

Comparison of reaction times of high and low fitness level groups before, during and after treadmill exercise

College of Health, Physical Education and Recreation, University of Oregon - Dietary flavanols improve cerebral cortical oxygenation and cognition in healthy adults



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Dietary flavanols improve cerebral cortical oxygenation and cognition in healthy adults

Dietary, weight, and body composition assessment To assess the relative contributions of exercise, dietary habits, and weight loss, an independent assessment of dietary content was obtained at baseline and at the conclusion of the intervention. Furthermore, we conducted independent sample t-tests before and after exercise to determine if there was any difference between the two groups in the accuracy of N-back task performance.

Comparison of high

Post-hoc tests revealed that this effect was particularly present in initially low performers. No significant interactions were seen among the independent variables sport type, sex, and fitness level. Thus, obtaining valid and reliable baseline assessment data is essential for sound clinical decisions.

Effect of football activity and physical fitness on information processing, inhibitory control and working memory in adolescents

Mandelman SD, Grigorenko EL 2012 BDNF Val66Met and cognition: all, none, or some? This clearly indicates rapid acute improvements in cerebrovascular reactivity in the frontal cortex and is consistent with acute improvements in peripheral endothelial function in this population shown previously and replicated in this study approx. Overall, these findings suggest that physical fitness is an important determinant of cognitive performance in adolescents; and that acute bouts of exercise, appropriate to the fitness levels of the young people, can also enhance subsequent cognition. Respiratory gases were analysed for changes in end-tidal CO₂ using a continuous gas analyser ML206, AD Instruments, Dunedin, New Zealand.

Does Exercise Affect Reaction Time?

Fifty-five older adults were classified as low-fit mean age 69.

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