



RESEARCH IN *featuring* PROGRESS NICHOLAS HANSON


Rachel Dykstra, Tyler Dundore, Collin Garner & Brooks Roth

JAN. 30, 2020 | SRC LAB 1055
11:40 P.M. (PIZZA @ 11:25 A.M.)

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EXPLORING THE VARIABLES SURROUNDING EXERCISE AND HUMAN PERFORMANCE

This presentation features the past, present and future exercise physiology-based research studies that have been conducted within the Human Performance Research Laboratory (HPRL) at WMU. Using a student-centered approach to research, the goal of the HPRL is to understand more about the acute and chronic effects of exercise on various aspects of health and athletic performance. Our specific focus is to learn more about how the brain and our perceptions influence performance under various conditions, as well as identifying potential variables that moderate the relationship between exercise and cognitive function.

 **UP NEXT February 13, 2020:** Stephanie Burns, Counselor Education and Counseling Psychology Faculty
Session will be held in the Sangren from 11:40 a.m. to 12:30 p.m., pizza will be available at 11:25 a.m.