

IMPACT OF SPORTS ON ACADEMIC ACHIEVEMENT: EVIDENCE FROM RECENT LITERATURE

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ABSTRACT

The purpose of this study is to investigate the impact of sports on academic achievement. The research design for the study is Non-Experimental, descriptive and qualitative with a thorough review of the recent literature including a collection of editorials, reports, and features written on the subject globally. The aim of the study is to establish a relationship between sports and educational outcomes including better grades, increased confidence in classroom interactions and better socialization skills. The results of the study may help the policy makers of India to address the lacuna in their planning and induce more changes in the physical education policy. The funds allotted for such purposes need to more than adequate as they directly affect the education output of the society.

KEYWORDS: *Academic Achievement, Extracurricular Activity, Sports Participation*