

Balanced Body and Brain intervention training for students

Pre-test

A group of 106 final year students went for brain performance assessments (BPA) at the beginning of the semester

Post-test

on their brain performance following the training exercises at the end of the semester

Intervention

Students were required to log

50 hours of physical and neuroagility training

(Limitless You/Neuro-link Performance Circuit)

Body and mind intervention training for students

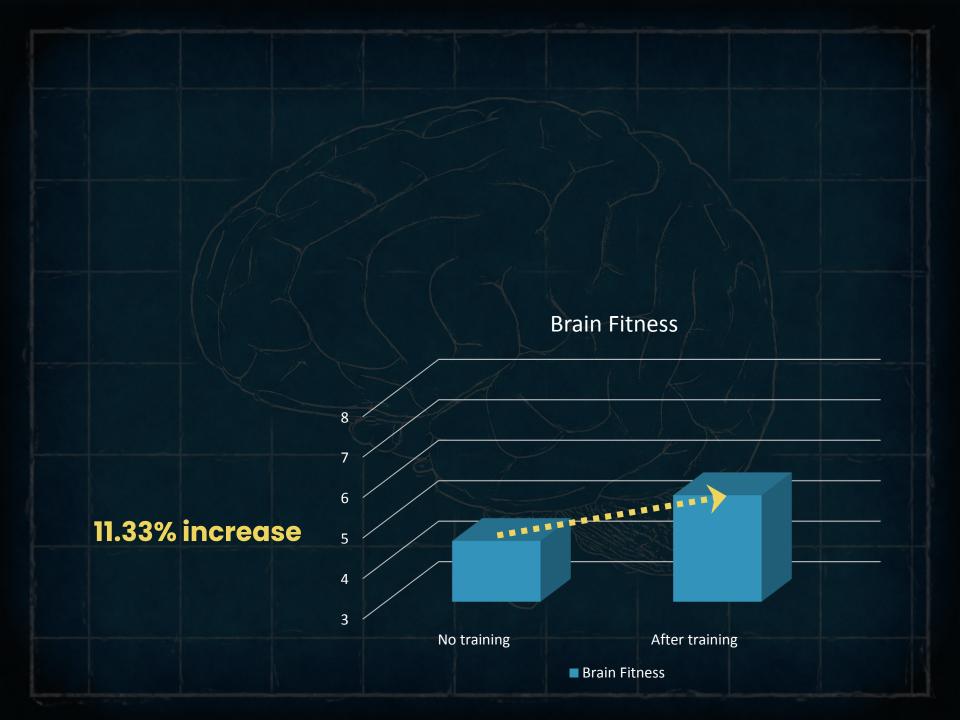
The aim of the study was therefore to: **Assess whether** physical and neuroagility training in an higher education environment would impact academic results

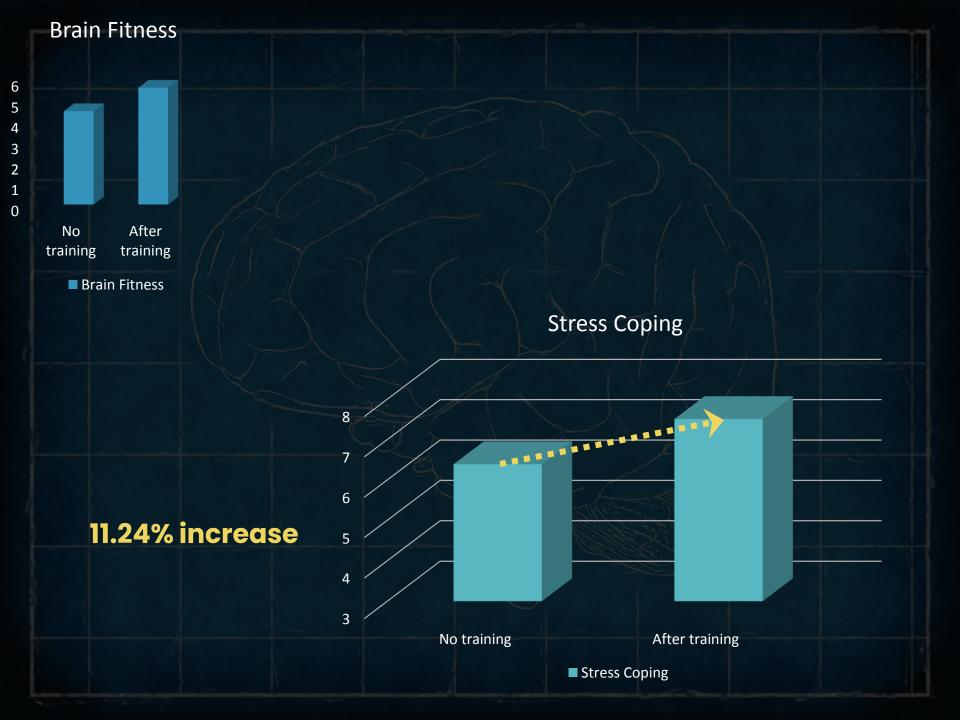
Body and mind intervention training for students

