

Performance support

For several years, INSEP has had a strategy in place for monitoring elite athletes over the long term. For instance, psychomotor and physical profiling field tests are carried out to identify a unique profile to provide individualised training content, attempt to reduce injury risks and improve performance. This assessment system aims to qualify and quantify athletes' strengths and weaknesses and determine potential sources of injury. This preventative approach is rolled out through preventative athletics training, recovery and psychological monitoring processes or even the nutrition offered to INSEP's elite athletes.



Preventative athletics training



Physical conditioning



Nutrition