

Abstract

This thesis addresses the effect of physical activity on human cognitive functions. It is based on the already proven fact that movement and physical activity have positive effect on human ascending reticular activating system. The experiment was conducted in two groups of different age. As a control group we used students not engaging in any activity. As a form of physical activity we chose brisk walk. The effect on cognitive function was based on direct measuring of memory in a form of recall test and on phonologic test of verbal fluence. Standardized questioners like Montreal cognitive test or MMSE weren't found appropriate because they are intended for use in case of impaired cognitive function. The aim of this thesis was to bring further findings on this topic. We were unable to confirm a statistically significant positive effect of physical activity on human cognition.