

# Effects of mental rotation on map representation in orienteers - evidence from behavioral and fNIRS

Mingsheng Zhao<sup>Equal first author, 1</sup>, Liu Jingru<sup>Equal first author, 2</sup>, Liu Yang<sup>Corresp., 1</sup>, Kang Pengyang<sup>Corresp. 1</sup>

<sup>1</sup> School of Physical Education, Shaanxi Normal University, Xi'an, Shaanxi, China

<sup>2</sup> Physical Education Department, Xi'an University of Posts and Telecommunications, Xi'an, Shaanxi, China

Corresponding Authors: Liu Yang, Kang Pengyang  
Email address: liuyang0330@snnu.edu.cn, bobby197896@163.com

**Background.** People are constantly engaged in way-finding in their daily lives. The success of way-finding navigation depends on the accuracy of real-world and map representations. The purpose of this study was to examine the effects of mental rotation on learners' map representations and their brain processing characteristics using an orienteering sport program. **Methods.** Functional near-infrared spectroscopic imaging (fNIRS) was used to explore the behavioral performance and changes in cortical oxyhemoglobin concentration during cognitive processing of map representations in orienteers under two task conditions normal orientation and rotational orientation. **Results.** The task performance of practitioners in the rotational orientation condition was significantly decreasing compared to the normal orientation. In the normal orientation, dorsolateral prefrontal activation was significantly greater than ventral lateral prefrontal activation, which was significantly correlated with correct rate; as the rotational orientation was rotated, cerebral oxygen water averaged across regions of interest, and the brain region specifically processed was ventral lateral prefrontal, which was significantly correlated with correct rate. **Conclusions.** Mental rotation constrains orienteers' map representation ability, and map representation in rotational orientation requires more functional brain activity for information processing, and ventral lateral prefrontal activation plays an important role in the map representation task in rotational orientation.

# Effects of Mental Rotation on Map Representation in Orienteers -- Evidence from behavioral and fNIRS

## Abstract

**Background.** People are constantly engaged in way-finding in their daily lives. The success of way-finding navigation depends on the accuracy of real-world and map representations. The purpose of this study was to examine the effects of mental rotation on learners' map representations and their brain processing characteristics using an orienteering sport program.

**Methods.** Functional near-infrared spectroscopic imaging (fNIRS) was used to explore the behavioral performance and changes in cortical oxyhemoglobin concentration during cognitive processing of map representations in orienteers under two task conditions normal orientation and rotational orientation.

**Results.** The task performance of practitioners in the rotational orientation condition was significantly decreasing compared to the normal orientation. In the normal orientation, dorsolateral prefrontal activation was significantly greater than ventral lateral prefrontal activation, which was significantly correlated with correct rate; as the rotational orientation was rotated, cerebral oxygen water averaged across regions of interest, and the brain region specifically processed was ventral lateral prefrontal, which was significantly correlated with correct rate.

**Conclusions.** Mental rotation constrains orienteers' map representation ability, and map representation in rotational orientation requires more functional brain activity for information processing, and ventral lateral prefrontal activation plays an important role in the map representation task in rotational orientation.

**Keywords:** map representation; mental rotation; near-infrared functional brain imaging (fNIRS); orienting movement; prefrontal cortex

## Introduction

People are constantly engaged in way-finding in their daily lives. The success of way-finding navigation depends on the accuracy of real-world and map representations. Orienteering is a sport in which maps and compasses are used as navigation tools, map information is identified and matched with real-world environmental information, and checkpoints are visited as required by the competition[1-2]. It can be said that the core of orienteering is way-finding navigation. The ability of map representation is an important guarantee for completing the race[3], mainly in terms of the practitioner's ability to quickly identify map information and match it with the real scene. It is necessary to analyze map information with existing knowledge and experience, extract the characteristics of map symbols, integrate and process them, and match them with external environmental information simultaneously to calibrate the map and find the target. The whole process involves a variety of spatial cognitive processing such as attention, memory and - mental rotation[4]. By exploring the performance of map representations of orienteers, it will further reveal the cognitive processing of map representations, promote the scientific training of

41 orienteering programs, and provide theoretical support for the training model of deliberate  
42 practice for this program to enhance the improvement of practitioners' way-finding and  
43 navigation abilities.

44

45 The orientation of the map and the field are usually different in the process of map  
46 representation. The rotational orientation keeps changing, and one must constantly adjust the  
47 positional relationship between the map and the reference[5] to match with the real-world  
48 information. The brain needs to re-represent the map to form a mental image map, which  
49 requires a good mental rotation ability [6]to assist practitioners in spatial orientation to  
50 accurately and quickly match the real scene. Eccles (2002a) used the rooting theory method to  
51 propose that the orientation map[7], real scene information and visual attention during travel are  
52 the core factors of the project, and scene recognition efficiency is affected by rotational  
53 orientation[8], which in turn affects route decision efficiency, and mental rotation ability is  
54 strongly correlated with task performance[9-10], constraining map recognition and spatial  
55 orientation. Therefore, this paper explores the cognitive mechanisms underlying the effects of  
56 mental rotation on the processing of perceptual information of map representations through map  
57 and real-world recognition of directed movements.

58

59 Functional near-infrared spectroscopy imager (fNIRS) is an emerging brain functional imaging  
60 technique that uses a near-infrared light source that penetrates human tissues to detect changes in  
61 the concentration of HbO<sub>2</sub> and HbR, the major absorbers of near-infrared light[11-12], and is  
62 able to indirectly quantify neural activity, which provides this study's technical support for the  
63 study of cognitive processing characteristics of map representations. Brain imaging technology  
64 has unique advantages such as high safety performance, portability, high spatio-temporal  
65 resolution, and less influence by head movement[13], and is now widely used in sports research  
66 involving soccer[14], badminton[15], taijiquan[16]and other sports. The prefrontal-cortical area  
67 (Prefrontal-cortex, PFC) is the most anterior region of the frontal cortex, accounting for about  
68 half of the frontal lobe, located in the area before the central sulcus and above the lateral sulcus,  
69 and is closely connected to brain regions such as the parietal, occipital, and temporal lobes.  
70 During information processing in the brain, most of the multiple information from various brain  
71 regions is finally aggregated in the prefrontal cortex area, which does the final processing,  
72 integration and processing[17], the area responsible for higher cognitive activities such as  
73 motivation, problem solving, thinking and judging, and planning[18-21]. Therefore, in this study,  
74 the prefrontal cortex (PFC) was selected as the main functional area, and four areas of interest  
75 were delineated based on the existing research results of 3D localization, namely: dorsolateral  
76 prefrontal lobe (DLPFC), frontopolar area (FOA), ventral lateral prefrontal lobe (VLPFC), and  
77 box frontal area (OFA). Currently, directed movement cognitive studies have focused on  
78 behavioral tests of cognitive indicators such as visual attention[22], working memory[23], and  
79 mental rotation[9]. On the other hand, interventions through orienteering exercises were all  
80 found to have some intervention benefits on the cognitive abilities of primary and secondary  
81 school students, children with ADHA, people with intellectual disabilities, and the elderly[24-  
82 27]. However, previous studies have only illustrated the cognitive processing performance of  
83 orienteering sports programs at the behavioral level and the intervention benefits for specific  
84 groups, lacking the exploration of brain neural mechanisms of cognitive processing  
85 characteristics and benefits.

