



PRESS RELEASE
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Review of the European College of Sport Science (ECSS) Congress in Paris

An exceptional congress featuring the world's leading experts in sport science

Over 3,500 people from all over the world gathered at the Palais des Congrès in Paris from July 4 to 7, 2023 for the 28th European College of Sport Science (ECSS) Congress. With just one year to go before the Games, and under the leadership of INSEP's Sport, Expertise and Performance laboratory represented by the institute's General Manager, Fabien Canu, the event was eagerly awaited by the world's leading experts in sport science.



"One year before the Paris 2024 Games, it is a great honor for INSEP to host the 28th international congress of the European College of Sport Science (ECSS) dedicated to sport science. The development, promotion and sharing of cutting-edge knowledge in the field of sport science is one of INSEP's main objectives. This approach should help to bring science and practice closer together, which remains a major objective for the scientific community. This fantastic forum built by the ECSS offers the opportunity to share the latest research in sport and physical activity year after year, between scientists, students, coaches, physical trainers, analysts, clinicians and physiotherapists from all over the world " explains Fabien Canu, General Manager of INSEP.

The opening ceremony of the Congress was marked by a speech from the French Minister of Higher Education and Research, Sylvie Retailleau, who reaffirmed the key role of INSEP, which will be the base camp for French Olympic and Paralympic athletes during the Paris Games, providing them with customized support before and during the Games.

During the pre-congress, a symposium dedicated to planning the medical agenda for the Paris Olympic and Paralympic Games was held by experts from the International Olympic Committee's Medical and Scientific Commission. Based on their individual Olympic experiences, the Commission members shared their analyses of the challenges expected at Paris 2024 and described the role of the organizing committee's medical department during the Olympic Games.

To kick off the congress, the 1st plenary session entitled **"50 shades of fatigue: which colour is the elephant in the room?"** allowed researchers Guillaume Millet and Nathalie Pattyn to focus on a fast-growing research topic in sports science: fatigue! This session crossed borders and borrowed concepts from different specialties, such as cognitive sciences, clinical psychology, exercise physiology and medical practice.



"The European College of Sport Science looks back on a very successful 28th Annual Congress with a record number of participants in beautiful Paris. We would like to highlight the SportEx, the ECSS exhibition, which presented state-of-the-art equipment and showcased our partners and exhibitors in the best possible way. Above all, the congress presented very high-quality sport science research in various disciplines including physiology, nutrition, training and testing, biomechanics, psychology and many more. We are particularly pleased with the massive participation of young talented researchers from across the globe, with most delegates coming from France, followed by Japan, the United Kingdom, Germany and Italy. We are now looking forward to the 29th Annual Congress ECSS Glasgow 2024 in early July next year." says Jørn Wulff Helge, ECSS President.

Photos are available on request

About INSEP

A key player in the national and international sports ecosystem, INSEP is home to most of the Olympic and Paralympic federations, 19 resident federations, and thus supports 800 athletes and 150 coaches dedicated to performance. The institute is a unique place, not only for training and living, but also for research and studies on sport, where resources are mobilized to develop a tailor-made program for each athlete. Dedicated to innovation in sport science, INSEP is positioned at the heart of this exciting international event, creating a unique pre-Olympic and Paralympic opportunity for the scientific community. www.INSEP.fr

Press contacts

Shadow Communication :

Aurélie Vinzent – +33 6 58 66 80 49 – aurielievinzent@shadowcommunication.fr
Karima Doukkali – +33 7 77 36 64 10 karimadoukkali@shadowcommunication.fr
Nina Djilhi Chaumont - +33 6 62 94 86 84 - ninadjilhiChaumont@shadowcommunication.fr
INSEP : Camille Alengrin – +33 1 41 74 42 94 Camille.alengrin@insep.fr