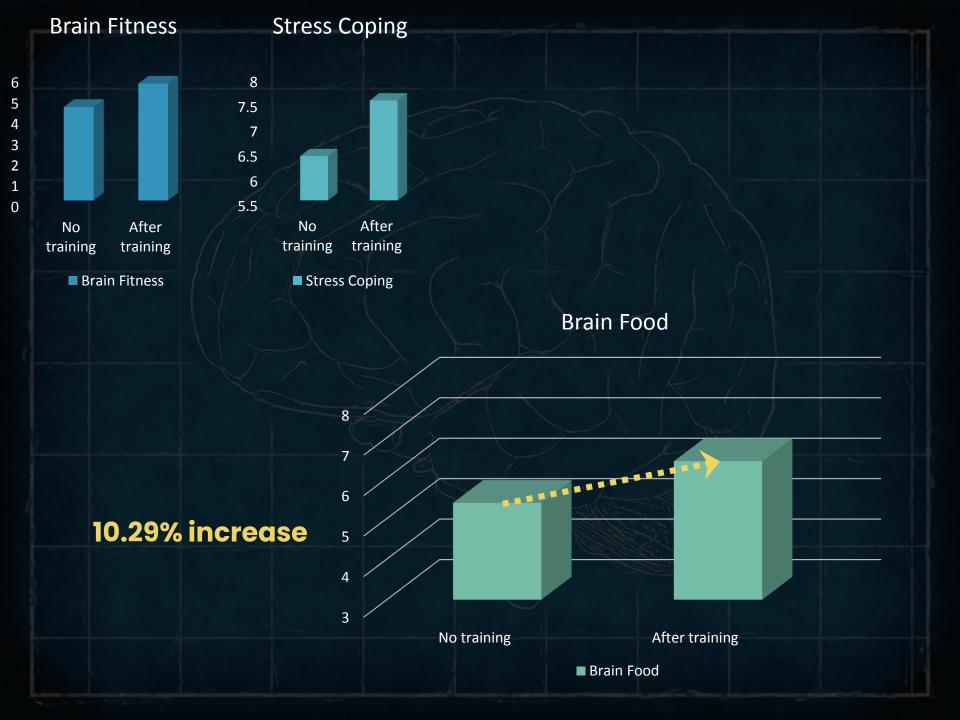
The significance of a statistical comparison is indicated with a p-value.

