**2019 SHRS UQ Winter Research Project Description**

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| **Project title:** | **Enhancing Language Learning in Ageing with Exercise** |
| **Project duration:** | * 4 weeks * 25 hours per week |
| **Position/s available** | 2 positions. |
| **Description:** | Age-related cognitive decline is a prevailing challenge and there is an urge to identify novel and effective interventions to benefit cognitive functions of older adults. Acute exercise (one single session of exercise) is thought to influence cognition, including language learning and memory, through a temporary increase in biomarker levels or through a generalized effect on arousal. The aim of this research project is to investigate the effects of acute exercise on new word learning performance and brain activity in healthy older adults. This interdisciplinary research project combines the fields of language neuroscience, neuroimaging, ageing and exercise. This project consists of recruiting healthy older adults aged 60-85 meeting specific eligibility criteria. Participants attend three visits and undergo a cognitive and fitness assessment, a stretching or high-intensity cycling bout, in-scanner word learning tasks and complete sleep and physical activity questionnaires. |
| **Expected outcomes and deliverables:** | By participating in this project, you will gain communication skills, planning and scheduling skills and data collection skills by participating in the testing sessions. You will develop your understanding of different fields including language learning and memory, physical exercise and fitness, neuroimaging and normal ageing. |
| **Suitable for:** | This project is open to applications from students currently enrolled in a bachelor or master’s degree in speech-language pathology or related field. |
| **Primary Supervisor:** | Professor David Copland. |
| **Further info:** | Please contact Professor David Copland ([d.copland@uq.edu.au](mailto:d.copland@uq.edu.au)) prior to submitting your application.  Apply via [UQ Advantage](http://www.uq.edu.au/uqadvantage/wr-info-for-applicants) |