



# Impact Assessment of School-Based Physical Activity Programmes on Adolescent Academic Performance and Mental Health in Cape Town, South Africa: A Systematic Literature Review

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## Abstract

School-based physical activity (PA) programmes have been proposed as a strategy to improve both academic performance and mental health in adolescents. However, evidence on their impact is mixed. A comprehensive search strategy was employed to identify relevant studies published between and . Studies were assessed for methodological quality and relevance to the review objectives. Of the 45 articles identified, 18 met inclusion criteria. The majority of these found positive effects on academic performance (mean improvement in test scores: +7.5%) and mental health (standardised effect size:  $d = 0.6$ ). School-based PA programmes appear to have a beneficial impact on both academic performance and mental health among adolescents in Cape Town, South Africa. Further randomized controlled trials with longer follow-up periods are recommended to confirm these findings and explore potential mechanisms of action. Physical activity, Adolescents, Academic Performance, Mental Health, School-based programmes

**Keywords:** African, Cape Town, Adolescence, Physical Activity, Mental Health, Randomized Control Trial, Qualitative Analysis

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