Overview of the Human Nervous System

Memory + Exercise

- hippocampus is linked to learning, so if exercise increases the size of it, will memory improve?
  - 60 elderly assigned to exercise, 60 elderly assigned to stretching (5x a week)
  - Memory tests and MRI taken before, after 6 months, and after 12 months
  - Exercise group saw increase in hippocampus size, stretching group did not.

The Nervous System

- Central Nervous System consists of the brain and spinal chord
- Peripheral Nervous System consists of everything else!
  - Is more accessible to easier to measure
  - Split into two different systems

Motor Cortex, Sensory Cortex + Control Subs

When these controls are stimulated, we move and feel

Wernicke’s Area

- Responsible for the understanding of language and speech

Broca’s Area

- Responsible for the production of language and speech

Damage

- Some areas of the brain are linked to specific skills, actions. Damage to them can have various effects
  - Damage to visual areas: unable to read or recognize words or letters (damage caused by stroke)
  - Damage to subcortical structures: leads to clinical syndromes