

SEMINAR SERIES

Supported by The Department of Biomechanics and
The Center for Research in Human Movement Variability (MOVCENTR)

AGING, EXERCISE, AND BRAIN PLASTICITY

Featuring Dr. Kirk Erickson

University of Pittsburgh

February 22, 2019

12:00 - 1:15 pm | H&K112

Parking Available in Lot T



ABOUT DR. ERICKSON

Dr. Kirk Erickson is a Professor at the University of Pittsburgh. His research examines the impact of physical activity on brain health. Dr. Erickson's research has been funded by numerous awards and grants from NIH and his research has resulted in the Chancellor's Distinguished Research Award from the University of Pittsburgh. He was named a Fellow of the Academy of Behavioral Medicine Research in 2016 and a Distinguished Scientist from Murdoch University in Australia in 2018. He was a member of the 2018 Physical Activity Guidelines Advisory Committee, and chair of the Brain Health subcommittee. His research has been featured in a long list of print, radio, and electronic media including the New York Times, CNN, BBC News, NPR, Time, and the Wall Street Journal.

LEARNING OBJECTIVES

- Describe the brain areas most commonly found to be associated and affected by exercise.
- Describe several mechanisms by which exercise influences the brain.
- Describe several moderating factors that could influence the magnitude of brain benefits resulting from exercise.

The presenter Kirk Erickson, PhD has no financial conflict of interest to disclose. Members of the planning committee, Nick Stergiou, Ph.D., Jeffrey Kaipust, M.S., Angela Collins, M.A., Laura Rotert, B.S., and Jackie Farley, CPP have no financial conflict of interest to disclose.

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