

3) A Neurophysiological Examination of Stress Control in Martial Artists

科学

When an individual is experiencing stress the central nervous system responds by increasing heart rate and the level of activity in sweat glands. The central nervous system is also active when the stressful experience is no longer present and the body needs to return to homeostasis. Using physiological measures, we are seeking to determine if martial artists have a greater ability to remain calm in the face of stressors and/or can efficiently return to homeostasis after the stress has been experienced.

Project Responsibilities

Read supplied literature on this topic and discuss with professor.

Assist with data collection and the use of neurophysiological equipment (we will be measuring galvanic skin response, heart rate, and respiratory sinus arrhythmia).