Learning Objectives

MedBridge

Considerations of Cognition: Mobility and Relation of Exercise to Cognitive Function
Deb Kegelmeyer, PT, DPT, MS, GCS

Course Objectives:

- Describe the impact of cognition on overground walking.
- Describe the impact of cognition on mobility over uneven surfaces, stairs and other complex walking environments.
- Choose appropriate measures to assess the impact of cognition on mobility.
- Select appropriate interventions to improve mobility under cognitively challenging conditions.
- Describe dual-task conditions and appropriate interventions to improve performance in dual-task situations.
- Describe the current knowledge related to the impact of exercise on cognitive function in healthy elderly and in elderly with dementia and other pathologies.
- Discuss the current knowledge related to the prescription of exercise to improve cognitive function in healthy elderly and in elderly with dementia.