The Effect of Exercise on Neuroplasticity: A Skill-Based Approach

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Emerging evidence is suggesting that exercise can be used as a primer for neuroplasticity. This relationship was investigated in the current study, by having three groups of participants complete a jump rope and reasoning activity in various orders. The hypothesis of the study was that the group who exercised prior to completing the reasoning activities would score the highest. Even though the study did not yield results significant enough to reject the null hypothesis, a finding that this group did outperform the others after being exposed to the reasoning activity prior to exercising offers new insights into educational instruction methods.

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