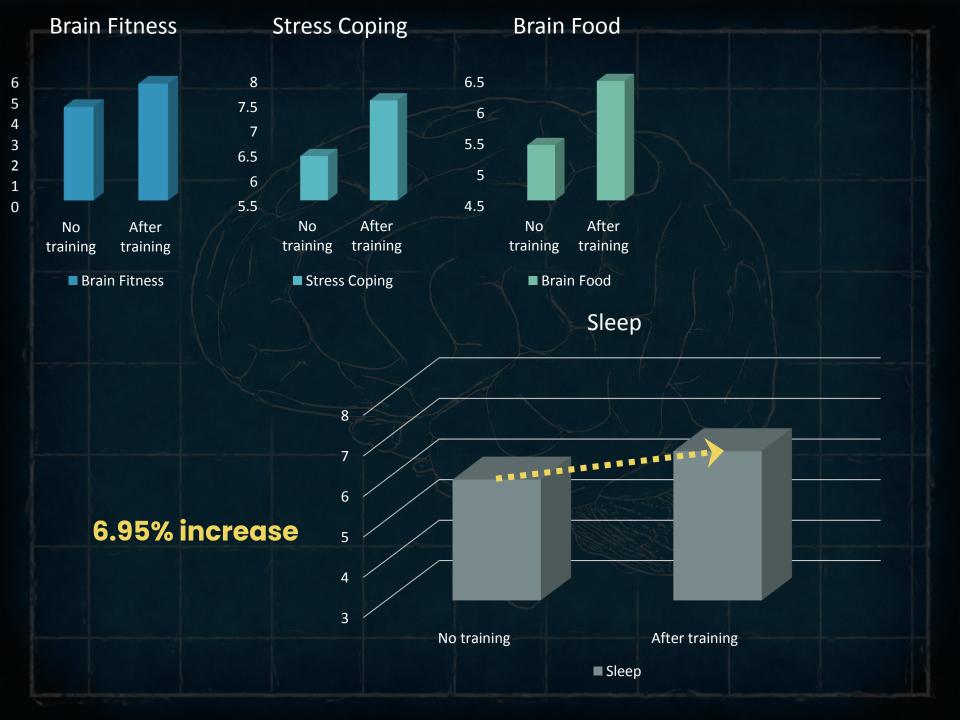
A p-value smaller than 0.05 (p<0.05)
indicates a statistically significant
difference (marked with *)

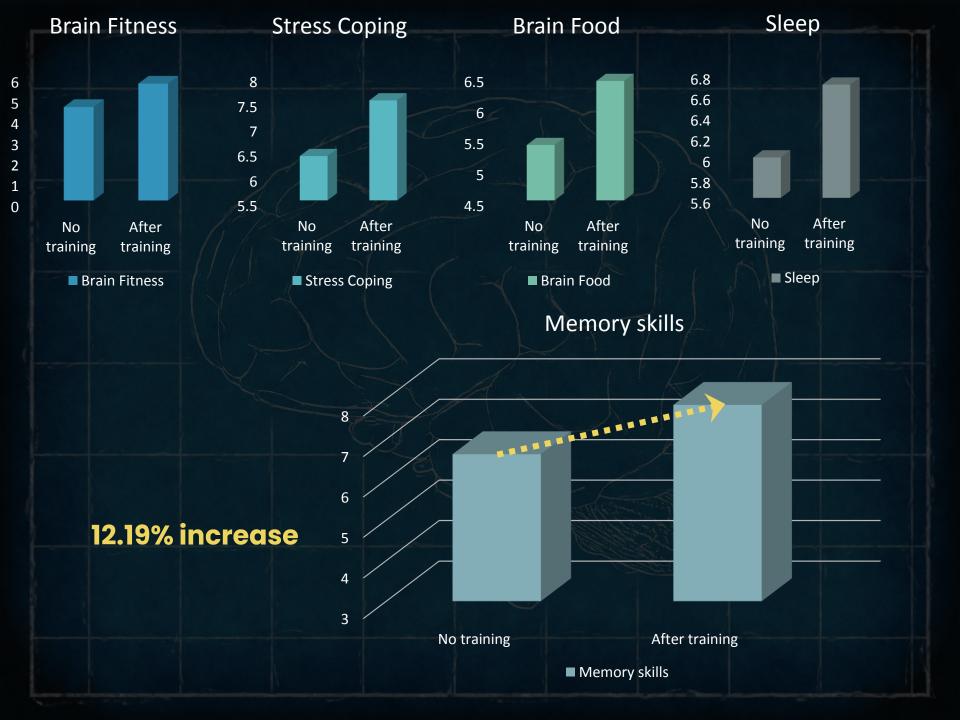
This means that there is a less than 5% chance that the difference is due to chance or random effects

