

Aging, Exercise, and Cognition Series

EXERCISE AND ITS MEDIATING EFFECTS ON COGNITION



Waneen W. Spirduso
Leonard W. Poon
Wojtek Chodzko-Zajko
Editors

volume 2

Exercise And Its Mediating Effects On Cognition Aging Exercise And Cognition

**Cognitive Neuroscience Society.
Meeting**



Exercise And Its Mediating Effects On Cognition Aging Exercise And Cognition:

Exercise and Its Mediating Effects on Cognition Waneen Wyrick Spirduso, Leonard W. Poon, Wojtek J. Chodzko-Zajko, 2007 This title seeks to expand on reader's understanding by examining whether and how physical activity could indirectly affect cognitive function by influencing mediators that provide physical and mental resources for cognition Aging, Exercise, and Cognition Series Package Wojtek Chodzko-Zajko, Leonard Poon, Waneen Spirduso, 2009-10-08 Human Kinetics Aging Exercise and Cognition series presents advanced research and key issues for understanding and researching the links between exercise aging and cognition The three volumes in this series are essential references for cognitive gerontologists medical and health science researchers exercise science researchers and professionals and public health administrators interested in scientific evidence demonstrating the beneficial effects of regular physical activity on cognitive functioning and general health during aging In Active Living Cognitive Functioning and Aging internationally known experts present state of the art findings related to exercise and cognitive functioning of older adults The book's review of research on pertinent issues in measurement and physiological mechanisms will raise consciousness among researchers practitioners policy makers and the public about the beneficial effects of an active lifestyle on the mind during the aging process Exercise and Its Mediating Effects on Cognition shows that although many factors contribute to a healthy mind an active lifestyle provides positive contributions to the cognitive functioning of the aging brain The text examines how physical activity can indirectly affect cognitive function by influencing mediators such as sleep quality nutrition disease states anxiety and depression that affect physical and mental resources for cognition This volume also identifies and studies key sources of individual variations in exercise and cognitive processes Enhancing Cognitive Functioning and Brain Plasticity offers a synergistic view of the complex role of exercise physical activity and intellectual stimulation in the cognitive and brain functioning of older adults The text examines exercise and nonexercise interventions shown to influence cognition and brain plasticity in elderly humans and older animals and it explains how state of the art neuroimaging measures are used in the study of individual differences in cognition and brain functioning Exercise and Its Mediating Effects on Cognition Waneen Wyrick Spirduso, Leonard W. Poon, Wojtek J. Chodzko-Zajko, 2008 Current research is changing the notion that little can be done to deflect the inexorable damage done to the brain by the aging process Exercise and Its Mediating Effects on Cognition shows that although many factors contribute to a healthy mind an active lifestyle provides positive contributions to the cognitive functioning of the aging brain Exercise and Its Mediating Effects on Cognition examines how physical activity can indirectly affect cognitive function by influencing mediators such as sleep quality nutrition disease states anxiety and depression that affect physical and mental resources for cognition This volume also identifies and studies key sources of individual variations in exercise and cognitive processes Seventeen internationally recognized experts in exercise cognition neurobiological processes and aging provide a review of the state of knowledge and where appropriate provide practical applications of research findings The

book's review of research will update and expand current thinking on pertinent issues regarding the relationship between exercise and cognition. The research presented in *Exercise and Its Mediating Effects on Cognition* is organized within a general model that illustrates the interrelationships of exercise and physical activity and the mediators that enhance cognition. Each chapter begins with an overview of how the topic fits into the general model. Following each chapter a summary provides not only the highlights of the chapter but also the consensus or controversies associated with the chapter topic. The first chapter outlines the exercise cognition model developed by Spirduso, Poon, Chodzko, Zajko, and the text's contributors. Chapter 2 discusses exercise mediators that affect physical and mental resources for cognition and the combined relational effect on the cognitive process. Chapters 3 through 5 present research conducted on exercise and cognition in relation to depression, stress, and self-efficacy. Chapter 6 discusses cognitive energetics. Methodological problems of exercise and mental resources are presented in chapter 7, and diet, motor behavior, and cognition are discussed in chapter 8. Chapters 9 and 10 discuss the relationships between exercise, sleep, and cognition. The effects of exercise on cognition in cases of hypertension, diabetes, and chronic obstructive pulmonary disease are presented in chapters 11 through 13. In the final chapter, the editors offer conclusions and future research directions. *Exercise and Its Mediating Effects on Cognition* is the second of a three-volume series in the Human Kinetics Aging Exercise and Cognition series, which presents advanced research and key issues for understanding and researching the links between exercise, aging, and cognition. In *Exercise and Its Mediating Effects on Cognition*, internationally known experts define current knowledge and future directions to address issues of active living, cognitive functioning, and aging. All three volumes are essential references for cognitive gerontologists, medical and health science researchers, exercise science researchers and professionals, and public health administrators interested in scientific evidence demonstrating the beneficial effects of regular physical activity on cognitive functioning and general health during the aging process.

