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.

This textbook 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 include:

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