Aging, Cognition, and Action Lab: Research Areas

Impact of Cognitive Declines on Motor Behavior
- Cognitive and motor functions decline with aging
- Not independent

Interventions for Improving Functional Independence in Aging
- Interventions for improving cognitive and motor function in older adults? Exercise? Cognitive Training?
- Improving functional independence and quality of life

Measuring: Sensory, Cognitive, and Motor Function

Jeralean Talley
(May, 1899 – June, 2015)
Scholarly Contributions (Previous, Current, and Future)

- Impact of Age-Related Cognitive Decline on:
  Learning Novel Motor Skills

- Improving Cognitive and Motor Function:

Baseline Measures:
- Cognitive
- Motor Learning
- Physical & Cardiovascular

12 weeks of Exercise

Outcome Measures:
- Cognitive
- Motor Learning
- Physical & Cardiovascular

Adaptive Motor Behavior