86

87 To address the above questions this study further explored the mechanisms of brain processing  
88 action in a map representation task with the help of fNIRS technology. The following hypotheses  
89 were proposed: (1) orienteers would show different behavioral performance under different  
90 mental rotation tasks. (2) Behavioral outcomes are correlated with cerebral blood oxygen  
91 outcomes. Mental rotation causes differences in HbO<sub>2</sub> activation over regions of interest in a  
92 map representation task. Through the study, the blood oxygen response patterns of map  
93 representations in different brain regions under the mental rotation task were explored to provide  
94 an objective basis for future enhancement of map representation task performance through  
95 neuromodulation, and to provide theoretical support and practical guidance for the benefits of  
96 different intervention models of orienteering exercises to improve cognition.

97

## 98 **Materials & Methods**

### 99 **1.Experimental subjects**

100 Thirty-three (15 male, age 20.47±0.99, 18 female, age 19.72±13.13) varsity orienteering players  
101 from a university with 3.16±0.56 years of training were selected for the experiment. the  
102 following inclusion criteria were used for all subjects: (1) consistent education; (2) all right-  
103 handed; (3) normal vision; (4) no history of any neurological disease; (5) be able to master the  
104 specific skills of orienteering relatively proficiently; (6) not have participated in similar  
105 experiments before. Remuneration will be given upon completion of the experiment, which  
106 sought the consent of the subjects and signed an informed consent form, and the study was  
107 approved by the ethics and morality committee of Shaanxi Normal University (Approval  
108 number: SNNU2023301). Informed consent was obtained from all participants for this  
109 study(supplementary materials).

110

### 111 **2. Experimental design and materials**

112 A 2 × 4 two-factor mixed design was used for the experiment. Factor 1: task condition (normal  
113 and rotational orientation), factor 2: brain regions of the prefrontal lobe: dorsolateral prefrontal  
114 lobe (DLPFC), frontal polar region (FOA), ventral lateral prefrontal lobe (VLPFC), and  
115 Orbitofrontal region (OFA). Dependent variables: behavioral indicators (correctness, reaction  
116 time) characterized by different rotational position maps of the subjects and the concentration of  
117 oxyhemoglobin (HbO<sub>2</sub>) in each brain region of the prefrontal lobes.

118 The stimulus material consisted of an orienteering map and a corresponding real-world photo,  
119 including map information, a checkpoint description sheet (detailed information describing the  
120 location of points in the map), a pointing sign, and a real-world photo. The map was divided into  
121 normal orientation (consistent orientation) and rotated orientation (inconsistent orientation)  
122 according to the degree of matching with the orientation of the real-world photo, and there were  
123 four choice locations in the real-world photo (indicated by white and orange dot marker flags),  
124 one of which was the correct option consistent with the map dot location. As shown in Fig 1  
125 (left), the map point number is 31, the checkpoint description table indicates on the left side of  
126 the special feature, the north pointing marker shows the map orientation consistency, the correct  
127 option in the live photo should be point 1. All stimulus materials of the experiment were  
128 produced, screened and proofread by three orienteering specialists.

129

### 130 **3 .Experimental equipment**

131 A portable functional near-infrared spectroscopic imager (LIGHTNIRS system) manufactured by  
132 Shimadzu Corporation, Japan, was used to monitor the oxyhemoglobin (HbO<sub>2</sub>),

133 deoxyhemoglobin (HbR), and total blood oxygen concentration were monitored, and HbO<sub>2</sub> is  
134 more sensitive to local blood flow changes in the brain compared to HbR, therefore, HbO<sub>2</sub> was  
135 selected to reflect the level of neural activation in the brain in this study [28-30].

136 The photo-polar probe was located in the prefrontal lobe (PFC), and the lowest probe was placed  
137 along the Fp1-Fp2 line using the international 10-20 localization system as a reference, using the  
138 system's own PFC template, with a multi-channel connected layout of 2 × 8 photo-polar probes  
139 (8 transmitting and 8 receiving photo-poles), forming a total of 22 channels, with two similar  
140 photo-poles lined up at intervals and a distance of 3 cm between adjacent photo-poles. using a  
141 3D digital The MNI position coordinates of each channel position were determined by the  
142 NIRS\_SPM software spatial probability alignment method, and the corresponding brain areas  
143 were found in the adult Brodmann area (Brodmann) atlas, and the calibration information is  
144 shown in Fig 2.

145

#### 146 **4.Experimental procedure**

147 Before the experiment, the subjects were allowed to familiarize themselves with the  
148 experimental environment, and relevant information such as gender, age, training duration, and  
149 exercise level were recorded. Subjects were informed of the experimental precautions during the  
150 experiment. The subjects were instructed by the experimental staff to wear fNIRS optical polar  
151 caps, adjusted to the appropriate looseness and then fixed with nylon buckles, and positioned for  
152 calibration. Then the optical fiber was inserted into each probe to check whether the light  
153 emission and reception of each channel were normal, and after the signal of each channel was  
154 stabilized, the zero reset was performed and the measurement started. Two tasks were included  
155 for testing (normal orientation and rotational orientation) with the same operational procedure.  
156 The experimental stimuli were prepared with the help of the neuropsychological programming  
157 software "E-prime 3.0" and consisted of a practice phase and a formal experiment. First, the  
158 instructions were presented on the complete computer screen, and the subjects were asked to  
159 familiarize themselves with the task and the procedure, and then to press the space bar to  
160 practice, then a gaze point was presented for 1 second, followed by the stimulus picture, and the  
161 subjects had to carefully observe the picture information, select the option with the same position  
162 in the real photo according to the map orientation and point location, and press the corresponding  
163 numeric key according to the checkpoint description sheet. Subjects were given 6 seconds to  
164 make a judgment, and feedback on the results was given after the judgment was completed, and  
165 the test process is shown in Fig 3:

166 In the formal test phase, the resting state electrophysiological signal is first collected for 30  
167 seconds and the subject remains relaxed. Then the test task started, the same process as in the  
168 practice phase, but the subject did not receive feedback after making a judgment, and the  
169 stimulus was presented cyclically until the end of the test. Every 4 trials constituted a block, 6  
170 blocks in total, with a rest of 20 seconds between each block (to ensure that the relative  
171 concentration of cerebral blood oxygen in the PFC returned to the baseline value), for a total of  
172 24 trials (as shown in Fig 4), and the program automatically recorded the reaction time and  
173 correct rate of the subject doing the task, and the NIR device collected cerebral blood oxygen  
174 data.

175

#### 176 **5.Data collection and analysis**

177 Behavioral data: SPSS 26.0 was used to test the measurement data for normal distribution, which  
178 was greater than 0.05 threshold, indicating that it obeyed normal distribution; the correct rate of

179 map representation and response time of subjects under two different rotational orientations were  
 180 observed by paired samples t-test to observe the differences of behavioral indicators under  
 181 different rotational orientations. Differences in behavioral metrics were observed for different  
 182 rotational orientations.

