

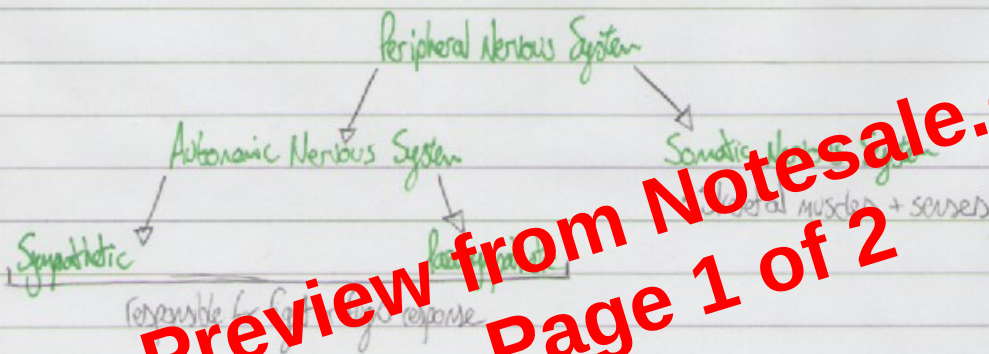
Overview of the Human Nervous System

Memory + Exercise

- Hippocampus is linked to learning so if exercise increases the size of it, will memory improve?
 - ↳ 60 elderly assigned to aerobics, 60 elderly assigned to stretching (3x a week)
 - ↳ Memory tests and MRI taken before, after 6 months and after 12 months.
 - ↳ Aerobic group showed increase in hippocampus size, stretching group did not

The Nervous System

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



Motor Cortex, Sensory Cortex + Central sulcus

- When these cortices 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

- Since areas of the brain are linked to specific skills/actions, damage to them can have various effects
 - ↳ Damage to fusiform gyrus: unable to read or recognise words or letters (damage caused by stroke)
 - ↳ Damage to subcortical structures: leads to clinical syndromes