

Sports Activity, Nutritional Intake on Intelligence and Academic Achievements among Boys: Review

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Abstract

Aim: The aim of this systemic review is to search all relevant data available for this purpose. The review further identifies the available literature on the impact of individual variables like Sports participation, physical fitness, physical education, nutrition status, psychological parameters, cognition, and social factors on intelligence and academic achievements. For each variable a comprehensive list of relevant journal articles were collected using a range of sources, including peer reviewed journal articles and reports. Key search terms included “Sports participation and academic performance”, “impact of physical activity and sport on intelligence and academic achievement”, “health benefits of sports and physical activity”, “competitive school sport and health” and “impact of nutritional status on intelligence and academic achievements”.**Method:** Approximately 45,461 journal articles were located. The first 150 articles of each search were observed. From these, 196 were deemed relevant to review for this research, and 28 were used in the review. **Results:** various researchers reported the individual effects of nutrition, physical fitness, sports participation on academic achievements and intelligence. **Conclusion:** Our results suggested that the combination of nutrition, sports participation, and physical fitness will improve academics scores, personality, intelligence level and cognition of students.

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