



Nocona A. Park

Thesis Defense
College of Health Science
Department of Kinesiology
M.S., Kinesiology

Brain Training and Athletic Performance in Advanced and Elite Youth Athletes

This study investigated the effects of brain training using the BrainHQ application (app) on the perceptive-cognitive agility, response time, decision-making, and movement speed of youth athletes. It is one of few studies to examine the impact of a brain training app intervention on athletes, incorporating sport-specific assessments. The findings of the study suggest that brain training with the BrainHQ app may have the potential to enhance athletes' agility and perceptive-cognitive abilities.

Event Information

October 16, 2023

11:00 AM

Zoom:

<https://shsu.zoom.us/j/83376133666>

Committee Members

Dr. Jennifer Didier

Dr. Yvette Figueroa

Dr. Jennifer Bunn

Dr. Patrick Davis



Sam Houston State University

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