

1. Record Nr.	UNINA9910347055403321
Autore	Krell-Rösch Janina
Titolo	Interdependence of Physical (In-) Activity, Fitness and Cognition: A Cross-Sectional Study in Young Adults
Pubbl/distr/stampa	KIT Scientific Publishing, 2014
ISBN	1000037914
Descrizione fisica	1 electronic resource (IV, 273 p. p.)
Collana	Karlsruher sportwissenschaftliche Beiträge / Institut für Sport und Sportwissenschaft, Karlsruher Institut für Technologie (KIT). Hrsg.: Prof. Dr. Klaus Bös, PD Dr. Michaela Knoll
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	There is growing evidence for possible associations between physical exercise, fitness and cognitive performance in elderly, but research in young adults is lacking. The aim of this cross-sectional study was to investigate the interdependence between physical (in-) activity, fitness, and cognition in young adults. The methods included a number of physical performance tests, a physical activity questionnaire, and a test battery to measure executive functions and event-related brain potentials.