



Review

Behavioral and Neurophysiological Aspects of Inhibition—The Effects of Acute Cardiovascular Exercise

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Abstract: This review summarizes behavioral and neurophysiological aspects of inhibitory control affected by a single bout of cardiovascular exercise. The review also examines the effect of a single bout of cardiovascular exercise on these processes in young adults with a focus on the functioning of prefrontal pathways (including the left dorsolateral prefrontal cortex (DLPFC) and elements of the prefrontal-basal ganglia pathways). Finally, the review offers an overview on the potential effects of cardiovascular exercise on GABA-ergic and glutamatergic neurotransmission in the adult brain and propose mechanisms or processes that may mediate these effects. The main findings show that a single bout of cardiovascular exercise can enhance inhibitory control. In addition, acute exercise appears to facilitate activation of prefrontal brain regions that regulate excitatory and inhibitory pathways (specifically but not exclusively the prefrontal-basal-ganglia pathways) which appear to be impaired in older age. Based on the reviewed studies, we suggest that future work examine the beneficial effects of exercise on the inhibitory networks in the aging brain.

Keywords: motor inhibition; cognitive inhibition; physical activity; exercise; GABA; glutamate; prefrontal-basal-ganglia pathways



Citation: Levin, O.; Netz, Y.; Ziv, G. Behavioral and Neurophysiological Aspects of Inhibition—The Effects of Acute Cardiovascular Exercise. *J. Clin. Med.* **2021**, *10*, 282. <https://doi.org/10.3390/jcm10020282>

Received: 6 November 2020

Accepted: 8 January 2021

Published: 14 January 2021

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1. Introduction

Inhibition plays an important role in the control of many cognitive and motor functions [1,2]. On a conceptual level, inhibition can be viewed as a process that limits the spreading of neural activity to or from nearby regions that are not relevant to the task at hand [3], suppresses prepotent responses, and allows withdrawing, reprogramming, or termination of voluntary movements [4–6] or downregulates attentional processes directed toward irrelevant stimuli [7,8]. At the cortical level, inhibition is largely mediated via activation of gamma-aminobutyric acid (GABA) receptors. GABA is a principal inhibitory neurotransmitter in the brain tissue of mammals with a rich structural diversity of receptors and a dense representation of GABA-ergic interneurons in the neocortex (e.g., [9]). For example, GABA-ergic activity in the primary motor cortex (M1) has been reported to play a prominent role in the fine tuning of corticospinal excitability during movement initiation and movement withdrawal [2] or during movement preparation [5,10]. Deficiencies or abnormalities in GABA-ergic mediated neural mediated inhibition in M1 have been documented in many cognitive and/or movement disorders, particularly in those diseases where excess or undesired movements emerge such as dystonia [11,12] (for a review, see [13]). Finally, from a system functionality point of view, inhibition is mediated primarily by a widespread prefrontal network including the right inferior frontal gyrus (rIFG), the pre-supplementary motor area (preSMA), the left-dorsolateral prefrontal cortex (DLPFC), and the basal ganglia [14–17] (for reviews, see [18–20]).

Inhibitory processes can be classified as reactive (i.e., cessation of a response that is already in progress) or proactive (i.e., inhibitory control mechanisms engaged prior to

Neurophysiological Behavioral Aspects

P. Deniker



Neurophysiological Behavioral Aspects:

Brain and Human Behavior Alexander G. Karczmar, J.C. Eccles, 2012-12-06 This volume is based on the Symposium on The Brain and Human Behavior held in October of 1969 as a part of the centennial observance of the Loyola University of Chicago As President of the University I was pleased to offer the University's support for the organization of this Symposium and to participate in some of its sessions The volume which I now have the pleasure to introduce employs the materials of the Symposium as a framework Its chapters constitute updated and greatly expanded versions of the original presentations edited and organized so as to constitute an integrated picture of Neurosciences and their epistemological aspects It seems appropriate for me to describe at this time certain features of this Jesuit University and of its Centennial which are particularly pertinent in the context of the present volume Loyola University of Chicago opened its classes on September 5 1870 with a faculty of 4 and a student body of 37 Today Loyola University is the largest independent University in Illinois and the largest institution of higher learning under Catholic sponsorship in the United States of America The University comprises twelve schools and colleges a faculty of more than 1 600 and a student body of 16 545 As an institution of learning this University is dedicated to knowledge but perhaps more particularly than others it is dedicated to the integration of truth and the knowledge of man as such **Clinical Psychopharmacology** F. A. Freyhan, N. Petrilowitsch, P. Pichot, 1968-07-12

