



NOT JUST A GYM WEEK

PSU CAMPUS REC PAGES:

[Wellbeing | Portland State University](#)

[Outdoor Program | Portland State University](#)

[Sports & Clubs | Portland State University](#)

[Climbing Center | Portland State University](#)

[Events Calendar | Portland State University](#)

ACADEMIC BENEFITS OF PHYSICAL ACTIVITY:

[Relationship between Physical Fitness and Academic Performance in University Students](#)

[The Effect of Physical Activity on Student Performance in College](#)

[Social reward and support effects on exercise experiences and performance](#)