DESCRIPTION

This textbook 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 text provides a cutting-edge examination of this increasingly important area written by leading experts from around the world. The book will prove invaluable to researchers and practitioners in a number of fields, including exercise science, cognitive science, neuroscience and clinical medicine.

Key Features:

- Unique 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.

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ABOUT THE AUTHOR

Professor Terry McMorris, University of Chichester, UK

Dr Phillip Tomporowski, University of Georgia, USA

Professor Michel Audiffren, University of Poitiers, France

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FEATURES

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