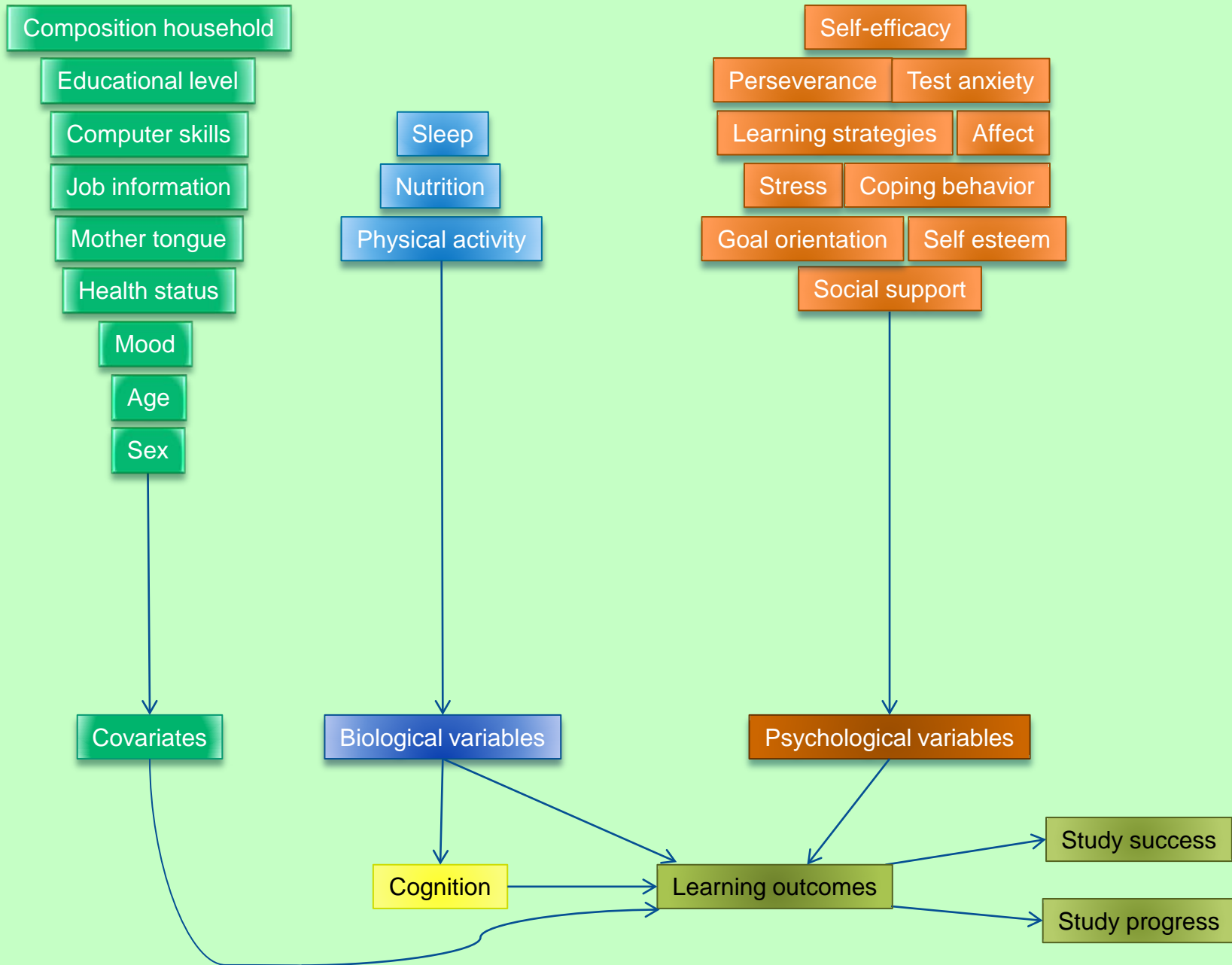


ALoud biological:
Adult Learning Open University Determinants study

Association of physical activity with
learning outcomes in adult distance
learners

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ALoud (current status)

- 4945 starting OU students invited
- 1589 students participated fully (32.13%)
- 2037 students completed the survey (41.19%)



Hypotheses

1. Physical activity (PA) is positively associated with learning outcomes
2. Sedentary behavior (SB) is negatively associated with learning outcomes

Methods

- Linear regression analyses
- PA measure
- SB measure
- 875 students included
- Exclusion criteria
 - Had not studied for six months (N=926); learning restrictions; outliers in PA or SB domain (listwise N = 236).



This presentation is not complete due to the fact that these results need to be published first. For more information, please contact me.

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