[Exercise-Cognition Interaction](#) Terry McMorris, 2015-11-06

Exercise Cognition Interaction: Neuroscience Perspectives is the only book on the market that examines the neuroscientific correlation between exercise and cognitive functioning. The upsurge in research in recent years has confirmed that cognitive psychology theory cannot account for the effects of exercise on cognition, and both acute and chronic exercise effect neurochemical and psychophysiological changes in the brain that in turn affect cognitive functioning. This book provides an overview of the research into these effects from theoretical research through current studies that emphasize neuroscientific theories and rationales. In addition, users will find a thorough examination of the effects of exercise interventions on cognitive functioning in special populations, including the elderly, children, and those suffering from a variety of diseases, including schizophrenia, diabetes, and an array of neurological disorders. With contributions from leading researchers in the field, this book will be the go-to resource for neuroscientists, psychologists, medical professionals, and other researchers who need an understanding of the role exercise plays in cognitive functioning. Provides a comprehensive account of how exercise affects brain functioning.

which in turn affects cognition Covers both theory and empirical research Presents a thorough examination of the effects of exercise interventions on cognitive functioning in special populations including the elderly children and those suffering from a variety of diseases Examines neurochemical psychophysiological and genetic factors Covers acute and chronic exercise

Cognitive and Brain Plasticity Induced by Physical Exercise, Cognitive Training, Video Games and Combined Interventions Soledad Ballesteros, Claudia Voelcker-Rehage, Louis Bherer, 2018-07-05 The premise of neuroplasticity on enhancing cognitive functioning among healthy as well as cognitively impaired individuals across the lifespan and the potential of harnessing these processes to prevent cognitive decline attract substantial scientific and public interest Indeed the systematic evidence base for cognitive training video games physical exercise and other forms of brain stimulation such as entrain brain activity is growing rapidly This Research Topic RT focused on recent research conducted in the field of cognitive and brain plasticity induced by physical activity different types of cognitive training including computerized interventions learning therapy video games and combined intervention approaches as well as other forms of brain stimulation that target brain activity including electroencephalography and neurofeedback It contains 49 contributions to the topic including Original Research articles 37 Clinical Trials 2 Reviews 5 Mini Reviews 2 Hypothesis and Theory 1 and Corrections 2

Journal of Sport & Exercise Psychology, 2009 **Research Magazine**, 2009 **Handbook of Cognitive Aging**

Quentin Gariépy, Raphaël Ménard, 2010 Ageing is the accumulation of changes in an organism or object over time Ageing in humans refers to a multidimensional process of physical psychological and social change Some dimensions of ageing grow and expand over time while others decline Reaction time for example may slow with age while knowledge of world events and wisdom may expand Research shows that even late in life potential exists for physical mental and social growth and development Ageing is an important part of all human societies reflecting the biological changes that occur but also reflecting cultural and societal conventions More people are reaching older age today than ever before and the incidence of dementia is thus expected to rise It is important to investigate the possible prevention of dementia and cognitive decline This new book gathers the latest research from around the globe in this field of study and related topics such as cardiovascular disease and cognitive function physical exercise and cognitive function in the elderly the dementia diagnosis the role of MRI in Alzheimer's disease oestrogen decline effects on the mental health of ageing women and the relationship between dementia and depression

