

*** Data about: Acute Exercise on Motor Complex Consolidation: Exploring the executive function moderator role***

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General Introduction

This dataset contains data collected during acute exercise on motor memory experiments (2022). It is being made public both to act as supplementary data for publications. The data in this data set was collected in the MCIE Laboratory of the Barcelona University, Faculty of Education, between February 2022 and May 2022.

Purpose of the experiments

The purpose of these experiments was to investigate the effects of an intense exercise bout on motor memory consolidation. Motor memory was assessed 7 days after the intervention.

Equipment

A specific golf putting task was designed to assess motor performance and retention. Exercise bout consisted in 13 minutes of high and moderate intensity intervals during 20-meter shuttle run test. Accuracy was selected as a performance variable.

Description of the data in this data set

The data included in this data set refers to subjects' characteristics (anonymous) and blocks performance in the motor task. B1-B4 were the acquisition blocks, whereas R1-R3 the retention blocks. EF-EXE was the group who performed exercise and EF motor task; EF-REST performed the EF motor task and rested; NEF-EXE performed the NEF motor task and exercise; NEF-REST performed the NEF motor task and rested. IPAQ refers to the International Physical Activity Questionnaire.