

عنوان مقاله:

The Effect of Physical Activity with Different Levels of Cognitive Load on Executive Control Network of Attention in Youth

محل انتشار:

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خلاصه مقاله:

Background: Physical and cognitive activities have positive effects on cognitive functions, but have been rarely applied in combination. The aim of present study was to investigate the effect of physical activity with different levels of cognitive load on executive control network of attention in youth. Methods: ۳۰ sedentary female students with an average age ۲۲.۶۳ ± ۱.۹۲ years were selected by convenience sampling and divided into three groups (physical activity without cognitive load, physical activity with cognitive load and control). The experimental groups practiced training program specific to groups for ۱۶ sessions, but the control group performed their daily activities. Participants performed Attention Networks Test before and after the training program. Data were analyzed by ANCOVA in the significant level of ۰.۰۵. Results: The results of statistical test showed no a significant difference between the scores of the three groups in executive control network of attention. Conclusion: According to the results of this study, it seems that physical activity with and without cognitive load does not have a significant effect on the efficiency of the executive control network of attention in young people.

کلمات کلیدی:

Aerobic, Attention Networks, Cognitive Load, Exercise, Executive Control

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