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## Lifestyle and Wellbeing

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CHERCHEUR EN SOCIOLOGIE DE LA PERFORMANCE SPORTIVE

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## THÈME TRANSVERSAL

The work undertaken in this research theme aims to :

- > Improve our understanding of the processes of commitment and resistance to the integration of innovation and the adoption of behaviors conducive to performance improvement (recovery, sleep, nutrition, time management) ;
- > Better understand the effects of the preparation conditions on the conduct of the performance project.

The originality of this theme lies in an interdisciplinary approach (sociology, psychology, physiology) aiming to understand all the factors that can contribute to the optimization of the athletes' preparation conditions for international events. The results of this research may also have the potential for transfer to the general population in the field of health and well-being.

Presentation transversal topic

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