

Can Exercise Change your Brain?

Fall 2009 Tuesdays 9-11:30 a.m. 815 Meyer

Format: Hour 1: Exercise**, Hour 2: Lecture Last 1/2 hour: Discussion

Instructor: W.A. Suzuki

Grading: 1/3 Class Participation 1/3 Oral presentation 1/3 Final Term Paper

Lec #	Date	Lecture Topic	Reading
1	9/8/2009	Introduction to Course Design & Preliminary Cognitive testing	See Blackboard
2	9/15/2009	Historical Overview: From Lashley to enriched environments	See Blackboard
3	9/22/2009	Effects of Motor Learning and Exercise on the Motor Cortices	See Blackboard
4	10/6/2009	BDNF, Exercise and the Brain	See Blackboard
5	10/13/2009	Paper Presentations/Discussion Session	See Blackboard
6	10/20/2009	SFN: No Lecture	
7	10/27/2009	Neurogenesis and the brain: Historical Overview	See Blackboard
8	11/3/2009	Neurogenesis and Exercise	See Blackboard
9	11/10/2009	Neurogenesis and Learning	See Blackboard
10	11/17/2009	Exercise and cognitive functions in humans	See Blackboard
11	11/24/2009	Effects of Exercise in Human Aging	See Blackboard
12	12/1/2009	Discussion: Designing your own brain enrichment program!	
13	12/8/2009	Final Paper Presentations	
14	12/15/2009	Final Paper Presentations	

Note: Unless there is a physical reason why you cannot participate, all students will either join the aerobic exercise group or and non-aerobic exercise group (student's choice) and participate in the group exercise for the first hour of the class.