Choice, 2008 *Exercise and Cognitive Function* Terry McMorris, Phillip D. Tomporowski, Michel Audiffren, 2009-03-30 Exercise and Cognitive Function focuses on the relationship between physical exercise and cognition a very timely and important topic with major theoretical and practical implications for a number of areas including ageing neurorehabilitation depression and dementia It brings together a wide range of analytical approaches and experimental results to provide a very useful overview and synthesis of this growing field of study The book is divided into three parts Part I covers the conceptual theoretical and methodological underpinnings and issues Part II focuses on

advances in exercise and cognition research with appropriate sub sections on acute and chronic exercise and cognition Part III presents an overview of the area and makes suggestions for the direction of future research This is the first book to provide a cutting edge examination of this increasingly important area written by leading experts from around the world It will prove invaluable to researchers and practitioners in a number of fields including exercise science cognitive science neuroscience and clinical medicine The first book in depth investigation of the relationship between physical exercise and brain function Covers theoretical approaches and experimental results and includes chapters on the latest developments in research design Examines the effects of both acute and chronic exercise on brain function International list of contributors who are leading researchers in their field Bibliographic Index ,2010 The Handbook of Aging and Cognition Fergus I. M. Craik,Timothy A. Salthouse,2008 Cognitive aging is a flourishing area of research This third edition reviews the findings and theories since the previous edition and evaluates the field s points of growth Aging and Cognition Hayden B. Bosworth,Christopher K. Hertzog,2009 As the world s population ages the study of aging and its effects on cognition becomes increasingly important Aging and Cognition Research Methodologies and Empirical Advances takes an interdisciplinary look at cognitive aginghow it happens and how to study it The first part of the book explores methods for measuring cognitive change including how to study cohort effects How can we account for differences in cognitive performance from one cohort to another Should we assume factor invariance across cohorts or time These issues are treated in the context of new and existing empirical research making the discussion of methodological issues more concrete and accessible The second part of the book explores the social and psychological factors associated with cognitive aging For example to what extent do socioeconomic status optimism and personal sense of control affect aging Is the controversial use it or lose it theory of cognition valid Finally the concluding section explores how to use research findings to improve the everyday functioning of adults a challenging task because everyday functioning relies on complex cognitive tasks and most cognitive research measures only basic cognitive tasks The chapter in this final section uses medication adherence as an example of deriving real world solutions from cognitive research results With its emphasis on social and contextual factors that influence aging this book showcases both substantive and methodological developments in the field It will be useful to everyone who studies aging and cognition Jacket PsycINFO Database Record c 2009 APA all rights reserved *McGraw-Hill Yearbook of Science and Technology*, 2010 McGraw-Hill,2009-12-22 More than 150 articles explore the latest advances in science and technology For more than 45 years this annual publication has made information on the latest trends and developments in science and technology accessible to non specialists through concise well illustrated articles Readers will find 150 articles from 200 leaders in their respective fields covering disciplines from Astronomy to Zoology The Yearbook will be of interest to students writers researchers professionals and general readers **Perspectives on Cognitive Change in Adulthood and Aging** Fredda Blanchard-Fields,Thomas M. Hess,1996 This upper level text for advanced undergraduate

students addresses cognitive and intellectual changes in adulthood and ageing Chapters cover such topics as foundations intelligence information processing memory and cognition in context *The Olympic Textbook of Science in Sport* Ronald J. Maughan,2008-12-15 This new volume in the Encyclopaedia of Sports Medicine series published under the auspices of the International Olympic Committee delivers an up to date state of the art presentation of the scientific aspects of conditioning injury prevention and competition The book covers the key areas of scientific knowledge in sport and is divided into physiology and biochemistry nutrition anthropometry immunology cell biology biomechanics engineering and ergonomics psychology pharmacology limitations to performance special populations and exercise and health Presented in a clear style and format The Olympic Textbook of Science in Sport draws on the expertise of an international collection of contributors who are recognized as leaders in their respective fields It will be indispensable for all sport scientists and medical doctors who serve athletes and sports teams and is an invaluable reference for students of sport and exercise science *A Study of how Exercise Impacts Neuronal and Cognitive Function Via a BDNF-mediated Mechanism* Shoshanna Sanna Vaynman,2005 Journal of the American Medical Association ,2009-07 *Cognitive Neuroscience Society ... Annual Meeting Abstract Program* Cognitive Neuroscience Society. Meeting,2008 Current Directions in Adulthood and Aging Susan Turk Charles,2009 This new and exciting reader includes over 26 articles that have been carefully selected for the undergraduate audience and taken from the very accessible Current Directions in Psychological Science journal These timely cutting edge articles allow instructors to bring their students real world perspective from a reliable source about today s most current and pressing issues in adulthood and aging

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