subjects was taken. To analyze the results, descriptive and inferential statistical methods such as t dependent and independent. The results showed that in all five courses (history, science, spelling, math and foreign language) between the mean scores test and post-test experimental group were significantly different ( $p < 0/001$ ) and the mean scores of the experimental group average scores in all five study groups were higher And the difference between the means were statistically significant ( $p < 0/0001$ ). Hence it can be concluded that exercise in the morning with an impact on the mental and physical symptoms such as stress and anxiety symptoms improve memory and increase the effectiveness and student achievement.

**Keywords: Students, boarding school, academic achievement, exercise in the morning**

## INTRODUCTION

With the development of technology and mechanization of human activities significantly decreased motor activity modern man has to work because of poverty prone to diseases such as increasing the pressure blood, fat, physical abnormalities, such as weight gain and obesity, deformed bone condition, general muscle weakness and is subject to various diseases (Themane, 2006). One of the most important preventive measures to prevent the occurrence of the above exercise regularly life that it would need to inform the public and culture to all individuals can exercise an important issue and your health and to the health community guarantee (Gilin, 2010). Morning exercise to improve physical education programs in schools and health - mental students the opening of schools has increased but the company is always some resistance from students, teachers and even officials have been facing. (Yu, 2006). Some people believe that sporting activities provide grounds for mischief and noise because most of the students in the classroom and the beating of their focus while teaching them the cause of academic failure. Sometimes, these ideas are so serious that time physical education in schools, especially In the days close to the exams, be assigned to other courses. According to such thinking has led to other

positive effects of regular physical activity as a result of this Imagine that the students' academic failure, neglected and morning exercise become weak and worthless activity in schools (Cardin, 2001). Since a significant portion of the population are students and academic progress Along their physical and mental health and public health will be a guarantor of progress, as a morning workout Regular activity and very low cost can be used as an exercise program of continuous and systematic all Students cover latches securely to the positive effects that can be psychological affect on students, Enhance the vitality and confidence and reduce anxiety and depression to provide them. Also, they helped to boost physical fitness and can be morale and motivation consequently their academic and student achievement is effective (Becher, 1984). Morning exercise can also be used as one of the activities organized without the need for advanced features , and spent a long time or the cost of the goals of physical education play an important role. In particular, the duration is not much time and can be a daily program schools to be included as a continuous activity. In addition, all-consuming activity and with The number of more or less can be paid to do it (Alfgeirlogi, 2010). Since that regular physical activity improves self-

esteem and self-reliance is reasonable in adolescents. This ensures that their daily activities with good self-esteem do. As well as regular physical activity among children and adolescents has led to the development of mental processes and learning capabilities and to improve their education and can help them achieve success (Best, 1985). In this regard, several studies have been done that can be used to research the Journal Carlson et al (2008) noted. They found that increased hours of physical education 0 to 70 minutes a week can improve academic achievement and higher grades in math and read. Also Kantoma et al (2010) suggests that more physical activity can cause behavioral problems and general performance of higher education is less. Also Tremblay et al (2000) believe that regular physical activity improves learning ability and education and achieve to be successful. According to what was said and done research in this area aim of this study is to answer the question whether the exercise in the morning on the academic achievement of elementary students a significant effect or not?

### **COMMUNITY SAMPLE**

The statistical population of students of all schools for girls was the city arranged a school randomly selected sample of 89 students to 60 students voluntarily chosen to. Then, after they were matched based on

height, weight, age and pre-test the lessons of history, spelling, foreign language, math and science was taken, the subjects were randomly assigned to 30 patients were divided into two experimental and control groups.

Of participants in the pre-test (before exercise in the morning) and post-test (after morning exercise) was performed.

### **METHODS OF RESEARCH**

The experimental group for eight weeks and five days per week for 20-25 minutes of exercise in the morning warm up with stretching, exercise movements with a maximum heart rate of 125-135 beats per minute and cooling did.

While at this time the control group did not participate in the morning workout programs. Before starting the training period, both experimental and control groups from history lessons, spelling, language English, math and science test was performed in the same condition before and after the end of the round of training courses under the same conditions again after the test was taken and scores The tests were compared.

### **Statistical analysis methods.**

After gathering the required information, the methods of descriptive statistics (mean, standard deviation and table frequency) to describe the data as well as statistical t-test method to assess the difference between the

pre-test and post-test and independent t-test to compare the mean of the experimental group and the control.