183 fNIRS data: The raw data collected were solved by using the fNIRS device's own software,  
 184 based on the NIRS\_SPM software of Matlab (R2013b) platform. The light intensity data were  
 185 converted to blood oxygen data by the modified Beer-Lambert law, and then the data were pre-  
 186 processed to eliminate outliers and improve the signal-to-noise ratio, so that the overall filtered  
 187 signal was easy to analyze for subsequent calculations. This includes: MNI coordinate  
 188 alignment; construction of the design matrix based on the general linear model (GLM); low-pass  
 189 filter based on the hemodynamic response function (HRF) with time derivatives; high-pass filter  
 190 based on the discrete cosine transform (DCT) detrending algorithm; and then the Beta value  
 191 under the task conditions is evaluated as the activation index of the corresponding channel.  
 192 Finally, the beta of each channel contained in the region of interest (ROI) is averaged, and this  
 193 average value is the activation intensity of this region of interest (ROI) [31-32]. The cerebral  
 194 blood oxygen data were tested for normal distribution using SPSS 26.0, and the Shapiro-Wilk  
 195 test (S-W) test showed that the data were greater than the 0.05 threshold, indicating that they  
 196 obeyed a normal distribution; then a two-task condition (normal orientation, rotational  
 197 orientation)  $\times$  4 (VLPFC, DLPFC, FOA, OFA) two-factor repeated measures ANOVA was  
 198 performed, and statistics that did not satisfy the sphericity assumption Quantities were corrected  
 199 by the Greenhouse method, and further tests were performed using the Bonferroni method for  
 200 multiple corrections, with  $p < 0.05$  considered as significant differences. Bivariate correlations  
 201 between behavioral data and cerebral blood oxygen data were analyzed by GraphPad Prism 8.0  
 202 for 1) correct rate of normal orientation map representation with cerebral blood oxygen (4 brain  
 203 regions of interest) and 2) correct rate of rotational orientation map representation with cerebral  
 204 blood oxygen (4 brain regions of interest), respectively.

205

## 206 Results

### 207 1. Behavioral data results

208 The results of descriptive statistics of correctness and response time for map representations with  
 209 different rotational orientations are shown in Table 1.

210 Table 1. Results of behavioral indicators of map representation (M $\pm$ SD).

	Correct rate	Reaction time (ms)
Normal orientation	0.67 $\pm$ 0.053*	3718.285 $\pm$ 346.790**
Rotational orientation	0.54 $\pm$ 0.065*	3910.818 $\pm$ 369.414**

211 (Note: \* represents  $0.001 < p < 0.05$ , \*\* represents  $p \leq 0.01$ )

212 Paired-samples t-tests were conducted on the behavioral data of map representations in normal  
 213 and rotational orientations, and the results showed that the correctness of map representations  
 214 differed significantly, with normal orientation significantly higher than rotational orientation,  
 215 with a t-value of 2.946 ( $p = 0.006 < 0.05$ ); the response time of map representations differed  
 216 significantly, with normal orientation significantly lower than rotational orientation, with a t-  
 217 value of 5.190 ( $p = 0.000 < 0.01$ ).

218

## 219 2.fNIRS data results

220 A two-factor repeated-measures ANOVA was performed on the beta values of cerebral blood  
 221 oxygen (HbO<sub>2</sub>) of the subjects in the 2-task condition (normal orientation, rotational orientation)  
 222 × 4 brain regions (DLPFC, FOA, VLPFC, OFA) using rotational orientation and brain region of  
 223 interest as independent variables, and the results are shown in Table 2 and Figs 5 and 6 below.

224 Table 2. Statistical results of HbO<sub>2</sub> description of the  
 225 map-represented brain regions of interest (M±SD) × 10<sup>-3</sup>.

	DLPFC	FOA	VLPFC	OFA
Normal orientation	-0.65±2.61**	-1.19±2.80	-2.22±4.71**	-1.83±6.10
Rotational orientation	1.26±2.76**	-0.46 ±2.52	1.42±3.67**	-0.97±3.46

226 (Note: \* represents 0.001<p<0.05,\*\* represents p≤0.01)

227 The results showed that the main effect of brain area was not significant  $F(3, 29)=2.027$ ,  
 228  $p=0.126$ ,  $\eta^2=0.177$ ; the main effect of rotational orientation was significant  $F(1, 31)=13.367$ ,  
 229  $p=0.001<0.05$ ,  $\eta^2=0.177$ ; the interaction between brain area and rotational orientation was  
 230 significant  $F(3, 29)=3.333$ ,  $p=0.033$ ,  $\eta^2= 0.256$ , and the results of the simple effects analysis  
 231 indicated that.

232 In the dorsolateral prefrontal lobe (DLPFC) and ventral lateral prefrontal lobe (VLPFC),  
 233 significant differences in oxygen activation emerged between the two rotational orientations, as  
 234 demonstrated by significantly higher oxygen activation in the rotational orientation than in the  
 235 normal orientation, with F values of 11.330, ( $P=0.002$ ,  $\eta^2= 0.268$ ) and 13.487, ( $P=0.001$ ,  $\eta^2=$   
 236 0.303), respectively.  
 237

238 In the normal orientation condition, blood oxygen activation was significantly greater in the  
 239 dorsolateral prefrontal lobe (DLPFC) than in the ventral lateral prefrontal lobe (VLPFC)  
 240 [ $P=0.044$ ,  $\eta^2=0.139$ ]; in the rotational orientation condition, there was no significant difference  
 241 in blood oxygen activation in the dorsolateral prefrontal lobe (DLPFC) and ventral lateral  
 242 prefrontal lobe (VLPFC) ( $P=0.851$ ,  $\eta^2=0.324$ ), and both brain regions were significantly greater  
 243 than the frontopolar area (FOA) [ $P=0.004$ ,  $P=0.010$ ] and orbitofrontal area (OFA) [ $P=0.014$ ,  
 244  $P=0.004$ ]. This result suggests that the ventral lateral prefrontal lobe (VLPFC) becomes more  
 245 activated by blood oxygen in the map representation task in rotational orientation.  
 246

## 247 3.Correlation analysis of correctness and activation intensity of brain interest areas

248 The degree of correlation is generally expressed as a correlation coefficient  $r$  with values  
 249 between -1 and 1. A value greater than 0 indicates a positive correlation and less than 0 indicates  
 250 a negative correlation.  $r$  in the range of 0 to 0.30 indicates a low correlation, 0.31 to 0.49  
 251 indicates a moderate correlation, 0.5 to 0.69 indicates a high correlation, and 0.7 to 0.89 indicates  
 252 a very high correlation<sup>33</sup>. The behavioral performance (correctness) of the two tasks was  
 253 correlated with cerebral blood oxygen (HbO<sub>2</sub>) beta values in different brain regions to explore  
 254 the degree of correlation between activation intensity and behavioral performance, as shown in  
 255 Table 3 and Fig 7.  
 256

257 Table 3. Correlation results between fNIRS and behavior (Pearson correlation coefficient  $r$ ).

Indicators	Correlation	DLPFC	FOA	VLPFC	OFA
------------	-------------	-------	-----	-------	-----

	Pearson correlation	0.404*	0.106	0.295	0.280
Normal orientation correct rat	Significance	0.022	0.562	0.105	0.121
	(two-tailed)				
	Pearson correlation	0.356*	0.262	0.494**	0.050
Rotation orientation correct rate	Significance	0.045	0.148	0.004	0.784
	(two-tailed)				

(Note: \* represents significant correlation at the 0.05 level;  
\*\* represents significant correlation at the 0.01 level)

258  
259  
260  
261  
262  
263  
264  
265  
266  
267

The results showed that the correct rate of normal orientation was significantly and positively correlated with the dorsolateral prefrontal lobe (DLPFC) [ $P=0.022<0.05$ ,  $r=0.404$ ] and not with any other brain regions; the correct rate of rotational orientation was significantly and positively correlated with the dorsolateral prefrontal lobe (DLPFC) [ $P=0.045<0.05$ ,  $r=0.356$ ], ventral lateral prefrontal lobe (VLPFC) [ $P=0.004<0.05$ ,  $r=0.494$ ] were significantly and positively correlated with the frontopolar area (FOA) and orbitofrontal area (OFA), and not with the orbitofrontal area (OFA).

