Impact of Cognitive Declines on Motor Behavior

- Cognitive and motor functions decline with aging
- Not independent

Interventions for Improving Functional Independence in Aging

- Interventions for improving cognitive and motor function in older adults? Exercise? Cognitive Training?
- Improving functional independence and quality of life
Scholarly Contributions (Previous, Current, and Future)

- Impact of Age-Related Cognitive Decline on:
  - Learning Novel Motor Skills

Adaptive Motor Behavior

- Improving Cognitive and Motor Function:

Baseline Measures:
- Cognitive
- Motor Learning
- Physical & Cardiovascular

Outcome Measures:
- Cognitive
- Motor Learning
- Physical & Cardiovascular

12 weeks of Exercise

- Physical Exercise
- Cardiovascular Function
- Neurophysiological Function
- Cognitive Function
- Adaptive Motor Behavior

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