

# Adult Learning Open University Determinants study (ALoud): physical activity associated with study success

Citation for published version (APA):

Gijselaers, J., De Groot, R., & Kirschner, P. A. (2013). *Adult Learning Open University Determinants study (ALoud): physical activity associated with study success*. Abstract from Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity, Ghent, Belgium.

## Document status and date:

Published: 23/05/2013

## Document Version:

Peer reviewed version

## Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
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# **Adult Learning Open University Determinants study (ALoud): physical activity associated with study success**

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## **Purpose**

Life expectancies keep rising and the aging population is growing. As a result people have to work longer in this rapidly developing knowledge economy. This leads to an ongoing demand for people to develop their professional knowledge and experience far into adult age.

Consequently, adults participate more in formal education. Physical activity, as well as sedentary behavior, influences cognition and learning capacity in adults. Therefore, the associations between physical (in)activity and study success are investigated in adults participating in distance education, an adult aging population that is barely investigated in research and which can relatively easily combine work, education, and private life. A healthy lifestyle, with regard to physical activity, is expected to be positively associated with study success.

## **Methods**

An observational design is used. During 1 year, all new Master students (18-80 years old) of the Open University (NL) are approached (n=±6000, expected response n=±2000). A digital online survey is used to measure physical activity (i.e. SQUASH, sedentary information, one-item question on compliance with the guideline for physical activity) and covariates.

Cognition is measured with an objective digital online neuropsychological test battery. Study success is measured using data from the exam registration office. All tests are administered via computer at the participants' home via internet. Data will be analyzed with multiple regression analyses.

## **Results/findings & Conclusions:**

Preliminary results will be available at the congress (expected n=1200). The results give insight in the role of physical activity and sedentary behavior in study success of adult students in distance education.