## 268 Discussion

### 269 1. Behavioral characteristics of map representations

270 The results of the study showed that the behavioral performance of map representations with  
271 different rotational orientations differed significantly, as evidenced by significantly lower correct  
272 rotational orientation rates and significantly higher reaction times, indicating that rotational  
273 orientation increases the cognitive load of orienteers. In the process of map representation, the  
274 input map information is first identified, and further processed and analyzed according to the  
275 information recorded by the brain and key factors to identify the stimuli, including perception,  
276 attention, memory, matching, etc. This process is to prepare for the match with the real scene.  
277 Whereas rotational orientation requires subjects to mentally rotate and re-represent the features  
278 of the rotated real scene, the brain then needs more time to think about the correct reference point  
279 information, making recognition processing consume more cognitive resources and thus longer  
280 reaction times[34], consistent with previous findings[35].

281

### 282 2. Brain activation mechanisms of map representations

283 The process of recognizing object orientation and location requires cognitive processing of the  
284 object. According to cognitive load theory, an individual's cognitive resources are limited, and  
285 when the difficulty or number of tasks increases, the cognitive load on the individual increases,  
286 requiring the individual to extract significantly more relevant cognitive resources[36]. Under  
287 normal orientation, the task is relatively simple, and the individual's spatial cognitive processing  
288 is easier in terms of resource allocation to relevant brain regions, and the mobilization of  
289 attentional resources is not too difficult[37], while rotational orientation requires more cognitive  
290 effort to complete the task. The more complex the information processing, the greater the impact  
291 on the final performance[38]. Rotation of orientation makes recognition processing consume  
292 more attentional resources, and the individual's correct rate decreases[39]. orienteers' information

293 processing for rotational orientation, which requires integrated analysis of checkpoint description  
294 table information and map information, mental rotation and abstract three-dimensional imagery,  
295 would require more cognitive resources to allocate, which would show a decrease in the correct  
296 rate of map representations and manifest in this indicator at reaction time.

297  
298 Kelly et al. argued[40] that the degree of involvement of DLPFC depends on the cognitive  
299 features of the task performed and is the main functional area for spatial information retention,  
300 monitoring, and cognitive decision making[41-42], and the map representation process involves  
301 the recognition, encoding, and representation of map information as real-world information,  
302 which requires the practitioner's spatial cognitive ability with high requirements. Therefore, the  
303 activation of DLPFC brain regions is greater than other brain regions under normal orientation  
304 conditions. Hikosaka (2002) pointed out that DLPFC involves spatial location acquisition,  
305 processing initial perceptual input and spatial sequence depiction, and spatial information of  
306 rotational orientation requires more spatial sequence depiction and more cognitive effort[43], so  
307 the oxygenated hemoglobin concentration in DLPFC brain regions increased, i.e., the intensity of  
308 cerebral blood oxygen activation increased. Another study noted that when the excitation of  
309 DLPFC brain regions was disrupted, subjects were found to be more responsive to spatial  
310 information processing tasks, and the DLPFC was also significantly activated when the  
311 complexity of the task process, and integration demands became greater[44]. The results of the  
312 present study also showed that the activation of the DLPFC brain region was significantly greater  
313 in rotational orientation than in normal orientation, further validating the function of this brain  
314 region from task-specific scenarios.

315  
316 VLPFC brain regions were significantly more activated in the rotational orientation condition  
317 than in the normal orientation, which may be due to the fact that rotational orientation requires  
318 subjects to perform mental rotation, re-represent and manipulate the spatial relationships of  
319 objects, construct a rotated visual representation in the brain, and match the "north" of the map  
320 with the "north" of the real scene. ", increasing the cognitive processing task. Previous studies  
321 have also pointed out that the VLPFC brain region, together with other related regions (i.e., the  
322 angular and cingulate gyrus, posterior pleural cortex), constitutes the so-called "default mode  
323 network" and suggests a vision of the future and memory retrieval that is closely related to  
324 human navigation processes and involves functions such as control of orientation perception and  
325 map representation, as well as spatial attention, and key areas of scene memory[45-47]. In the  
326 rotational orientation condition, orienteers need to rotate themselves in the environment or treat  
327 the environment as an overall rotating external entity, a process that requires athletes to reorient  
328 themselves spatially, increasing the difficulty of the task, and the VLPFC brain region is  
329 significantly activated as a major functional area with some advantageous processing.

330  
331 The dominance of activation of FOA brain regions remains unclear, and multiple hypotheses  
332 exist. It has been suggested that with the onset of aging, cognitive ability gradually decreases and  
333 cognitive processing slows down significantly, that the activation of FOA brain regions is  
334 significantly enhanced in older adults compared to younger adults who face higher complexity in  
335 the same task, and that older adults probably use compensatory strategies to complete more  
336 complex information processing, showing compensatory mechanisms of brain processing[48].  
337 The prefrontal theory of function also suggests that information processing is posterior-to-  
338 forward in this region, with the frontopolar region at the top of the hierarchy, and that the

339 frontopolar region is recruited to function only when the low-functioning system fails[49]. the  
340 OFA brain region mainly regulates some higher cognitive functions, such as reward judgment,  
341 working memory, risk assessment, emotional adjustment, and other neural activities, and  
342 individuals rely on this brain region in risk aversion are dependent on this brain region[50-51]. In  
343 the present study, there were no significant differences in the activation of FOA and OFA brain  
344 regions under both orientation tasks.

345

346 The cognitive processing pathway hypothesis states[52] that cognitive processing mainly  
347 consists of two different cortical processing channels, one is the ventral pathway (what pathway)  
348 and the other is the dorsal pathway (where pathway). The dorsolateral prefrontal lobe (DLPFC)  
349 and ventral lateral prefrontal lobe (VLPEC), as the main functional areas of prefrontal cortex, are  
350 closely related to brain functions related to motor cognition. In the map representation process,  
351 which involves inputting, encoding, storing and extracting map information, and finally  
352 matching it with the real scene, rotational orientation has relatively more orientation changes  
353 than normal orientation during cognitive processing, which may result in enhanced network  
354 connectivity between brain regions under rotational orientation conditions. activation of VLPFC  
355 brain regions is significantly correlated with correctness, and the complexity of the task becomes  
356 greater, requiring more brain regions to cooperate with athletes to complete the map  
357 representation task. This study identified important roles of DLPFC and VLPFC brain regions in  
358 rotational orientation, which will provide an objective basis for improving practitioners' map  
359 representation ability through orienteering training in the future.

