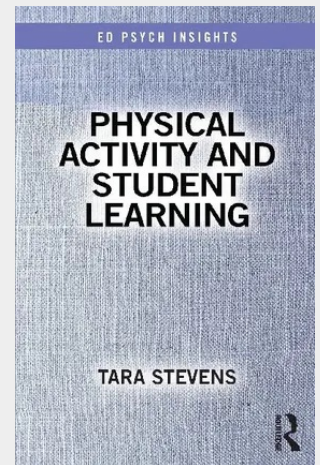


Physical Activity and Student Learning

Discussions of physical activity in schools often focus on health-related outcomes, but there is also evidence for its integral role in academic achievement, cognition, and psychological adjustment. Written by a scientist-practitioner, *Physical Activity and Student Learning* explores the effects of physical activity within the broader context of educational psychology research and theory and brings the topic to a wider audience. With chapters on positive school behavior, executive function, and interventions, this concise volume is designed for any educational psychology or general education course that includes physical activity in the curriculum. This book establishes physical activity as an important part of all learning—not just physical education and recess—and will be indispensable for student researchers and both pre- and in-service teachers alike.

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