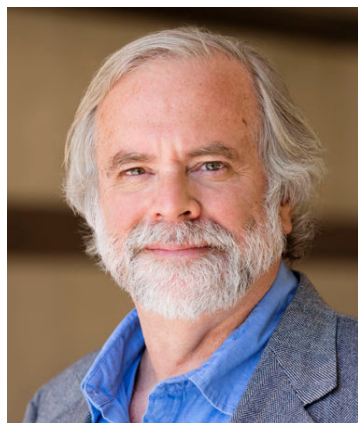


Psychological Sciences Colloquium Series



Arthur F. Kramer

Professor and Director
Center for Cognitive and Brain Health
Northeastern University
Emeritus Professor and Director
University of Illinois

Take a Hike: Physical Activity Effects on Cognition and Brain Function

Monday, March 25th, 4:00 p.m.

Leadership Studies, Town Hall Room 114

Abstract: The presentation will focus on recent research that has examined the effects of exercise training interventions on cognitive and brain health. I will discuss research that has examined changes in brain structure and/or function along with behavioral measures of cognition in interventions lasting from several weeks to 1 year. Study populations will include children, young and middle-aged individuals, and the elderly in addition to a variety of patient groups. Although the focus will be on training to improve cardiorespiratory fitness I will also briefly cover resistance training and well as multi-modal cognitive and exercise training program. Finally, the presentation will identify gaps in the literature and potential solutions.

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