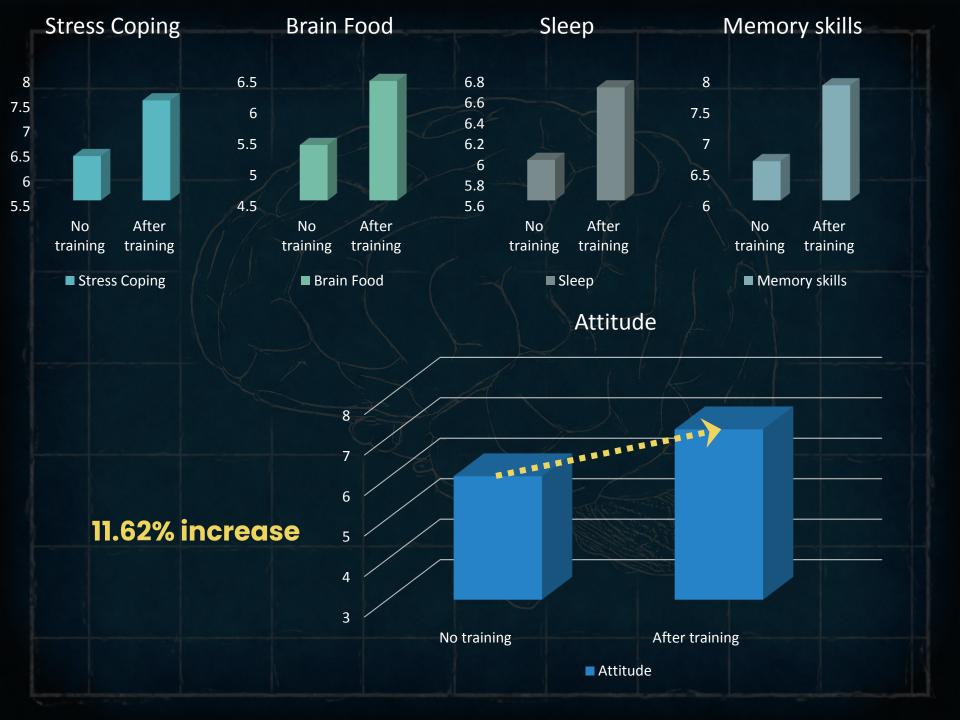


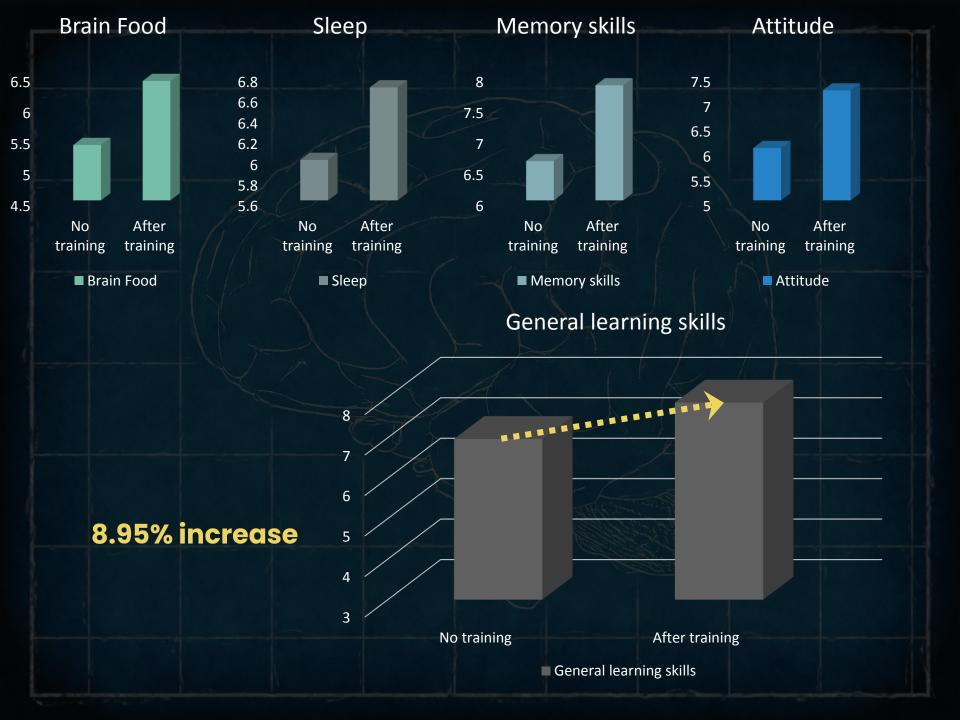


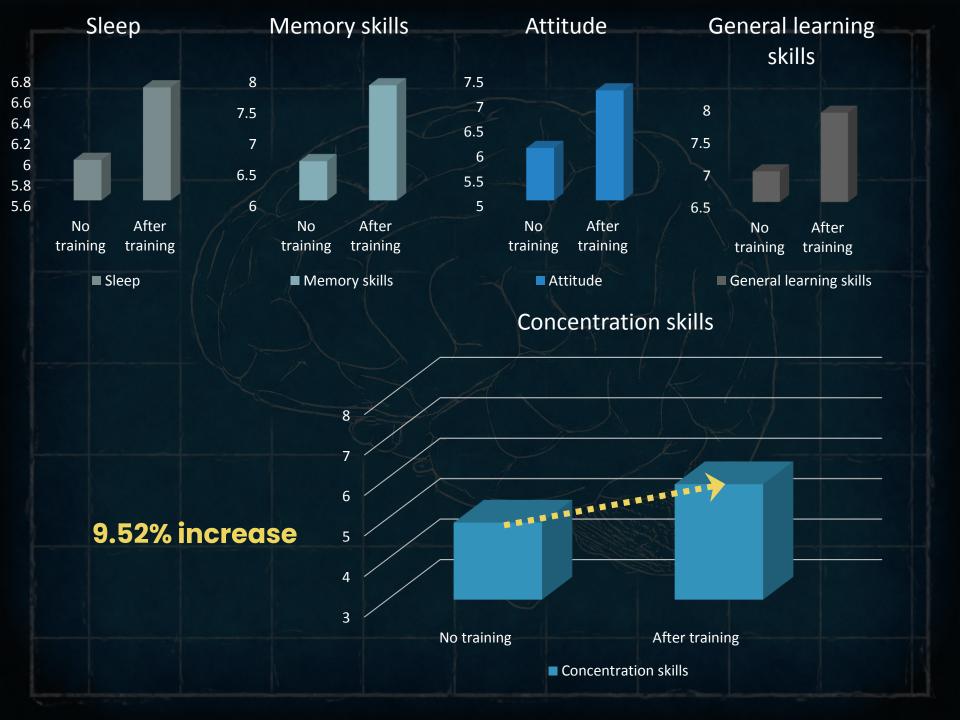


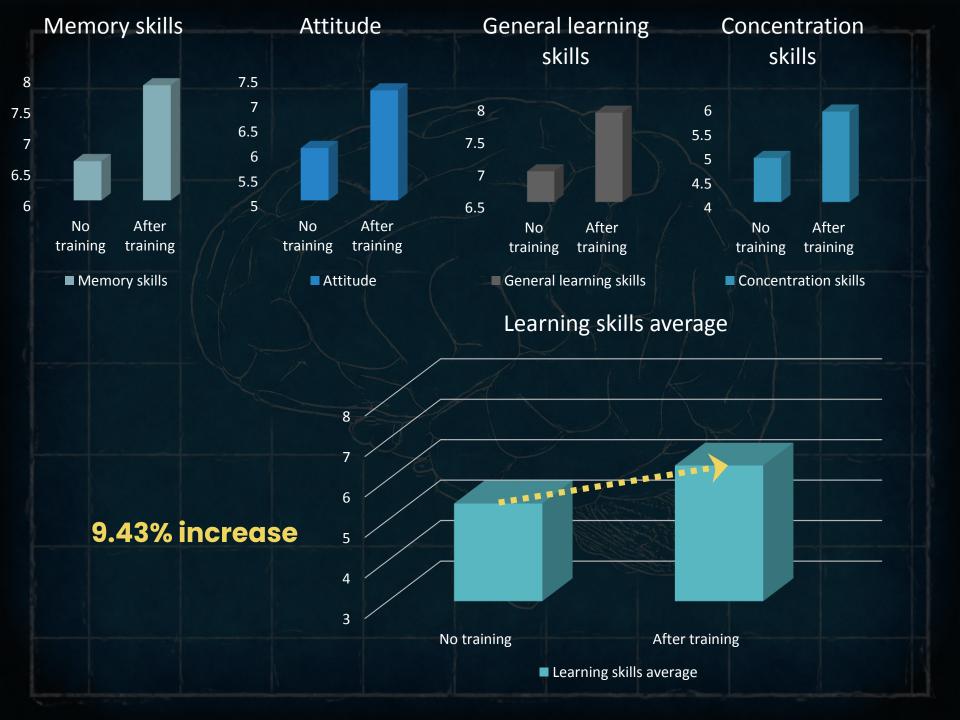


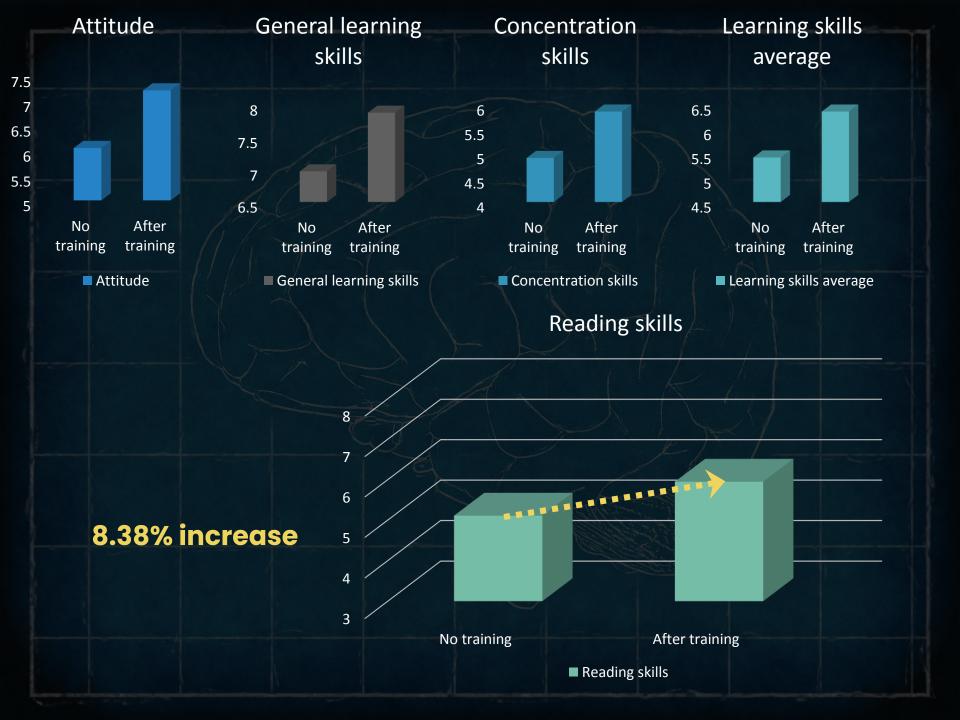


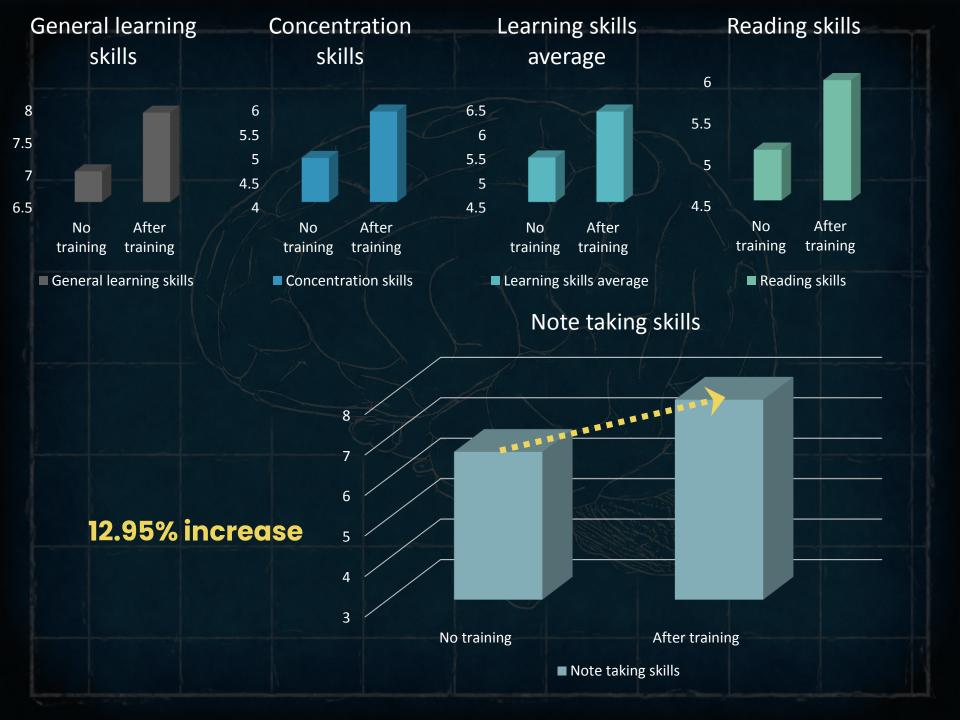


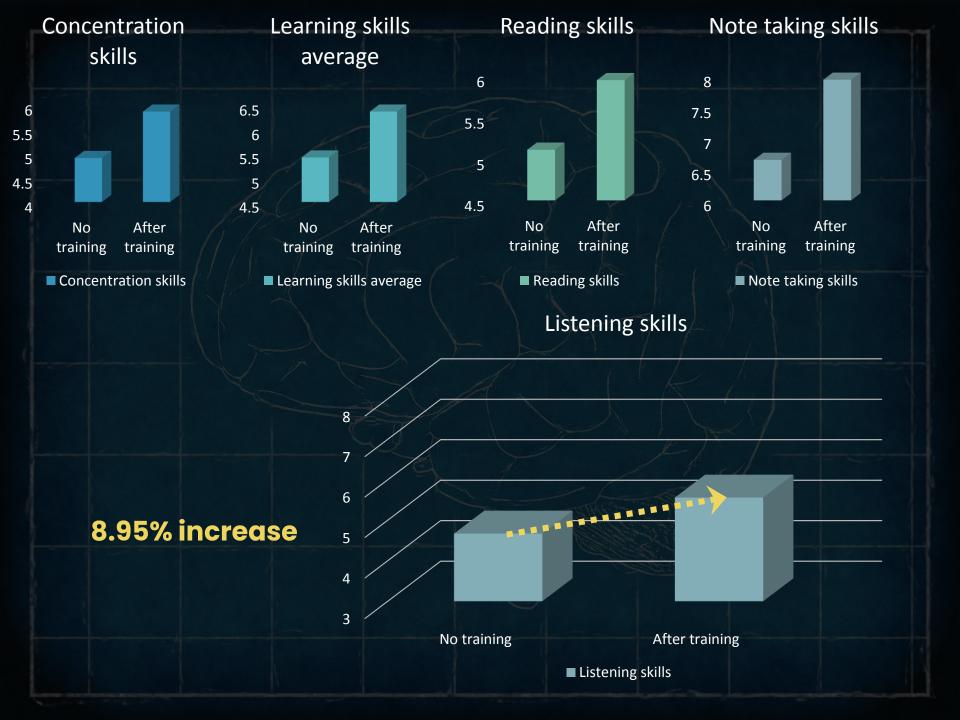


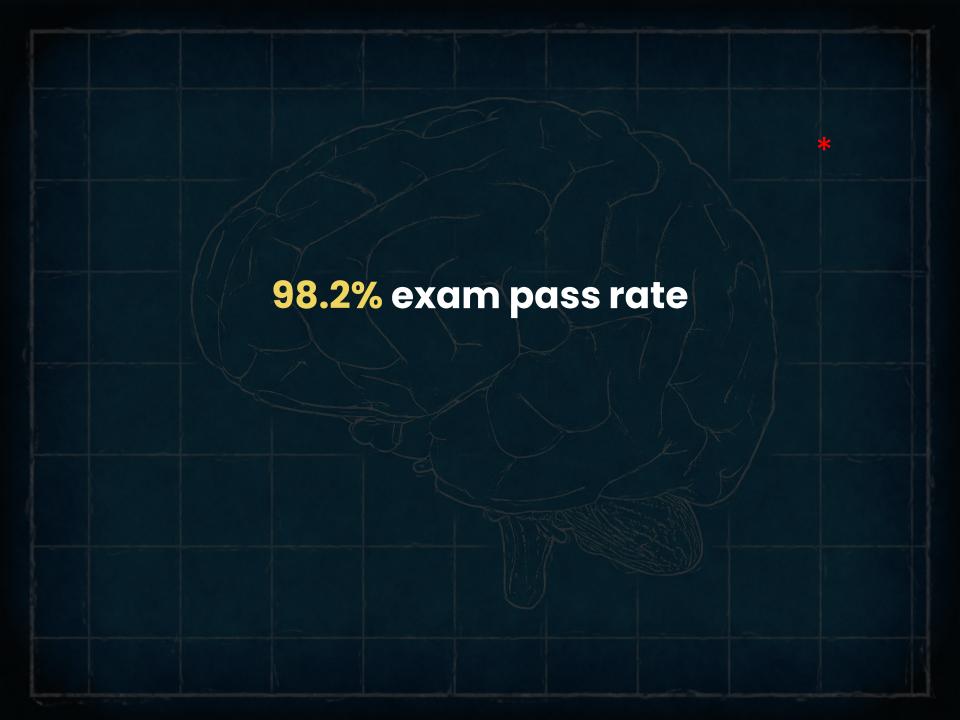










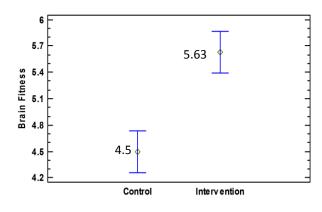




