

عنوان مقاله:

Effect of 8 weeks selected Spark Motor Program on brain derived neurotrophic factor in intellectually disabled educable boys

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خلاصه مقاله:

Introduction: Intellectually disabled is a generalized neurodevelopmental disorder characterized by significantly impaired intellectual and adaptive functioning. Brain-derived neurotrophic factor (BDNF) has emerged as a key neurotrophin regulating synaptic plasticity, neuronal differentiation and survival. The effect of exercise training on BDNF in intellectually disabled educable children is not well known. Thus the present study was conducted to examine the effect of 8 weeks selected Spark Motor Program on BDNF in intellectually disabled educable boys. **Material & Methods:** Twenty intellectually disabled educable boys participated in this study as the subject. The subjects were divided into experimental group (n=10) or control group (n=10) randomly. The experimental group was performed selected Spark Motor Program 3 days a week for 8 weeks. **Results:** The results showed that BDNF had not significant change after 8 weeks selected Spark Motor Program. **Conclusions:** In summary, Spark Motor Program that selected in this study had not significant effect on BDNF in intellectually disabled educable boys

کلمات کلیدی:

Intellectually disabled, BDNF, Spark training

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