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Effects of physical activity and breaks on mathematics engagement in adolescents

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Abstract

Objectives. The purpose of this study was to determine whether physical activity has a positive relationship with school engagement regardless of the presence or absence of a recess or lunch break before the classroom lesson.

Design. Data were collected over three ten-week periods: January-April 2014 (Time 1), October-December 2014 (Time 2), and April-June 2015 (Time 3).

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