Analysis of Variance (Type III Sums of Squares) for:

Brain Fitness

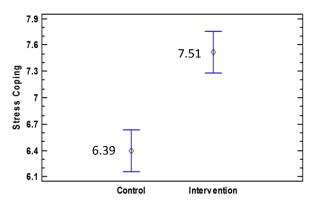
11.33% increase



Covariates/ Main effect	Sum of Squares	F-Ratio	P-value
Treatment	67.43	22.94	* 0.004

Stress Coping

11.24% increase



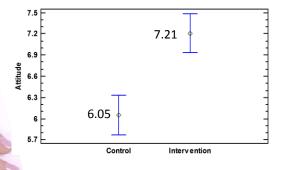
Covariates/ Main effect	Sum of Squares	F-Ratio	P-value
Treatment	66.30	21.64	* 0.007





Attitude

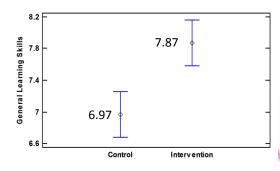
11.62% increase



Covariates/ Main effect	Sum of Squares	F-Ratio	P-value
Treatment	70.88	16.79	* 0.001

General Learning Skills

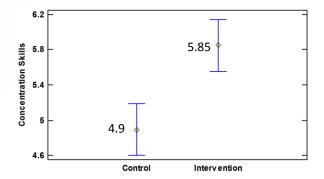
8.95% increase



Covariates/ Main effect	Sum of Squares	F-Ratio	P-value
Treatment	42.08	9.40	* 0.0025

Concentration Skills

