

Specific Modes of Physical Activity & Cognitive development in children

This paper explores how different forms of physical activity have specific effects.

By using qualitative forms of physical activity the effect can be targeted resulting in improved outcomes in learning, behavioural & movement disorders. The Essential Moves approach is an excellent example of this.

There are common nerve cells involved in both physical activity & cognitive functions. By using exercise appropriately cognitive processes can be improved.

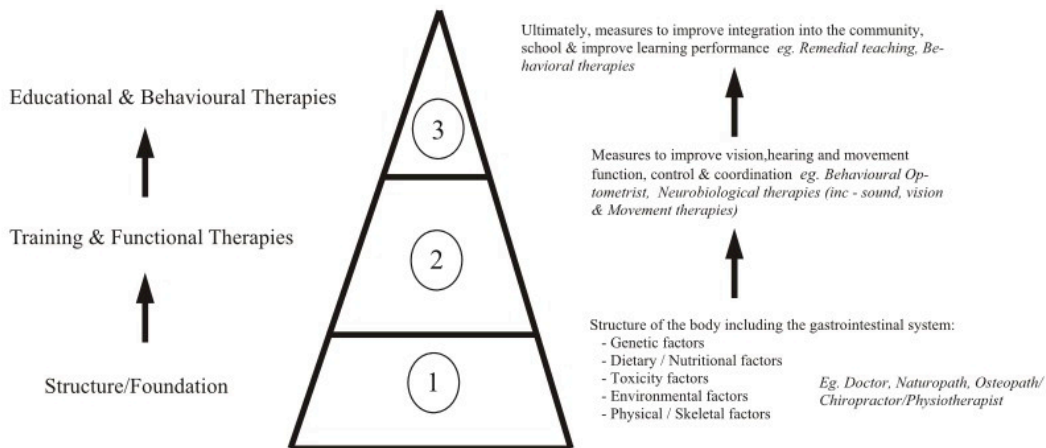
By providing the right physical experience with exercise this will determine how the brain develops or changes how it has developed (via neuroplasticity).

This paper examines the scientific foundations underlying the effectiveness of programs used by health professionals & educationalists using physical movements for optimal physical, emotional & cognitive development in children.

The full paper is available to view at <http://essentialmoves.com.au/news/>

The paper is to be published in the Sept/Oct 2011 edition of the journal of the Australian Integrative Medicine Association.

PYRAMID OF DEVELOPMENT & LEARNING



The Developmental pyramid represents the order that problems should be approached. As in all pyramids the base needs to be stable and integrated before the top can be built. That is, Structural and Functional systems, need to be integrated and in good working order before one can develop and learn easily

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