

Matt Davidson

- Is interested in the fundamental question of “how do we control our behavior?”
- The current study is designed to answer the question: “Does physical activity allow people to control their behavior better?”
- Brains in children are more plastic (susceptible to change) than those of adults so there is reason to believe that the benefits of physical activity will be greater in children than in adults
- There are two types of tests in this experiment: the chronic test and the acute test
- Another key question of the study is: do hormone levels interact with physical activity to improve physical activity? (particularly estrogen).
- The study also looks at effects on males versus females and effects on younger kids versus adolescents etc.