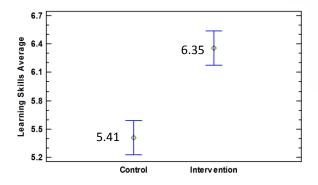
9.52% increase



Covariates/ Main effect	Sum of Squares	F-Ratio	P-value
Treatment	47.62	10.35	* 0.0015

Learning Skills Average

9.43% increase



Covariates/ Main effect	Sum of Squares	F-Ratio	P-value
Treatment	46.67	26.57	* 0.005

Reading Skills

8.38% increase

6.3 6 5.95 5.7 5.7 5.1 5.11

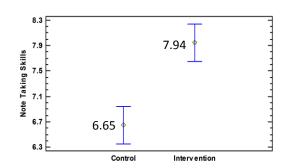
Covariates/ Main effect	Sum of Squares	F-Ratio	P-value
Treatment	36.88	11.96	* 0.007

Intervention

Control

Note Taking Skills

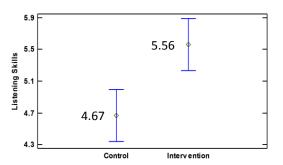
12.95% increase



Covariates/ Main effect	Sum of Squares	F-Ratio	P-value
Treatment	88.08	18.93	* 0.0095

Listening Skills

8.95% increase



Covariates/ Main effect	Sum of Squares	F-Ratio	P-value
Treatment	42.78	7.41	* 0.007