

## Call for Papers: The Potential Role of Physical Exercise In Post-Secondary Student Academic Achievement

**Guest Editor: Masood Zangeneh, Ph.D.**

The Interdisciplinary Journal of Student Success is pleased to announce a special issue exploring the potential role of physical exercise in post-secondary student academic achievement.

The transition to post-secondary education places significant cognitive and emotional demands on students, yet many institutions overlook holistic strategies that support both mental well-being and academic performance. A growing body of evidence suggests that physical exercise is not merely a recreational activity but a potent, non-academic intervention with the potential to enhance cognitive function, improve concentration, mitigate stress, and bolster overall mental health. However, the specific mechanisms—physiological, psychological, and social—through which exercise influences academic outcomes like GPA, retention, and knowledge retention in the student population remain underexplored and fragmented across disciplines. This thematic issue seeks to consolidate and advance this critical discourse by bringing together interdisciplinary research that empirically investigates the direct and indirect links between physical activity and academic achievement, aiming to provide a robust evidence base to inform institutional health promotion strategies and academic support frameworks.

We invite submissions that explore these topics through empirical studies, theoretical frameworks, clinical reflections, community-based research, cultural analysis, and first-person or narrative accounts.

### Submission Guidelines:

Authors are invited to submit original research papers, theoretical papers, case studies, Workshop papers, reviews, commentary, and innovative practice papers related to the themes. Submissions should follow the journal's guidelines and formatting instructions:

<https://cdspress.ca/?p=3945>

### Important Dates:

Abstract Submission Deadline: December 15, 2025

Please email your abstract to: [masood.zangeneh@humber.ca](mailto:masood.zangeneh@humber.ca)

Paper Submission Deadline: March 30, 2026

Article Submission: <https://ijss.manuscriptmanager.net/>

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