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# Exercise and Cognitive Function

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# Exercise and Cognitive Function

**Exercise and Cognitive Function**
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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