

Fit to Study Research Team
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Homework Assignment 1

The Universities of Oxford, Oxford Brookes and Birmingham are conducting a science experiment called Fit to Study that is investigating the impact of PE on mental skills. Today, you will be doing the first part of a range of assessments of mental skills, such as attention and memory, as homework. These tests should be done in a quiet environment so that you can concentrate and do your best. Do not worry if you find it hard – not all of the exercises are easy – but your performance is important to the scientists, so please concentrate and do as well as you can.

The assignment needs to be done all in one go (it cannot be paused).

Before you start this assignment, take the following object (if you have one):

- A ruler

To start this assignment:

1. Ensure you are in a quiet room with no distractions (phone off, TV off etc.) before starting this computer-based homework
2. Turn on an internet-connected PC or Mac, desktop or laptop (it will not work on a tablet or phone)
3. Plug in headphones. Check they are working and that the volume is turned up high.
4. Open an internet browser (e.g. Google Chrome, Safari, Firefox, Internet Explorer)
5. Type in the URL of the cognitive assessments (ask your form-teacher)
6. Enter your 8-digit ID-number which has been printed at the bottom of this page
7. Confirm your ID-number and enter your date of birth.
8. Complete the exercises
9. The exercises can take a couple of seconds to load, so please be patient (and do not press any buttons while waiting)
10. Fill out the questionnaire at the end of the exercises
11. You are done! Thank you very much.

Name

ID-number