



Sports, Expertise and Performance Laboratory

The objective of the "Sport, Expertise and Performance" Laboratory (SEP, EA 7370), of the Performance Department of INSEP, is the analysis and optimization of high-level sports performance. Its research program aims to better understand how to improve athletes' performance while preserving their availability to train and participate in competitions.



Who are we ?

URL of the page: <https://labos-recherche.insep.fr/en/sports-expertise-and-performance-laboratory>



Research Program

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Scientific support for performance

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Publications

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OPTIMISER LA PERFORMANCE

BILAN DU LABORATOIRE SEP



3

THÈMES SCIENTIFIQUES

- Thème 1 : Optimisation de la performance
- Thème 2 : Prévention de blessures
- Thème transversal : Équilibre de vie du sportif

48

COLLABORATEURS



2023

L'ANNÉE EN CHIFFRES



16

COLLABORATIONS FÉDÉRALES

67

PUBLICATIONS SCIENTIFIQUES

- dans 66 publications de rang Q1
- dans 3 publications de rang Q2

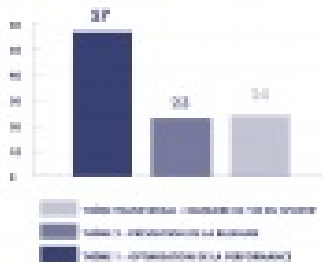
11

COLLABORATIONS SCIENTIFIQUES INTERNATIONALES



104

PROJETS



ACCOMPAGNEMENT SCIENTIFIQUE DE LA PERFORMANCE

40 FÉDÉRATIONS 1329 ACTIONS RÉALISÉES

Annual reviews



Collaborations and research contracts

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Congress and conferences



2024 Projets

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