360

## 361 **Conclusions**

362 The study examined the changes of behavioral performance and prefrontal activation of map  
363 representation in Orienteers by mental rotation using fNIRS instrument, and found that the  
364 behavioral performance ability of map representation decreased with orientation rotation, and the  
365 functional activation of dorsolateral prefrontal and ventral lateral prefrontal appeared  
366 significantly more important, and it was also found that more brain regions were involved in  
367 cognitive tasks and the synergistic effect of each brain region increased under rotation condition,  
368 which concluded that The findings provide theoretical support for the scientific training of  
369 orienteering sports programs and the construction of a training model to promote the  
370 improvement of wayfinding navigation ability.

371

## 372 **Acknowledgements**

373 The authors would like to thank the portable functional near-infrared spectroscopic imager (LIG  
374 HTNIRS system) manufactured by Shimadzu Corporation, Japan, for providing equipment support.  
375 The authors would also like to thank all the orienteering team athletes who participated in the  
376 experiments and the students who assisted in the experiments.

## 377 **References**

- 378 1. Mottet M, Saury J. Accurately locating one's spatial position in one's environment during  
379 anavigation task: Adaptive activity for finding or setting control flags in orienteering.  
380 *Psychology of Sport and Exercise*. 2013;14(2): 189-199. doi:  
381 10.1016/j.psychsport.2012.09.002

- 382 2. Newton J, A Holmes P S. Psychological characteristics of champion orienteers: Should they  
383 be considered in talent identification and development? *International Journal of Sports*  
384 *Science&Coaching*.2017;12(1): 109-118. doi: 10.1177/1747954116684392
- 385 3. KOLB H, SOBOTKA R, WERNER R. A model of performance determining components in  
386 orienteering. *SCI Orienteering*.1987;(3): 71-81.
- 387 4. Liu Y, He J P. Visual memory characteristics and processing strategies of directional  
388 athletes under different task situations. *Journal of Physical Education*.2017;24 (01), 64-  
389 70.doi:10.16237/j.cnki.cn44-1404/g8.2017.01.008
- 390 5. Fang H, Song Z T, Yang L, et al. Spatial Cognitive Elements of VR Mobile City Navigation  
391 Map. *Geomatics and Information Science of Wuhan University*.2019;44(8), 1124-  
392 1130.doi:10.13203/j.whugis20180066.
- 393 6. Uttal DH, Meadow NG, Tipton E, Hand LL, Alden AR, Warren C, Newcombe NS. The  
394 malleability of spatial skills: a meta-analysis of training studies. *Psychol*  
395 *Bull*,Mar.2013;139(2):352-402.doi:10.1037/a0028446
- 396 7. Eccles D W, Walsh S E, Ingledew D K. A grounded theory of expert cognition in  
397 orienteering. *Journal of Sport & Exercise Psychology*.2002;24(1), 68-88.  
398 <https://doi.org/10.1123/jsep.24.1.68>
- 399 8. Liu Y, He J P. Strategies and Features on Orienteer's Circumstance recognition Under  
400 Different Cognitive Load. *Journal of Shenyang Sport University*.2016;35(03), 59-  
401 65.doi:10.3969/j.issn.1004-0560.2016.03.011
- 402 9. Song Y, Tang S J, Xian H. Research on the influence of mental rotation ability on the map  
403 recognition efficiency of orienteering players. *Journal of Physical Education*.  
404 2021;28(04),125-130. doi:10.16237/j.cnki.cn44-1404/g8.20210604.001
- 405 10. Yi Y, Liu J R, Zhang Y, Tang S J, Liu Y. Behavioral performance and brain processing  
406 characteristics of orienteering athletes' mental rotation ability under different cognitive load  
407 conditions. *Journal of Physical Education*.2022.29(02), 136-144. doi:10.16237/j.cnki.cn44-  
408 1404/g8.2022.02.017
- 409 11. Ferrari M, & Quaresima, V.A brief review on the history of human functional near-infrared  
410 spectroscopy (fnirs) development and fields of application. *Neuro-image*.2012;63(2),921-  
411 935.doi:10.1016/j.neuroimage.2012.03.049
- 412 12. Kopton I M, & Kenning P. Near-infrared spectroscopy as a new tool for neuroeconomic  
413 research. *Frontiers in Human Neuroscience*.2014;8.549.
- 414 13. PINTI, TACHTSIDIS I, HAMILTON A, et al. The present and future use of functional  
415 near-infrared spectroscopy (fNIRS) for cognitive neuroscience. *Ann NY Acad*  
416 *Sci*.2020;1464(1): 5-29.doi:10.1111/nyas.13948
- 417 14. Liu R P. Research on Attention Network Characteristics of Different Levels of Junior  
418 Football Players (Unpublished master's thesis). Jilin Institute of Physical Education.2019.
- 419 15. Chen J C. The Characteristics and Neural Mechanismo Response Inhibition In Badminton  
420 Elites (Unpublished master's thesis).Shanghai University Of Sport.2017.
- 421 16. Han Z J. Study on brain function of Tai Chi practitioners with different skill levels based on  
422 fNIRS (Unpublished master's thesis. Beijing Sport University.2019.
- 423 17. Zhou Z., Y. Methods of brain magnetic resonance and optical imaging data analysis and  
424 their application in emotion research (Unpublished doctoral dissertation). Jiangsu:  
425 Southeast University.2018.
- 426 18. Koechlin E, Basso G, Pietrini P et al. The role of the anterior prefrontal cortex in human  
427 cognition.*Nature*.1999.399(6732):148-151. doi: <https://doi.org/10.1038/20178>

