

Exploring Cardiovascular and Behavioral Impacts of Aerobic Exercise: A Moroccan Perspective

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Abstract : Morocco, a North African nation known for its rich culture and diverse landscapes, is facing evolving challenges related to cardiovascular health and behavioral well-being. Against this backdrop, the paper aims to spotlight the insights emerging from Moroccan research into the impacts of aerobic exercise on cardiovascular physiology and psychological outcomes. Presentations will encompass a range of topics, including exercise-induced adaptations in heart function, blood pressure management, and vascular health specific to the Moroccan population. A notable focus of the paper will be the examination of how aerobic exercise intertwines with Moroccan behavioral patterns and sociocultural factors. The research will delve into the links between regular exercise and its potential to alleviate stress, anxiety, and depression in the Moroccan context. This exploration extends to the role of exercise in bolstering the cultural fabric of Moroccan society, enhancing community engagement, and promoting a sense of well-being.

Keywords : event-related potential, executive function, physical activity, kinesiology

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