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The neuroplasticity effect on sports experiences with perceptual load

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Plentiful researches detected that routine physical activity engagement could improve physical and mental health significantly, especially the observed enhancement on inhibitory control ability. In the current study, the hypothesis is to detect the existence of differentiation of inhibitory control abilities deduced by different physical activities engaging in real context. Fifty-two (52) college students were employed in current study. Arrow Flanker tasks and Circle Flanker tasks were utilized in data collecting from 20 female soccer players and 32 female field and track players. In the preliminary experiment, there was significant difference in the inhibitory control abilities between two groups of the performance of Circle Flanker tasks, the mean of soccer group was higher than the other one, but none on the Arrow Flanker tasks. The result shows team training like soccer may provide more opening, timing-critical, and frequently cooperation chance to develop their professional experiences in it. These experiences acquisitions might be the key factors to set up different inhibitory control abilities.

Biography

Mr. Haifeng Yu is a Doctor of Psychology from Department of Education in Northeast Normal University at China. Northeast Normal University is one of the six national universities in the Peoples Republic of China, located in Changchun, Jilin. His areas of interest are Neuropsychology and neuroplasticity effects on sports experiences.

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