- 428 19. Mandrick K, Derosiere, Gérard, Dray, Gérard et al. Prefrontal cortex activity during  
429 motortasks with additional mental load requiring attentional demand: A near-infrared  
430 spectroscopy study[J]. *Neuroscience Research*.2013;76(3): 156-162.  
431 doi:10.1016/j.neures.2013.04.006
- 432 20. Miller E K, Cohen J D. An integrative theory of prefrontal cortex function. *Annual Review*  
433 *of Neuroscience*.2001;24(1):167-202. doi: 10.1146/annurev.neuro.24.1.167
- 434 21. Robert J S,&Tirin M. Selective Attention from Voluntary Control of Neurons in Prefrontal  
435 Cortex. *Science*,2011;332(6037): 1568-1571.doi:10.1126/science.1199892
- 436 22. Liu Y, He J P. Visual memory characteristics and processing strategies of directional  
437 athletes under different task situations. *Journal of Physical Education*.2017;24 (01), 64-70.  
438 doi:10.16237/j.cnki.cn44-1404/g8.2017.01.008
- 439 23. Liu J. The effect of emotion and visuospatial working memory on cognitive decision making  
440 of directional map recognition (Unpublished master's thesis).Shandong Normal  
441 University.2021.
- 442 24. Song Y, Liu Y, Yang N et al. Research on orienteering exercise improving the execution  
443 function of children with attention deficit hyperactivity disorder. *Journal of Physical*  
444 *Education*.2020;27 (03), 110-115.doi:10.16237/j.cnki.cn44-1404/g8.2020.03.017
- 445 25. Liu Yang, Yang N. An Experimental Study of the Effect of Orienteering Exercises on the  
446 Cognitive Ability of Children with ADHD. *Chinese Journal of Special*  
447 *Education*.2018;11,39-44.doi:CNKI:SUN:ZDTJ.0.2018-11-007
- 448 26. Tang S J, L, Y. Orienteering: intervention options for cognitive function improvement in  
449 children with ADHD. *Qing Shao Nian Ti Yu*.2021;03,46-47.doi:10.3969/j.issn.2095-  
450 4581.2021.03.013
- 451 27. Bao S B, Wei J J, Liu Y. Intervention choice for spatial orientation and navigation ability in  
452 children and adolescents. *Qing Shao Nian Ti Yu*.2021;12, 54-56.
- 453 28. Wen S L, Effect of aerobic fitness on executive function: an fNIRS study. *Journal of Capital*  
454 *University of Physical Education and Sports*.2016;28 (02), 161-166.  
455 doi:10.14036/j.cnki.cn11-4513.2016.02.014
- 456 29. Skau S, Heleniu, Ola, Sundberg, Kristoffer. Hans-Georg. Proactive cognitive control,  
457 mathematical cognition and functional activity in the frontal and parietal cortex in primary  
458 school children: An fNIRS study. *Trends in Neuroscience and*  
459 *Education*.2022;28.doi:10.1016/J.TINE.2022.100180
- 460 30. Fan L, Wang S Y. Wang Y Q et al. Ergonomics and Cognitive Load of AR Guided Puncture  
461 Training System Based on fNIRS. *Packaging Engineering*.2021;42 (20), 146-  
462 151.doi:10.19554/j.cnki.1001-3563.2021.20.014
- 463 31. Huang Wen-Min, Cao Ling-Can, Chen Qing-Jian,et al. Modelling and analysis of brain  
464 functional network. *SCIENTIA SINICA-PHYSICA MECHANICA &*  
465 *ASTRONOMICA*.2020;50(1).doi:CNKI:SUN:JGXX.0.2020-01-007
- 466 32. Lei Z, Bi R, Mo L C Y et al. The brain mechanism of explicit and implicit processing of  
467 emotional prosodies: An fNIRS study. *Acta Psychologica Sinica*.2020;53(01), 15-  
468 25.doi:10.3724/SP.J.1041.2021.00015
- 469 33. Hopkins, Willian, Stephen Marshall, Alan Batterham et al. Progress statistics for studies in  
470 sports medicine and exercise science. *Medicine Science in Sports Exercise*.2009;41(1):  
471 3.doi:10.1249/MSS.0b013e31818cb278

- 472 34. Pan J J, Jiao X J, Jiang J et al. Mental Workload Assessment Based on Functional Near-  
473 Infrared Spectroscopy. *Acta Optica Sinica*.2014;34 (11), 344-  
474 349.doi:CNKI:SUN:GXXB.0.2014-11-050
- 475 35. Bethell-Fox C E, & Shepard R N. Mental rotation: Effects of stimulus complexity and  
476 familiarity. *Journal of experimental psychology: Human perception and*  
477 *performance*.1988;14(1): 12-23.doi:10.1037/0096-1523.14.1.12
- 478 36. Sweller J.Cognitive load during problem solving: Effects on learning. *Cognitive*  
479 *Science*.1988;12(2):257-285.doi:10.1207/s15516709cog1202\_4
- 480 37. Wu Y, Li H Y, Zhang J J, Duan et al. Cognitive Experiment of Improved N-back Paradigm  
481 on Working Memory. *China Journal of Health Psychology*.2013;21 (11), 1679-  
482 1682.doi:doi:10.13342/j.cnki.cjhp.2013.11.006
- 483 38. Zhang X N. Study on the sports decision-making ability of beginners in table tennis  
484 children. *Contemporary Sports Technology*.2020;10 (10), 74-76.doi:10.16655/j.cnki.2095-  
485 2813.2020.10.074
- 486 39. Hou J, Hou Y Y, Chen S Y, Fang X Y. The Working Memory Ability of Internet Addicts:  
487 An ERP Study. *Studies of Psychology and Behavior*.2018;16 (03), 384-  
488 393.doi:CNKI:SUN:CLXW.0.2018-03-015
- 489 40. Kelly A M C, Garavan H. Human functional neuroimaging of brain changes associated with  
490 practice. *Cerebral Cortex*.2005;15(8): 1089–1102.doi:10.1093/cercor/bhi005
- 491 41. Chen M. Stimulating the Left Dorsolateral Prefrontal Cortex Improves Decision Making.  
492 Chinese Psychological Society. Summary collection of the 18th National Psychology  
493 Academic Conference Psychology and Social Development. Chinese Psychological  
494 Association.2015;1070-1071.
- 495 42. He W J. Meta-analysis in working memory and rTMS. University of Electronic Science and  
496 Technology of China. The role of the fronto-parietal network on attentional control: A TMS  
497 study (Unpublished master's thesis).University of Electronic Science and Technology of  
498 China.2017.
- 499 43. Okihide, Hikosaka et al. Central mechanisms of motor skill learning. *Current Opinion in*  
500 *Neurobiology*.2002;12(2): 217-222.doi:10.1016/S0959-4388(02)00307-0
- 501 44. Hoshi E. Functional specialization within the dorsolateral prefrontal cortex:a review of  
502 anatomical and physiological studies of non-human primates. *Neurosci Res*.2006;54: 73-  
503 84.doi:10.1016/j.neures.2005.10.013
- 504 45. Buckner R L, Andrews-Hanna J R & Schacter D L. The brain's default network: Anatomy,  
505 function, and relevance to disease. *Annals of the New York Academy of*  
506 *Sciences*.2008;1124(1):1-38. doi:10.1196/annals.1440.011
- 507 46. Boccia M, Sulpizio V, Nemmi F, Guariglia C & Galati G. Direct and indirect parieto-medial  
508 temporal pathways for spatial navigation in humans: Evidence from resting-state functional  
509 connectivity. *Brain Structure & Function*.2017;222(4):1945-1957.doi:10.1007/s00429-016-  
510 1318-6
- 511 47. Wilson Charles R E, Gaffan David, Mitchell Anna S, Baxter Mark G. Neurotoxic lesions of  
512 ventrolateral prefrontal cortex impair object-in-place scene memory. *The European journal*  
513 *of neuroscience*.2007;25(8).doi:10.1111/j.1460-9568.2007.05468.x
- 514 48. Rypma B, Eldreth D A, Rebbeci D. Age-related differences in activationperformance  
515 relations in delayed-response tasks:a multiple component analysis.*Cortex*.2007;43 (1): 65-  
516 76.doi:10.1016/S0010-9452(08)70446-5

- 517 49. Shi J, Wang Y, Gu T Z H. Age difference in function of frontal pole during working  
518 memory. Chinese Journal of Gerontology.2014;20, 5637-5639.doi:10.3969/j.issn.1005-  
519 9202.2014.20.001
- 520 50. RUDEBECK P H, RICH E L. Orbitofrontal cortex.Curr Biol.2018;28(18): R1083-R1088.
- 521 51. STALNAKER T A, COOCH N K, SCHOENBAUM G. What the orbitofrontal cortex does  
522 not do.Nat Neurosci.2015;18(5): 620-627. doi:10.1038/nn.3982
- 523 52. Zeki S, Watson J D, Lueck C J et al. A direct demonstration of functional specialization in  
524 human visual cortex. Journal of Neuroscience.1991;11(3): 641-  
525 649.doi:10.1523/JNEUROSCI.11-03-00641.1991

**Table 1** (on next page)

Results of behavioral indicators of map representation.

