

Education Theme: Dual Tasking

Definition:

Dual tasking refers to the process of performing two tasks simultaneously. This concept is often studied in the fields of psychology and cognitive science to understand how the brain manages multiple streams of information and activity.

Examples or Life Connections:

1. Cognitive Dual Tasking: Engaging in two mental activities at once, such as solving a math problem while remembering a list of words.
2. Motor Dual Tasking: Performing two physical activities simultaneously, like walking while carrying a tray.
3. Mixed Dual Tasking: Combining a cognitive and a motor task, such as talking on the phone while driving.

Research:

Dual tasking investigates the impact on performance, such as how the tasks might interfere with each other, the division of attention, and the cognitive load imposed by handling multiple tasks. The efficiency and effectiveness of dual tasking can vary based on factors like task complexity, individual cognitive capacity, and the familiarity of the tasks being performed.

Click here for a clinical trial: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10525074/>

BPD class practice:

- Count out loud reps
- count by 2's, 5's, 10's etc or backwards
- ABC's
- colors
- animals
- perform 2 exercises at same time
- perform 2 exercises back to back and repeat numerous times