Epilepsy Bibliography 1950-1975 J. Kiffin Penry, 1976 Chemical Approaches to Brain Function S. Ehrenpreis, 2013-07-19 Neurosciences Research Volume 5 Chemical Approaches to Brain Function is an eight chapter text that discusses the advances in the techniques used to examine the development control and function of neurotransmitters in the central nervous system The opening chapter deals with the use of organ culture to investigate the processes of axonal growth of adrenergic neurons the control of synthesis of norepinephrine and its release on new axonal sprouts These topics are followed by a presentation of the development of adrenergic neurons in the central nervous system The next three chapters consider the function of central adrenergic neurons the use of 6 hydroxydopamine and catecholamine fluorescence and the effects of L dopa on protein synthesis The discussion then shifts to the catecholamines in the central nervous system to aggressive behavior and the amino acids as neurotransmitters The concluding chapter focuses on the cholinergic transmission in describing some neurophysiological and neurochemical correlates of behavior Neuroscientists and neuroresearchers will find this book invaluable Indexes to the Epilepsy Accessions of the Epilepsy Information System J. Kiffin Penry, 1978 The CNS Depressant Withdrawal Syndrome and Its Management Student Association for the Study of Hallucinogens, National Clearinghouse for Drug Abuse Information, 1975 **What does Medial Frontal Cortex Signal During Behavior? Insights from Behavioral Neurophysiology**, 2021-03-28 What does Medial Frontal Cortex Signal During Behavior Insights from Behavioral Neurophysiology Volume 158 addresses and highlights a question that has remained central to cognitive and systems neuroscience since its inception namely what does the medial frontal cortex do

With insights from 17 of the fields leading teams of scientists this volume attempts to address this question covering several topics with chapters including What do single unit responses in dorsal anterior cingulate cortex mean Social Processing by the Primate Medial Frontal Cortex Medial frontal cortex and the temporal control of action The midcingulate cortex and temporal integration and more Additional chapters cover The anterior cingulate cortex and event based modulation of autonomic states Integration of value and action in medial prefrontal neural systems Secondary motor cortex broadcasting and biasing animal s decisions through long range circuits The prefrontal cortex in social cognition Representing task strategies in the medial prefrontal cortex Prefrontal contributions to action control in rodents From affective to cognitive processings functional organization of the medial frontal cortex and much more Comprises the perspectives of a diverse array of world leading researchers in medial frontal cortex function Provides the latest theoretical and data based evidence for the function of medial frontal cortex Presents the importance of systems based neuroscience approaches to the understanding of medial frontal cortex function

Neurophysiology and Psychophysiology G. C. Galbraith, M. L.

Kietzman, E. Donchin, 2021-09-30 Originally published in 1988 in several respects this book is a tribute to the outstanding career of the late Donald B Lindsley 1907 2003 who over a span of more than 55 years had contributed greatly to the development of research in the fields of neurophysiology psychophysiology and experimental psychology The impetus for the book was a conference held at UCLA to honor Professor Lindsley for his numerous and significant contributions to psychology The chapters of this book have been written by Professor Lindsley s colleagues and co workers and by former students and postdoctoral fellows The introductory chapter written by Lindsley himself tells of 2000 years of pondering The chapter is a discussion of the lengthy history of neurophysiology psychophysiology and behaviour Many of the topics mentioned in this chapter are subsequently presented in the book as reports of ongoing research in the field

Affective Touch and the Neurophysiology of CT Afferents Håkan Olausson, Johan Wessberg, India Morrison, Francis

McGlone, 2016-10-14 CT afferents are receptors in mammalian hairy skin that fire action potentials when the skin is touched lightly which makes them particularly important in affective touch Traditionally neuroscientific research has focused on more discriminative and haptic properties of touch that are mediated by large myelinated afferents and the coding properties and functional organization of unmyelinated CT afferents have been studied much less The proposed volume will draw together existing knowledge in this nascent field Separate sections will address 1 how we can measure affective touch 2 CT structure and physiology 3 CT processing 4 the contribution of CTs to sexual behavior 5 clinical relevance 6 commercial relevance and 7 future research considerations

