

## **ORAL: THE CONTRIBUTION OF MULTIPLE VARIABLES TO THE ACADEMIC ACHIEVEMENT OF CHILDREN AND ADOLESCENTS**

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Socioeconomic status (SES) is considered a strong predictor of academic achievement, especially family education. Other investigations have reported significant positive associations between physical activity, cognition and/or academic performance. The investigation can't point only in certain directions and must question the merit of each variable investigated. Objective: The aim of this study is to examine the contribution of motor competence along with some significant variables for the academic achievement of children and adolescents. Method: The sample was composed by 515 students (224 boys and 291 girls) (M= 10,38, SD=2,66). KTK was applied to assess motor competence. The average score of all academic subjects measured the student's academic achievement. Body fat was estimated by measuring skinfolds thickness (triceps+subscapular+geminal+suprailiac). A questionnaire filled by parents was used to access information about father and mother's education level, family sport practice and time spent by student on TV and videogame. The regression model was applied to determine the predictive variables of academic achievement, including only those that were significantly associated in Pearson's correlation. Age was introduced into the model as a covariate. Results: The results from regression analysis show that 43,9 % of academic achievement variance is explained by the variables: fat mass ( $\beta=,409$ ,  $p=0,000$ ); TV+Game ( $\beta=.411$ ,  $p=0,000$ ); motor competence ( $\beta=.149$ ,  $p=0,000$ ); mother education level ( $\beta=.129$ ,  $p=0,002$ ) and student 'sport practice ( $\beta=.108$ ,  $p=0,004$ ). Although motor competence was considered a stronger predictor of academic performance than the mother's level of education, we conclude that child's academic achievement benefits from a set of variables that, together, explain almost half of academic performance. Implications: From a pedagogical approach, this study emphasizes the contribution of Physical Education, not only for the development of the student's motor skills and health, but also for his academic success.