

عنوان مقاله:

Investigating changes in cognitive ability in athletes with repeated measurements during one year

محل انتشار:

مجله بین المللی یافته های نوین در علوم بهداشتی و تربیتی، دوره 1، شماره 1 (سال: 1402)

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نویسنده:

,Mona Jahangiri - Master of Cognitive Psychology

خلاصه مقاله:

The purpose of this study is to investigate the cognitive changes that have been made in athletes who regularly exercised for a year. The method of this study was that cognitive ability was measured before starting exercise, then after ۶ months and after ۱ year cognitive ability test was taken from the same people in order to have the possibility to check their changes in one year. This study was conducted on ۴۴ people, ۲۴ of whom were women and ۲۰ of whom were men, and the available sample was a non-random volunteer. The results showed that inhibitory control, selective attention, planning and decision-making had the most change, and social cognition did not change, and flexibility and sustained attention had the least change, and in general, their cognitive ability increased after one year, and the relationship between sports And cognitive ability is significant, and there is no difference in the acquisition of cognitive ability in sports in the analysis of gender, women and men. The purpose of this study is to investigate the cognitive changes that have been made in athletes who regularly exercised for a year. The method of this study was that cognitive ability was measured before starting exercise, then after ۶ months and after ۱ year cognitive ability test was taken from the same people in order to have the possibility to check their changes in one year. This study was conducted on ۴۴ people, ۲۴ of whom were women and ۲۰ of whom were men, and the available sample was a non-random volunteer. The results showed that inhibitory control, selective attention, planning and decision-making had the most change, and social cognition did not change, and flexibility and sustained attention had the least change, and in general, their cognitive ability increased after one year, and the relationship between sports And cognitive ability is significant, and there is no difference in the acquisition of cognitive ability in sports in the analysis of gender, women and men.

کلمات کلیدی:

.athletes, cognitive ability, repeated measurement, one year

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