Perceptual-motor Behavior in Down Syndrome Daniel J. Weeks, Romeo Chua, Digby

Elliott, 2000 Part 2 Motor Development Learning and Adaptive Change

National Library of Medicine Current Catalog

National Library of Medicine (U.S.), 1965

Findings of Drug Abuse Research National Institute on Drug Abuse, 1975

Biology of Cognitive Aging: Model Systems, Technologies and beyond Shin Murakami, 2017-04-13 Welcome We humans

tend to experience forgetfulness when we get old The forgetfulness may become more serious memory impairment dementia Presumably we have known it for a long time but we still do not know the mechanism behind A normal part of forgetfulness is called age related memory impairment AMI which is considered the first step towards mild cognitive impairment MCI transition state and dementia disease state The majority of dementia is attributable to Alzheimer s disease AD Progression to dementia occurs at a high rate in patients with AMI This eBook covers exciting but yet challenging field of cognitive aging AMI is specific to neural tissues of the brain and is considered to be segmental aging It happens not only to humans but also to a variety of species Learning and memory are vulnerable to aging in a wide variety of model species including worms fruit flies insects snails fishes and rodents Aging specifically reduces the ability to learn new information but leaves old memories and procedural memory intact A comparative approach including the use of model systems seems to facilitate understanding of the molecular mechanisms that lead to AMI and AD We advocate research on model systems This eBook also provides the first manuscript co authored with an AD patient to create a feedback loop from patients incorporated into research We also included a manuscript on the semi automated system that was inspired by such a feedback Those may place a nice flavor to this exciting series of comparative research on cognitive aging We hope you enjoy this eBook Warm regards Shin Murakami Ph D

Neuro-psychopharmacology P. Deniker,2013-09-17 **Neuro physiology** Thomas Heinbockel,2022-12-21 This book discusses timely topics in the field of neurophysiology ranging from descriptions of nerve cells and glial cells to neural networks sensory processing neuroplasticity neuropathophysiology and human behavior As such all organizational levels of the nervous system are considered in one or more of the book s twelve chapters The chapters review or present novel findings and provide the reader with an overview of the current state of the art of neurophysiology research They discuss research advances in different brain regions and experimental models In addition the book contributes to the training of current and future neuroscientists and hopefully will lead us on the path to curing some of the biggest challenges in human health

Motor Behavior Jeffrey C. Ives,2013-02-01 Ives Motor Behavior takes a functional approach to motor control and learning that is in keeping with the modern use and understanding of these topics This title is truly unique in that it goes beyond just explaining motor control and motor learning to help students understand how these disciplines interact with each other to affect behavior Throughout the text the interaction between the mind and the body and how these come together in the context of practice training and performance is presented The book provides not only clear research based examples but also provides step by step guidelines for implementation of mind and body training

Schizophrenia Bulletin ,1977 **Special Bibliographies** National Clearinghouse for Drug Abuse Information,1975

NIDA Research Monograph ,1976 Elements of Neurophysiology Sidney Ochs,1965

This book delves into Neurophysiological Behavioral Aspects. Neurophysiological Behavioral Aspects is an essential topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Neurophysiological Behavioral Aspects, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Neurophysiological Behavioral Aspects
- Chapter 2: Essential Elements of Neurophysiological Behavioral Aspects
- Chapter 3: Neurophysiological Behavioral Aspects in Everyday Life
- Chapter 4: Neurophysiological Behavioral Aspects in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Neurophysiological Behavioral Aspects. This chapter will explore what Neurophysiological Behavioral Aspects is, why Neurophysiological Behavioral Aspects is vital, and how to effectively learn about Neurophysiological Behavioral Aspects.

3. In chapter 2, this book will delve into the foundational concepts of Neurophysiological Behavioral Aspects. The second chapter will elucidate the essential principles that must be understood to grasp Neurophysiological Behavioral Aspects in its entirety.

4. In chapter 3, this book will examine the practical applications of Neurophysiological Behavioral Aspects in daily life. This chapter will showcase real-world examples of how Neurophysiological Behavioral Aspects can be effectively utilized in everyday scenarios.

5. In chapter 4, this book will scrutinize the relevance of Neurophysiological Behavioral Aspects in specific contexts. The fourth chapter will explore how Neurophysiological Behavioral Aspects is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, this book will draw a conclusion about Neurophysiological Behavioral Aspects. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Neurophysiological Behavioral Aspects.

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