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Students and Sports: The Association between Participation in Sports and Academic
Achievement

A thesis presented in partial fulfilment of the requirements for the degree of

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By

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Declaration

I certify that the thesis entitled “Students and Sports: The Association between Participation in Sports and Academic Achievement” submitted as part of the degree of Master of Educational Psychology is the result of my own work, except where otherwise acknowledged, and that this research paper (or part of the same) has not been submitted for any other degree to any other university or institution.

Abstract

Previous studies have found that participation in sports is positively associated with academic achievement for students. Due to the lack of studies in the New Zealand context and few studies examining Intermediate School students, the purpose of the current study was to examine the associations between the level of participation in sports and mean grades for Intermediate students. Data were obtained from self-report measures on sports participation and academic achievement. These data were gathered via anonymous questionnaires which were completed by students ($n=86$) from two different Intermediate Schools in Auckland. Results from the Independent Samples T-Tests revealed that male sports participants achieved significantly higher mean grades overall; and higher maths grades, than male non-sports participants. Further, and not surprisingly, sports participants from the high decile school achieved higher grades than students from the lower decile school. Simple Linear Regression revealed that the frequency of sports played per week was positively associated with mean grades. Results were therefore consistent with previous studies confirming the value of sports participation.

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