

Supplementary Material 1: Heart Rates While Rowing

Mutual Interference between Memory Encoding and Motor Skills: The Influence of Motor Expertise

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Table S 1

Heart Rates While Rowing in the Four Groups of Study 1

Age Group		Teenager 1	Teenager 2	Young Adults	Middle-Aged Adults
Heart Rate Rowing	<i>M</i>	131.8	139.7	129.9	119.9
Only, Easy	<i>SD</i>	8.2	6.9	6.7	7.9
Heart Rate Rowing	<i>M</i>	141.0	144.8	139.5	123.7
Plus MoL, Easy	<i>SD</i>	8.6	6.6	8.9	7.3
Heart Rate Rowing	<i>M</i>	166.9	172.5	173.0	144.7
Plus MoL, Hard	<i>SD</i>	9.1	5.3	5.2	7.4

Note. Heart rates are measured in beats per minute. “Heart Rates Rowing Only, Easy” is the average of the heart rates assessed in sessions 1 and 4. “Heart Rate Rowing Plus MoL, Easy” and “Heart Rate Rowing Plus MoL, Hard” refer to the average heart rates of the entire trial (single plus dual-task segment).