1

Table 1 Results of behavioral indicators of map representation (M±SD)

	Correct rate	Reaction time (ms)
Normal orientation	0.67±0.053*	3718.285±346.790**
Rotational orientation	0.54±0.065*	3910.818±369.414**

2

(Note: \* represents  $0.001 < p < 0.05$ , \*\* represents  $p \leq 0.01$ )

3

**Table 2** (on next page)

Statistical results of bO2 descriptions for map-represented regions of interest in the brain.

1 Table 2 Statistical results of HbO2 description of the map-represented brain regions of interest (M±SD) × 10<sup>-3</sup>

	DLPFC	FOA	VLPFC	OFA
Normal orientation	-0.65±2.61**	-1.19±2.80	-2.22±4.71**	-1.83±6.10
Rotational orientation	1.26±2.76**	-0.46 ±2.52	1.42±3.67**	-0.97±3.46

2 (Note: \* represents 0.001&lt;p&lt;0.05, \*\* represents p≤0.01)

3

**Table 3** (on next page)

Correlation results between fNIRS and behavior (Pearson correlation coefficient  $r$ ).

1 Table 3 Correlation results between fNIRS and behavior (Pearson correlation coefficient r)

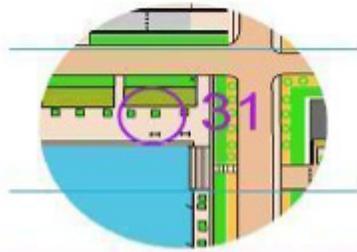
Indicators	Correlation	DLPFC	FOA	VLPFC	OFA
Normal orientation correct rat	Pearson correlation	0.404*	0.106	0.295	0.280
	Significance (two-tailed)	0.022	0.562	0.105	0.121
Rotation orientation correct rate	Pearson correlation	0.356*	0.262	0.494**	0.050
	Significance (two-tailed)	0.045	0.148	0.004	0.784

2 (Note: \* represents significant correlation at the 0.05 level; \*\* represents significant correlation at the 0.01  
3 level)

4

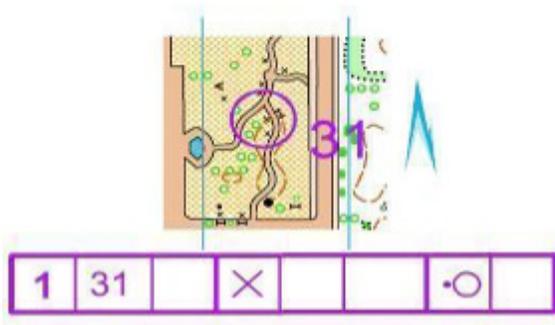
# Figure 1

Example of different orientation maps.(A)



## Figure 2

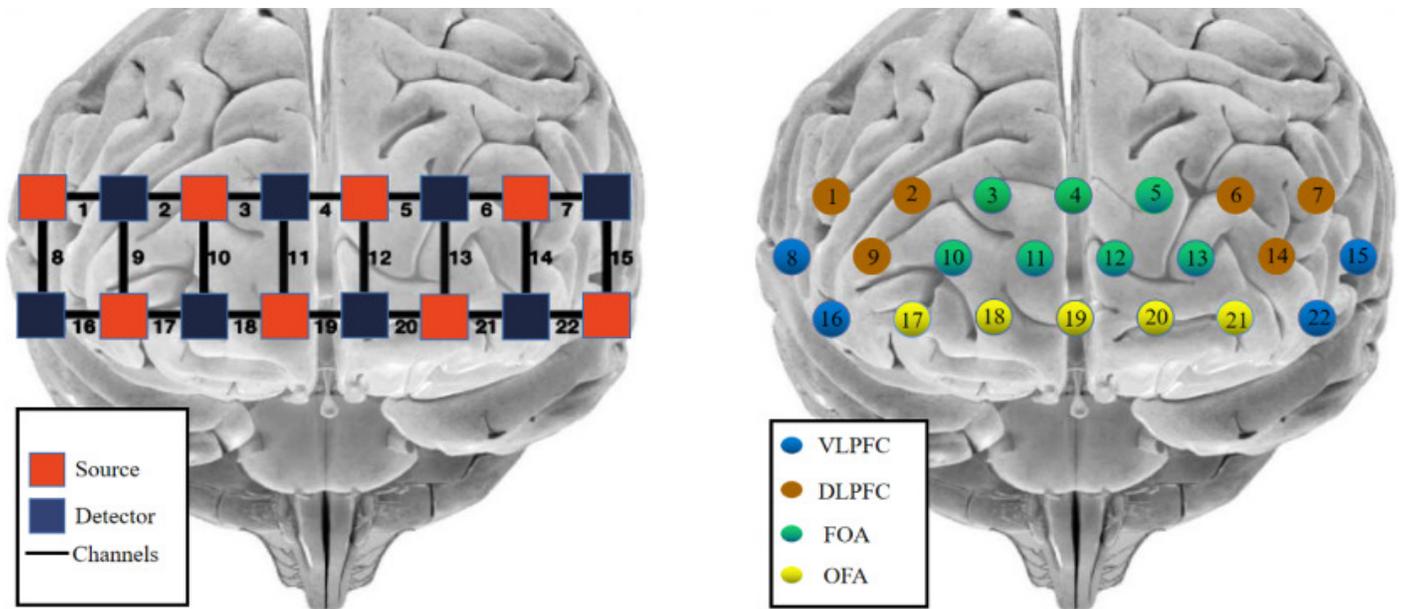
Example of different orientation maps.(B)



## Figure 3

fNIRS channel layout and information of calibrated brain regions.

red indicates emitter-source, blue indicates detector-detector, and numbers indicate -channel



