

TEACHER DELIGHT

Name of Submitter: Barbara Lom

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Presentation Title: *How Physical Activity Support Brain Health for All*

Learn how scientists are uncovering many intriguing links between physical exercise, mental health and cognitive function that can support effective teaching and learning for students and their teachers. This session will feature highlights from basic scientific research studies, such as treadmill-running versus couch-potato rodents, as well as experimental and observational human studies, including academic test score correlations with physical fitness scores. Together, we will unpack some of the fascinating scientific research and discuss how to use these compelling insights as real-world examples to spark student curiosity, promote health and stimulate learning.

Presentation Target:

High School

Presenter(s):

1. Barbara Lom, Beverly F. Dolan Professor of Biology and Neuroscience, Davidson College