

Artikkelin ”Tutkimukset osoittavat, että opiskeluun liitetty liike parantaa oppimista” lähteitä

- Álvarez-Bueno, C., Pesce, C., Caverro-Redondo, I., Sánchez-López, M., Martínez-Hortelano, J. A. & Martínez-Vizcaíno, V. 2017. The Effect of Physical Exercise Activity Interventions on Children’s Cognition and Metacognition: A Systematic Review and Meta-Analysis. *Journal of the American Academy of Child & Adolescent Psychiatry* 56(9):729–738.
- Bartholomew, J. B. & Jowers, E. M. 2011. Physically Active Academic Lessons in Elementary Children. *Preventive Medicine* 52(Suppl): S51–S54.
- Chang, Y. K., Labban, J. D., Gapin, J. I. & Etnier, J. L. 2012. The effects of acute exercise on cognitive performance: A meta-analysis. *Brain Research* 1453:87–101.
- De Greeff, J. W., Bosker, R. J., Oosterlaan, J., Visscher, C. & Hartman, E. 2018. Effects of physical activity on executive functions, attention and academic performance in preadolescent children: a meta-analysis. *Journal of Science and Medicine in Sport* 21(5):501–507.
- Donnelly, J. E., Greene, J. L., Gibson, C. A., Smith, B. K., Washburn, R. A., Sullivan, D. K., DuBose K., Mayo, M. S., Schmelzle, K. H. Ryan, J. J., Jacobsen, D. J., & Williams, S. L. 2009. Physical Activity Across the Curriculum (PAAC): A randomized controlled trial to promote physical activity and diminish overweight and obesity in elementary school children. *Preventive Medicine* 49 (2009), 336–341.
- Donnelly, J. E. & Lambourne, K. 2011. Classroom-based physical activity, cognition, and academic achievement. *Preventive Medicine* 52 (2011), S36–S42.
- Erwin, H., Fedewa, A., Beighle, A. & Ahn, S. 2012. A Quantitative Review of Physical Activity, Health, and Learning Outcomes Associated With Classroom-Based Physical Activity Interventions. *Journal of Applied School Psychology* 28(1):14–36.
- Fedewa, A. L., Ahn, S., Erwin, H. & Davis, M. C. 2015. A randomized controlled design investigating the effects of classroom-based physical activity on children’s fluid intelligence and achievement. *School Psychology International* 2015 Vol. 36(2):135–153.
- Haverkamp, B. F., Wiersma, R., Vertessen, K., van Ewijk, H., Oosterlaan, J. & Hartman, E. 2020. Effects of physical activity interventions on cognitive outcomes and academic performance in adolescents and young adults: A meta-analysis. *Journal of Sport Sciences* 38(23):2637–2660.
- Hillman, C. H., Erickson, K. I. & Kramer, A. F. 2008. Be smart, exercise your heart: exercise effects on brain and cognition. *Nature Reviews Neuroscience* 9 (2008):58–65.
- Infantes-Paniagua, Á., Silva, A. F., Ramirez-Campillo, R., Sarmiento, H. González-Fernández, F. T., González-Víllora, S. & Clemente, F. M. 2021. Active School Breaks and Students’ Attention: A Systematic Review with Meta-Analysis. *Brain Sciences* 11(6):675.
- Kantomaa, M., Syväoja, H., Sneck, S., Jaakkola, T., Pyhättö, K. & Tammelin, T. 2018. Koulupäivän aikainen liikunta ja oppiminen. Tilannekatsaus, tammikuu 2018. Opetushallitus ja Liikunnan ja kansanterveyden edistämissäätiö LIKES. Raportit ja selvitykset 2018:1.
- Maeda, J. K. & Randall, L. M. 2003. Can Academic Success Come from Five Minutes of Physical Activity? *Brock Education Journal* 13(1).
- Masini, A., Marini, S., Gori, D., Leoni, E., Rochira, A. & Dallolio, L. 2019. Evaluation of school-based interventions of active breaks in primary schools: A systematic review and meta-analysis. *Journal of Science and Medicine in Sport* 23(4):377–384.
- McMichan, L., Gibson, A.-M. & Rowe, D. A. 2018. Classroom-based physical activity and sedentary behavior interventions in adolescents: a systematic review and meta-analysis. *Journal of Physical Activity and Health* 15(5):383–393.
- Norlander, T., Moås, L. & Archer, T. 2005. Noise and Stress in Primary and Secondary School Children: Noise Reduction and Increased Concentration Ability Through a Short but Regular Exercise and Relaxation Program. *School Effectiveness and School Improvement* 16(1):91–99.

- Norris, E., Shelton, N., Dunsmuir, S., Duke-Williams, O. & Stamatakis, E. 2015. Physically active lessons as physical activity and educational interventions: A systematic review of methods and results. *Preventive Medicine* 72(2015):116–125.
- Owen, K. B., Parker, P., Van Zanden, B. & MacMillan, F. 2016. Physical Activity and School Engagement in Youth: A Systematic Review and Meta-Analysis. *Educational Psychologist* 51(2):1–17.
- Pastor-Vicedo, J. C., Prieto-Ayuso, A., López Pérez, S. & Martínez-Martínez, J. 2021. Active Breaks and Cognitive Performance in Pupils: A Systematic Review. *Apunts Educación Física y Deportes* 146:11-23.
- Raspberry, C. N., Lee, S. M., Robin, L., Laris, B. A., Russell, L. A., Coyle, K. K. & Nihiser, A. J. 2011. The association between school-based physical activity, including physical education, and academic performance: A systematic review of the literature. *Preventive Medicine* 52 (2011):S10–S20.
- Reed, J. A., Einstein, G., Hahn, E., Hooker, S. P., Gross, V. P. & Kravitz, J. 2010. Examining the Impact of Integrating Physical Activity on Fluid Intelligence and Academic Performance in an Elementary School Setting: A Preliminary Investigation. *Journal of Physical Activity and Health* 2010(7):343–351.
- U.S. Department of Health and Human Services 2010. The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance. Centers for Disease Control and Prevention. National Center for Chronic Disease Prevention and Health Promotion. Division of Adolescent and School Health.
- Vazou, S., Pesce, C., Lakes, K. & Smiley-Oyen, A. 2019. More than one road leads to Rome: A narrative review and meta-analysis of physical activity intervention effects on cognition in youth. *International Journal of Sport and Exercise Psychology* 17(2):153–178.
- Watson, A., Timperio, A., Brown, H., Best, K. & Hesketh, K. D. 2017. Effect of classroom-based physical activity interventions on academic and physical activity outcomes: a systematic review and meta-analysis. *International Journal of Behavioral Nutrition and Physical Activity* (2017) 14(1):114.