

# FaMoS-II

## Facilitating Motor Skill Learning by Aerobic Exercise II

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**Funding:** -

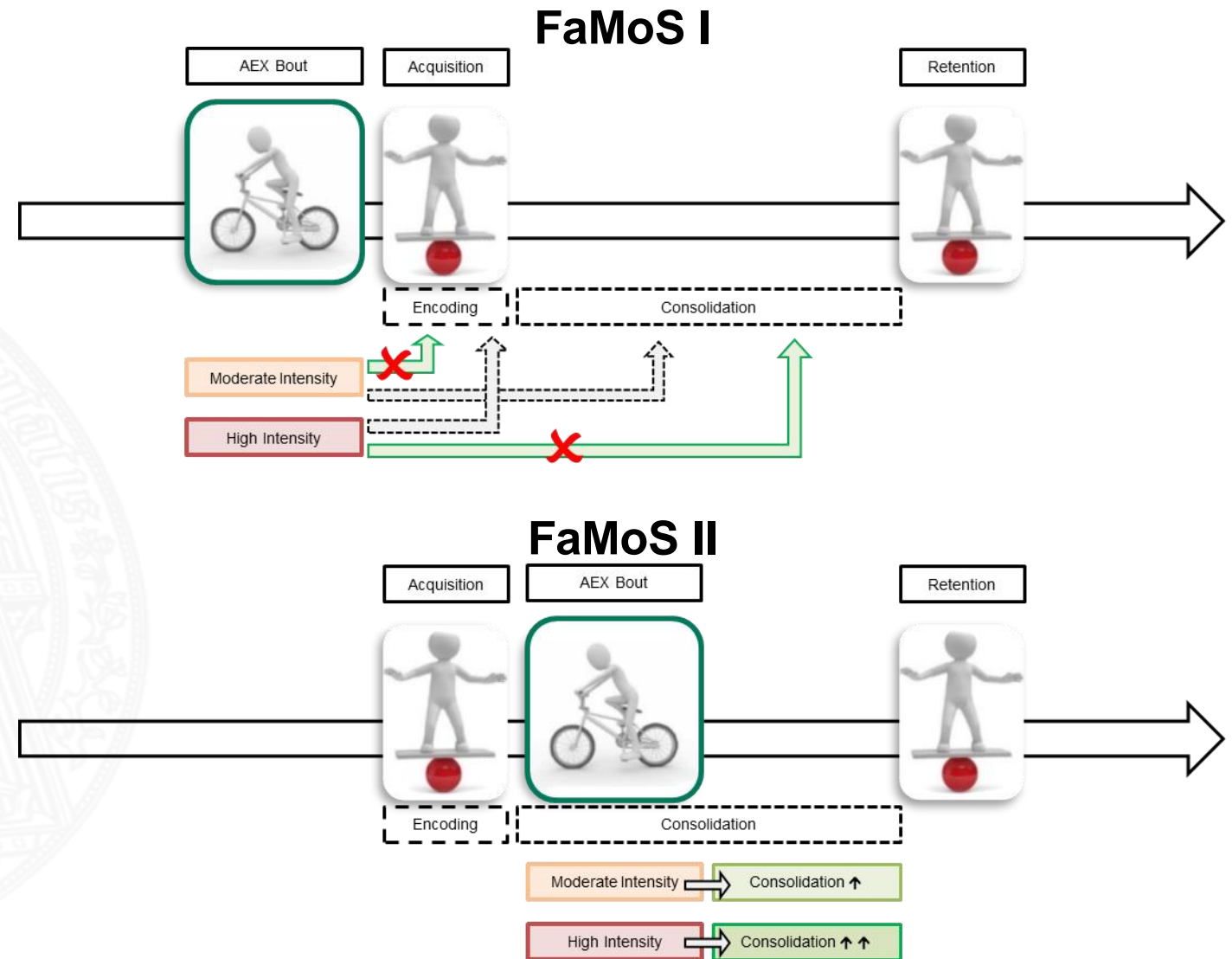
**FaMoS**

Facilitating **Motor Skill** Learning by  
Aerobic Exercise



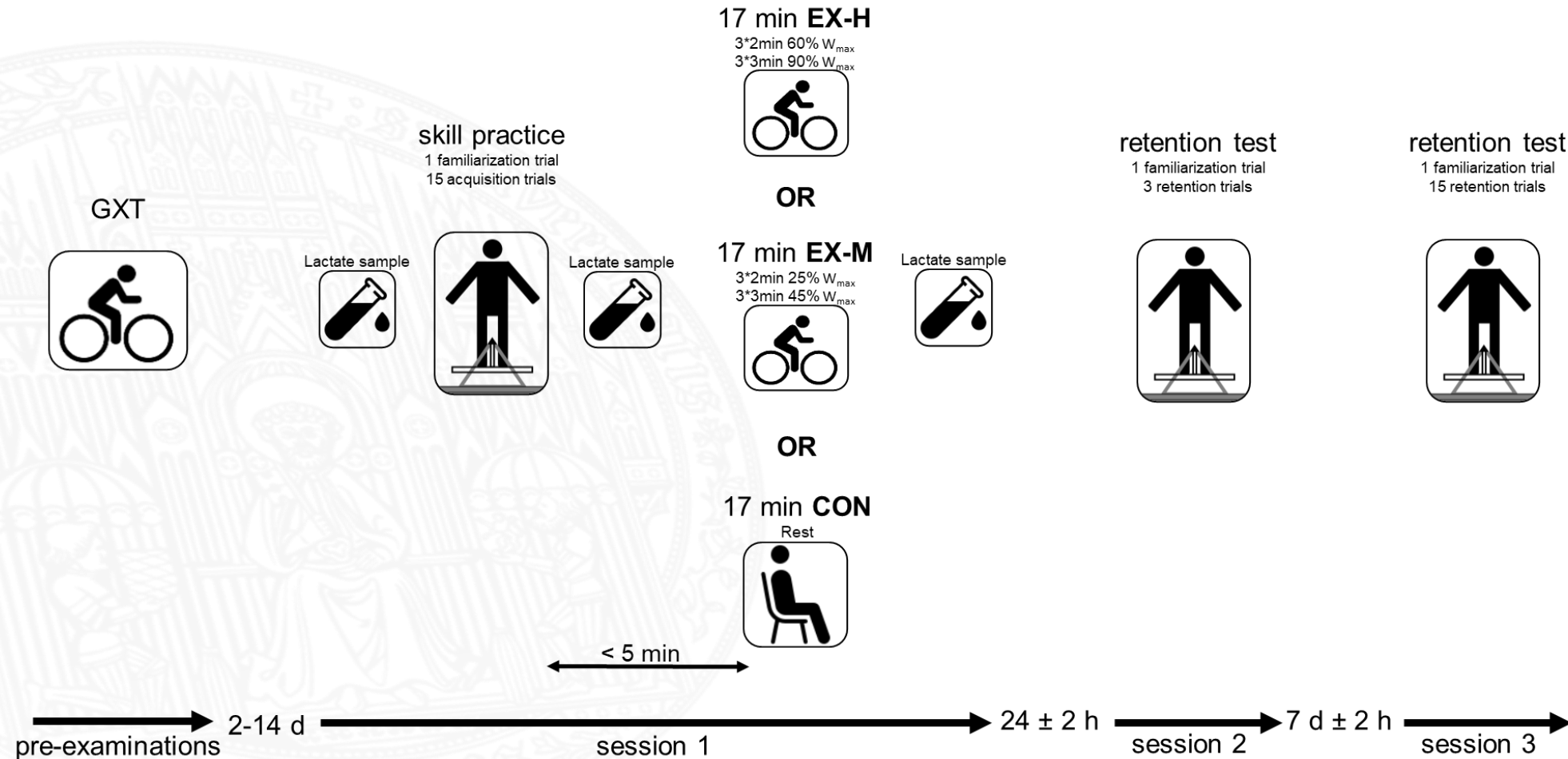
# Background & aims

- **Results FaMoS I:**  
Aerobic exercise (AEX) had no significant effects on motor memory encoding and consolidation of a complex motor skill
- **Recent studies in simple motor skills**  
suggest that the beneficial effects on motor memory consolidation are better, if the AEX is performed immediately after skill practice
- **Aim FaMoS II:**  
Investigate the effects of AEX performed after skill practice on motor memory consolidation



## Experiment

(experimental design; group allocation randomized)



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