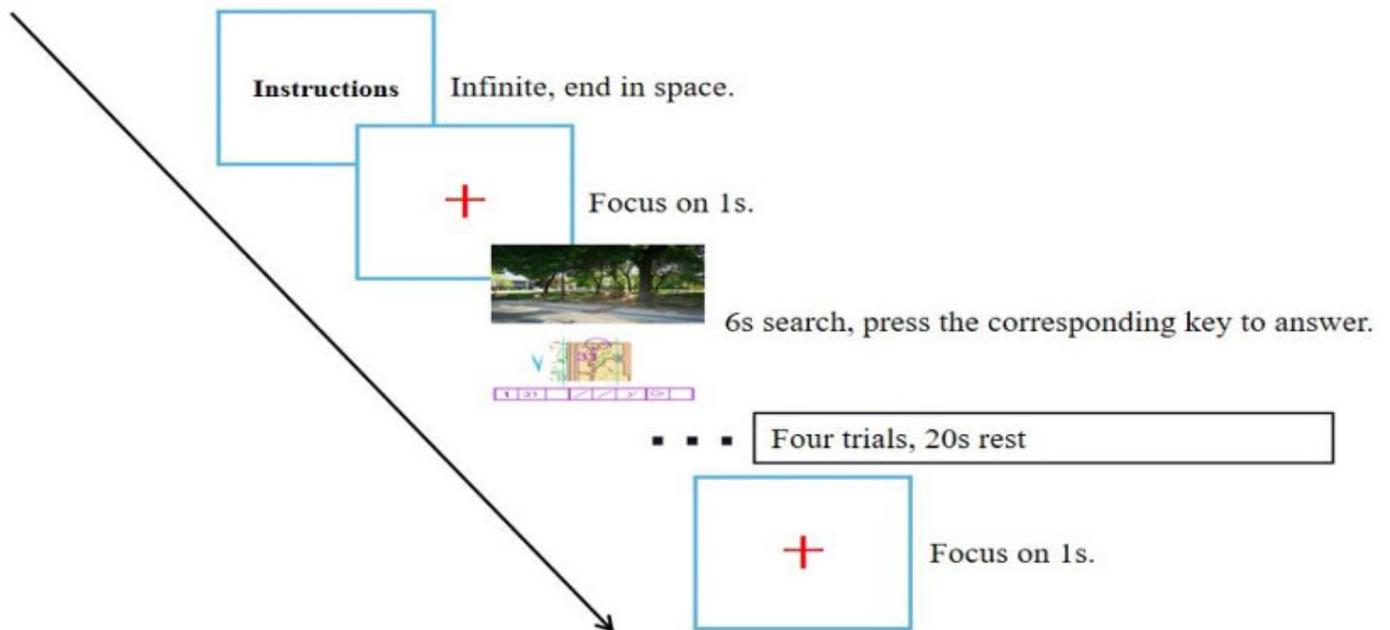
## Figure 4

fNIRS test process.



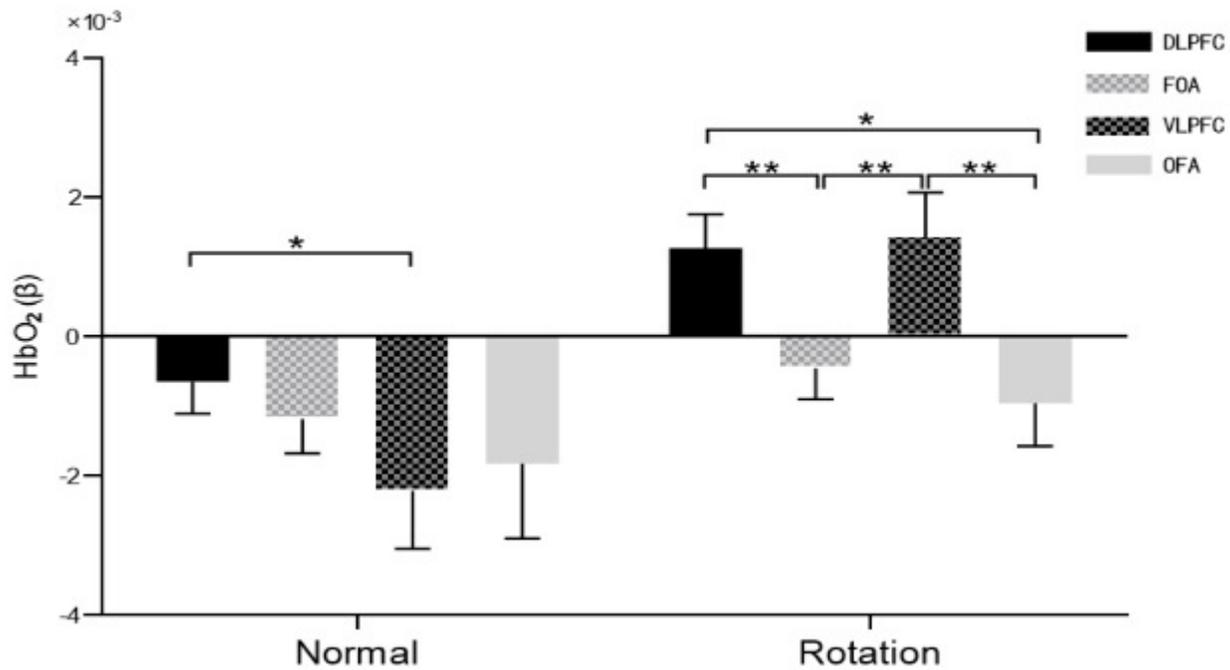
# Figure 5

Experimental flow chart.



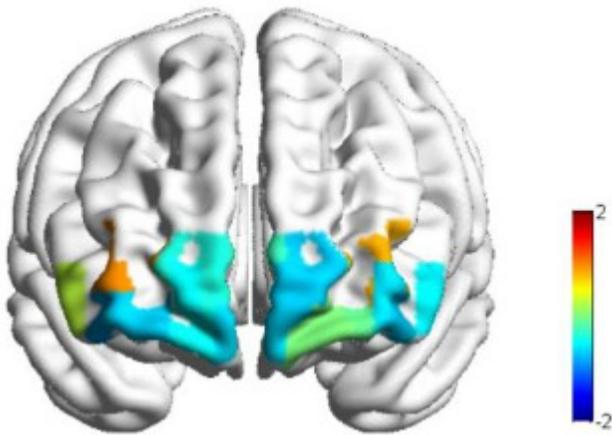
## Figure 6

HbO<sub>2</sub> results for the map-represented brain regions of interest.



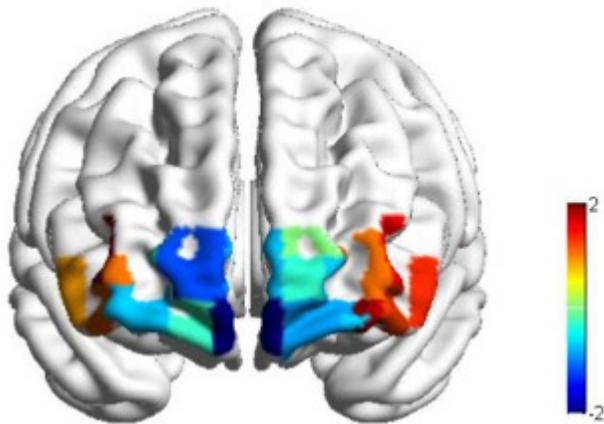
## Figure 7

A map representation of the activation map of HbO<sub>2</sub> values in the brain. (A)



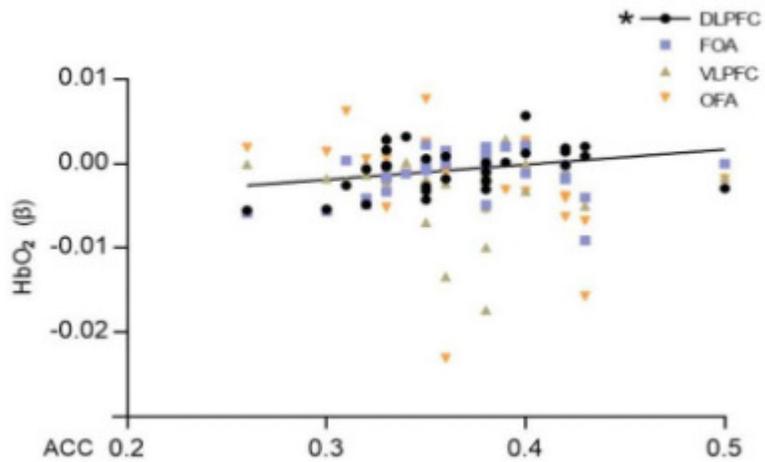
## Figure 8

Map representation of HbO2 value activation maps in the brain.(b)



## Figure 9

Map characterizing the correlation between HbO<sub>2</sub> values and correctness in the brain area of interest.(A)



## Figure 10

Map characterizing the correlation between HbO<sub>2</sub> values and correctness in the brain area of interest.(B)

