



The Department of Nutritional Sciences Spring 2018 Seminar Series

Guest Speaker:

Brandon L. Alderman, PhD
Associate Professor and Vice Chair
Department of Kinesiology and Health
Rutgers, The State University of New Jersey



**“Using psychophysiology to answer the elusive question:
How does exercise reduce depression?”**

Host: Tracy Anthony, PhD
The Department of Nutritional Sciences, Rutgers University

Wednesday, February 21, 2018, 2:30 PM
Food Science and Nutritional Sciences Building,
65 Dudley Road, Conference Room 120

The mechanisms underlying the antidepressant effects of exercise have remained elusive. This presentation will focus on how psychophysiological and cognitive neuroscience techniques, including event-related potentials (ERPs) and impedance cardiography, can be used to better understand acute and chronic adaptations to exercise. Knowledge of these adaptations may help to elucidate the beneficial effects of exercise on emotional reactivity and cognitive function among at-risk patient populations.