



IRMES

LABORATOIRE SEP



CHERCHEUR EN PHYSIOLOGIE DE LA PERFORMANCE SPORTIVE

MORALES ANTONIO

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SPECIALITY

- › Exercise physiology

RESEARCH TOPICS

- › Hypoxic training
- › Determinants and methods of strength training
- › Determinants and methods of endurance performance
- › Links between neuromuscular and energetic aspects of sports performance

SCIENTIFIC SUPPORT FOR PERFORMANCE (ASP)

- › **Interventions** : physiological monitoring, training methods
- › **Mesures** : aerobic and anaerobic capacities, muscle strength, musculo-tendinous mechanical properties
- › **Federations** : canoeing and kayaking, athletics, swimming, ice hockey, ...

MAIN SCIENTIFIC PUBLICATIONS

- › [Morales-Artacho AJ](#), Padial P, García-Ramos A, et al. Intermittent Resistance Training at Moderate Altitude: Effects on the Force-Velocity Relationship, Isometric Strength and Muscle Architecture. *Front Physiol.* 2018;9:594. [Vers l'article](#)
- › [Morales-Artacho AJ](#), Lacourpaille L, [Guilhem G](#). Effects of warm-up on hamstring muscles stiffness: Cycling vs foam rolling. *Scand J Med Sci Sports.* 2017;27(12):1959–1969. [Vers l'article](#)
- › [Morales-Artacho AJ](#), Padial P, García-Ramos A, Pérez-Castilla A, Feriche B. Influence of a Cluster Set Configuration on the Adaptations to Short-Term Power Training. *J Strength Cond Res.* 2018;32(4):930–937. [Vers l'article](#)
- › [Morales-Artacho AJ](#), Ramos AG, Pérez-Castilla A, et al. Associations of the Force-velocity Profile with Isometric Strength and Neuromuscular Factors. *Int J Sports Med.* 2018;39(13):984–994. [Vers l'article](#)
- › Acosta FM, Martinez-Tellez B, Sanchez-Delgado G, et al. Physiological responses to acute cold exposure in young lean men. *PLoS One.* 2018;13(5):e0196543. [Vers l'article](#)



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