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The effect of exercise on teenagers' attention

Yedan Ma, Liang Xu
Capital university of physical education and sports

Objective At present, domestic researches on attention mainly focus on the fields of special education, neuropsychiatry and mental health, and the subjects are mostly children with ADHD and elderly people with cognitive dysfunction. Therefore, it is necessary to carry out researches on normal students and find training methods suitable for improving their attention quality.

Methods In this study, literature review and logical analysis were used to sort out, analyze and reason the literature about the influence of physical exercise on teenagers' attention in the past five years at home and abroad.

Results (1) in the comparative study of ordinary students and students in sports schools who participated in regular training, it was found that those with training had better attention level than ordinary students in quiet state. The attention span of trampoline athletes was better than that of students. (2) different projects have different effects on students' attention characteristics: compared with football training, table tennis has a significant impact on students' attention persistence and concentration. Compared with table tennis, football has a significant effect on the attention span of students. Compared with athletics, basketball has a significant impact on students' attention distribution ability, attention transfer ability and attention span. (3) exercise of different intensity has different effects on the intentional attention of primary and middle school students. Moderate intensity exercise works best for your body. Intense exercise initially increased attention, but after 45 minutes the brain's ability to work and focus decreased significantly.

Conclusions Primary and middle school students of a certain intensity, regular physical exercise on attention the quality, especially to pay attention to the note has a positive role in the development of essential quality, but also should strengthen the exercise can bring attention to improving the sustainability of research, and different intensity exercise on youth blood oxygen content in concrete quality research and attention.