**Results**

The results of this study showed that compared the difference was significant in all five courses and students in the experimental group after eight weeks of

training in the morning with a significant increase in scores of these tests have the pre-test and posttest control group was not significant. The comparison between experimental and control groups showed no significant difference between the scores of the two groups there are five lessons.

P Intergroup	df	P Intergroup	Scores	Number			
0/0001	29,58	0/001	16/54 ±1/21	30	pre-exam	Experimental	Sciences
			17/31 ±2/14	30	After the test		
		0/745	16/20 ±2/47	30	pre-exam	Witness	
			16/32 ±2/34	30	After the test		
0/0001	29,58	0/001	15/11 ±1/71	30	pre-exam	Experimental	Date
			18/20 ±1/67	30	After the test		
		0/282	15/03 ±2/54	30	pre-exam	Witness	
			15/11 ±1/47	30	After the test		
0/0001	29,58	0/001	17/21 ±2/58	30	pre-exam	Experimental	Spelling
			19/37 ±1/14	30	After the test		
		0/126	17/07 ±2/11	30	pre-exam	Witness	
			17/17 ±1/01	30	After the test		
0/0001	29,58	0/001	14/54 ±1/55	30	pre-exam	Experimental	Math
			16/23 ±3/14	30	After the test		
		0/114	14/27 ±1/25	30	pre-exam	Witness	
			14/15 ±1/14	30	After the test		
0/0001	29,58	0/001	15/23 ±2/31	30	pre-exam	Experimental	Foreign Language
			18/12 ±1/1	30	After the test		
		0/201	15/01 ±1/47	30	pre-exam	Witness	
			15/34 ±1/23	30	After the test		

**CONCLUSIONS**

In this study the effects of exercise in the morning on the academic achievement of the students were girls, two experimental and control groups of 30 subjects in this study the experimental group was compared to eight weeks of exercise for 25-35 minutes every morning before entering class had done.

Curriculum tests to assess student achievement in lessons (history, spelling, math, foreign language and science) of the participants were taken before and after the morning exercises and were compared. The results showed that exercise in the morning increases the mean scores of the experimental group compared with average scores before the test period and the

differences in the mean scores of the experimental group compared with the control group is significant. Curriculum tests to assess student achievement in lessons (history, spelling, math, foreign language and science) of the participants were taken before and after the morning exercises and were compared. The results showed that exercise in the morning increases the mean scores of the experimental group compared with average scores before the test period and the differences in the mean scores of the experimental group compared with the control group is significant. Morning exercise programs necessary for the opening of the country's schools and students it is mandatory. On the other hand, due to lack of motivation, lack of culture and accurate information, lack of monitoring and due diligence on behalf of the executive authorities and the opening of schools generally downplayed a morning workout in the minds of students and teachers and administrators, its implementation has been very weak in the early schools (Sigfusdottir, 2007). In addition, some resistance from the students and teachers that morning workout causing a waste of time students and create disorder and sent much fanfare in the classroom and instead want them to learn the lessons only cause chaos in class of course, and also for

those who come to the school a few minutes early with exercise Morning oppose the exercise in the morning in the school has increased the number of opponents (Pellegrini, 2007). Always known that exercise and physical activity has beneficial effects on academic achievement is positive. Physical activity also has an impact on motivation, self-esteem, self-confidence, intelligence, self-esteem, desire to learn, positive effects on intellectual development and academic achievement of students (California, 2002). So now the research results Carson et al. (2008), Tremblay (2000), Trudeau et al. (2010) and Coe et al (2006) observed that development academic exercise following the match. Exercise to relieve stress, physical health and reduce stressors on the health of students and academic achievement will help the other hand, physical activity has a positive effect on physical and mental health Odd that one of the most important factors affecting academic achievement in the development of effective education (Sibley, 2003). The results of the present study with results Leslie (2003) and Daglas (2000) Aris (2004) Cardin (2001) that the lack of physical activity and sports on academic achievement or negatively impact physical activity they do not meet the academic progress of probably this difference could

be due to differences in methodology, the type of training provided to participants and the participants are expected to achieve the success. According to the results of this research to recommend teachers to use student achievement of morning exercise.

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