

Exercise and creativity

Clinical relevance

Creativity is an elusive subject. Great achievements in the arts and sciences are held to depend on creativity, and on the individual level, creativity helps people to cope with changes and to solve everyday problems. In society today, being able to come up with creative solutions to problems becomes more and more important. However, creativity does not seem to let itself be summoned at will, while it would be very helpful to do exactly that. This raises the question: How can creativity be enhanced?

Background

The ability to perform certain cognitive tasks has been shown to be improved after a bout of physical exercise. It is currently unknown if creativity can also be stimulated in this fashion.

Goals

The aim of the current internship is to examine if creativity can be enhanced by a bout of physical exercise (i.e. moderate intensity running), and to compare this with a control state (i.e. mind-wandering).

We offer:

The possibility to perform and present high quality clinically oriented research in a professional, multicultural and highly motivating working environment in a well-equipped department. During this internship you have the responsibility for your own part of a study, in which you will learn to independently perform several techniques and interact with subjects.

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