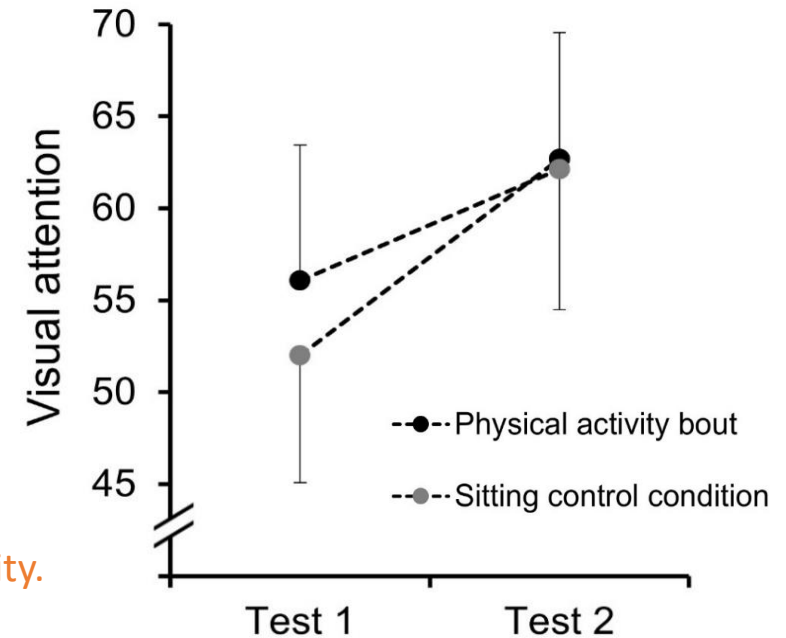


Physical activity in short study breaks: short-term effects on cognition and potential for implementation in students' everyday life

Highlights

- A 10-minute physical activity bout (running indoors) might help preventing cognitive decline due to sitting in sport students compared to sitting behavior.
- Inconsistent effects were found on behaviorally relevant variables.
 - + Perceived attention showed a larger increase after the physical activity bout.
 - + Increased affective valence was found after the physical activity bout.
 - > *Desirable for future behavior*
 - Similar satisfaction with the intervention was found between conditions.
 - Qualitative reports suggest to reconsider both modality and intensity of the physical activity.
 - > *Limited potential for future behavior*
- Beneficial effects appear to be short-term.



Cognitive domain visual attention according to the performance in the Zahlen-Verbindungs-Test separately for each sequence group.