

Indiana State University Study

Results Synopsis

- There are significant differences between the academic achievement of students who did and did not participate in school-sponsored extracurricular activities. Students who participated in extracurricular activities had the highest GPA's, followed by athletes as a sub-group (Branch 2003)
- Activity participation is positively linked to better cognitive functioning in children (attention and working memory) (Bailey, 2006, Castelli, Hillman, Buck and Erwin 2007, Sibley and Etnier, 2003). Activity participation also reduced school dropout (Mahoney and Cairns 1997) and a higher likelihood of college attendance (Barber, Eccles and Stone 2001).
- The Los Angeles Unified School District Study from 2011 found the following: *Athletes during all three sports seasons (2011-2012) attended school 21 more days than non-athletes. In two sports seasons (2011-2012) the athletes attended 10-11 more days than non-athletes. In all three sports seasons, the athletes obtained between .55 and .74 higher GPA's than non-athletes.*

The overall results of the Indiana State University Study are as follows:

- Female athletes had a significantly higher GPA than their male counterparts.
 - Female athletes had significantly higher overall GPA than female non-athletes.
 - Male athletes had a significantly higher overall GPA than male non-athletes.
 - Graduation rates were higher for athletes than non-athletes.
 - Athletes dropped out of school at a significantly lower rate than non-athletes.
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- Those students participating in two sports had a higher average than those playing only one sport.
 - Those students participating in three sports had a higher average than those playing one or two sports.
 - Student-athletes participating in two sports graduated at a higher rate than single sport athletes and non-athletes.
 - Student-athletes participating in three sports graduated at a higher rate than single or two sport athletes or non-athletes.