B·DEBATE International Center for Scientific Debate BARCELONA

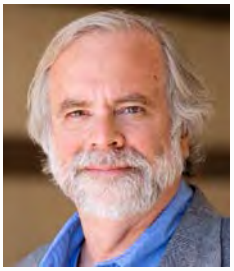
50 years INSTITUT GUTTMANN the challenge of a dream! INSTITUT GUTTMANN HOSPITAL DE NEUROREHABILITACIÓ Institut Universitari adscrit a la UAB

ARTHUR KRAMER

CV

PARTICIPANT AT:

BRAIN HEALTH.
FROM GENES TO BEHAVIOUR, IMPROVING OUR LIVES



October, 6th-7th, 2015, Barcelona

Arthur Kramer, Director of the Beckman Institute for Advanced Science & Technology and the Swanlund Chair and Professor of Psychology and Neuroscience at the University of Illinois, Champaign, USA

He received his Ph.D. in Cognitive/Experimental Psychology from the University of Illinois in 1984. He holds appointments in the Department of Psychology, Neuroscience program, and the Beckman Institute. Professor Kramer's research projects include topics in Cognitive Psychology, Cognitive Neuroscience, Aging, and Human Factors. A major focus of his labs recent research is the understanding and enhancement of cognitive and neural plasticity across the lifespan. He is a former Associate Editor of Perception and Psychophysics and is currently a member of six editorial boards. Professor Kramer is also a fellow of the American Psychological Association, American Psychological Society, a former member of the executive committee of the International Society of Attention and Performance, and a recipient of a NIH Ten Year MERIT Award. Professor Kramer's research has been featured in a long list of print, radio and electronic media including the New York Times, Wall Street Journal, Washington Post, Chicago Tribune, CBS Evening News, Today Show, NPR and Saturday Night Live.

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ABSTRACT

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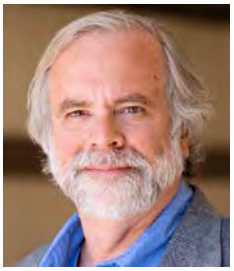

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Exercising Your Mind & Brain

In my presentation I will review research conducted in our laboratory, and the field in general, which has examined the extent to which fitness training and physical activity enhances cognition and brain structure and function of adults. The presentation will cover both cross-sectional and intervention studies of fitness differences and fitness and physical activity training. Studies which assess cognition via both behavioral measures and non-invasive neuroimaging measures, such as magnetic resonance imaging, functional magnetic resonance imaging, event-related brain potentials, and the event-related optical signal, will be reviewed and discussed. Finally, I will explore the gaps in the human and animal literature on cognitive and brain health and the manner in which they can be addressed in future research.

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