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Performance optimization

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CHERCHEUR EN BIOMÉCANIQUE ET PHYSIOLOGIE DE LA PERFORMANCE SPORTIVE

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TOPIC 1

The research work carried out within this theme aims to meet two main objectives :

- Understand the adaptive processes and strategies implemented by athletes and their coaches in stressful situations in order to then evaluate the effects of stress management training programs on performance ;
- Analyze the different levels that structure the production of the movement of the motor control command, from the perception of the information to the completion of the action, in order to optimize its execution.

The approach adopted during the work under this theme aims to better understand the constraints on the actors of high-level sport, in order to optimize training methods. It is enriched by approaches that allow the original description of different levels of performance analysis (e.g. organizational, relational, individual, gestural, cellular).

Presentation topic 1



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Programme détaillé : THÈME 1

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