



Exercise-Cognition Interaction: Neuroscience Perspectives

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Exercise-Cognition Interaction: Neuroscience Perspectives From ACADEMIC PRESS

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



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Exercise-Cognition Interaction: Neuroscience Perspectives From ACADEMIC PRESS Bibliography

- Sales Rank: #1709933 in Books
- Brand: ACADEMIC PRESS
- Published on: 2015-12-29
- Original language: English
- Number of items: 1
- Dimensions: 9.30" h x 1.20" w x 7.70" l, 2.92 pounds
- Binding: Hardcover
- 504 pages



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Editorial Review

From the Back Cover

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Exercise-Cognition Interaction provides an overview of the research into these effects, from the atheoretical research through current studies that emphasize neuroscientific theories and rationales. This book also offers 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 such as schizophrenia, diabetes, and an array of neurological disorders. With contributions from leading researchers in the field, *Exercise-Cognition Interaction* 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.

About the Author

Terry McMorris is Emeritus Professor of the Cognitive Neuroscience of Exercise and Sport at the University of Chichester and Visiting Professor at the University of Portsmouth. He initially trained as a schoolteacher and taught for 17 years before undertaking a Master of Physical Education degree at the University of New Brunswick, Canada. He obtained a PhD from the University of Southampton in 1997. His main interest is in the effect of physiological stress, especially exercise, on cognition. As well as exercise, Terry has examined the effects on cognition of sleep deprivation, heat and dehydration, and vibration during sea travel. He has also published in the area of skill acquisition and performance and published two test books on the subject.

Users Review

From reader reviews:

Patricia Koop:

Nowadays reading books be a little more than want or need but also turn into a life style. This reading practice give you lot of advantages. Associate programs you got of course the knowledge the actual information inside the book that improve your knowledge and information. The knowledge you get based on what kind of reserve you read, if you want attract knowledge just go with knowledge books but if you want sense happy read one with theme for entertaining such as comic or novel. Often the *Exercise-Cognition Interaction: Neuroscience Perspectives* is kind of guide which is giving the reader capricious experience.

Debbie Allen:

The book untitled *Exercise-Cognition Interaction: Neuroscience Perspectives* contain a lot of information on

that. The writer explains your ex idea with easy means. The language is very straightforward all the people, so do not really worry, you can easy to read the item. The book was written by famous author. The author provides you in the new time of literary works. You can easily read this book because you can continue reading your smart phone, or model, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site as well as order it. Have a nice examine.

Irma Cook:

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Karen Ofarrell:

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