



# PRE-OLYMPIC INSEP CAMPUS

## MONDAY 3RD OF JULY – GENERAL PROGRAM

MANDATORY AND FREE REGISTRATION HERE

**INSEP TOUR** (*Invitation only*)  
11:00 am – 1:00 pm

### Lectures

9:00 am – 6:00 pm  
**Exercise is medicine** (Chaired by the European Initiative for Exercise in Medicine e. V.)  
*Room: Amphi C*

2:00 pm – 5:00 pm  
**Elite Sport**  
*Room: Paris 1900*

### Workshops

2:00 pm – 4:00 pm  
**FULGUR: sprint force-velocity profile and hamstring mechanical properties**  
*Henry Vandewalle Scientific Space & Soccer pitch*

4:00 pm – 6:00 pm  
**Sleep showroom**  
*Room: Athens*

4:00 pm – 6:00 pm  
**Kinvent: monitoring power, strength and speed, from lab to gym**  
*Room: Omnès*

### Keynote

7:00 pm – 9:00 pm  
**Stéphanie Gicquel: moving, adapting to go further**  
*Room: Paris 1900*

## SATELLITE DETAILED PROGRAMS

### Exercise is medicine

*(Chaired by the European Initiative for Exercise in Medicine e. V.)*

- 09:30 am **Introduction**  
*Dr Sébastien LeGarrec, Prof Jürgen Steinacker*
- 09:45 am **The French program and the new French law for promoting health by sport**  
*Prof. Martine Duclos*
- 10:15 am **Break**
- 12:00 am **"Exercise is medicine" in Europe**  
*Chair: Prof. Rüdiger Reer*  
*Speakers: Prof. Mats Börjesson, Prof. Yjannis Koutetaki, Prof. Anastassios Philippou, Dr. Yvert Thomas*
- 12:00 pm **Break**
- 1:45 pm **EFSMA: Physical activity**  
*Chair: Prof. Maurizio Casasco/ Prof. Anna Jegier*  
*Speakers: Prof. Anca Ionescu, Prof. Sandra Rozenstoka, Dr. Theodorora Papadopoulou*
- 1:45 pm **Break**
- 2:15 pm **Policy change in Europe**  
*Speakers: Prof. Falko Sniehotta, Prof. Susi Kriemler, Janine Wendt/ Prof. Jürgen Steinacker*
- 3:45 pm **Break**
- 4:00 pm **Physical activity prescription/physical activity and inflammatory bowel diseases**  
*Speakers: Dr. Alexis Lion, Amandine Gofflot*
- 5:00 pm **Closing**

# SATELLITE DETAILED PROGRAMS

## Elite Sport

- 2:00 pm **Introduction**  
*Bertrand Daille, Gaël Guilhem, INSEP*
- 2:15 pm **Effects and need of inhaled beta2-agonists in athletes**  
*Valérie Bougault, Université Côte d'Azur - Sport Sciences / France*
- 2:45 pm **Early osteoarthritis in high level athletes: myth or reality? How to manage the career?**  
*Patricia Thoreux, Sorbonne Paris Nord - Paris / France;  
in collaboration with ReFORM network*
- 3:15 pm **Break**
- 3:30 pm **Biomechanical analysis of para-fencers performance**  
*Thibault Marsan, Université Toulouse III (Paul Sabatier) & LAAS-CNRS - Gepetto team / France*
- 4:00 pm **Understanding the player/racket interactions based on embedded accelerometers during racket sports performance**  
*Delphine Chadeaux, Sorbonne Paris Nord - Institut de Biomécanique Humaine Georges Charpak / France*
- 4:30 pm **Closing**  
*Gaël Guilhem, INSEP*



# KEYNOTE

## STÉPHANIE GICQUEL: MOVING, ADAPTING TO GO FURTHER

**Room Paris 1900 / 7:00 – 09:00 pm**

Stéphanie Gicquel is an explorer, high-level athlete, author, and entrepreneur. Originally an attorney specialized in M&A, she began her career by practicing for about ten years in French and international law firms, as well as teaching law at HEC.

She is one of the few explorers to have set foot on both the geographic North and South Poles. As an extreme sports enthusiast, she undertakes challenging expeditions. Notably, she ran a marathon around the North Pole at  $-30^{\circ}\text{C}$  and traversed Antarctica via the South Pole, covering 2,045 kilometers in 74 days at  $-50^{\circ}\text{C}$ . This was the longest unassisted, unsupported expedition by a woman in Antarctica (Guinness World Records). As a specialist in trail running, ultra-distance and ultra-marathons, she is a member of the French athletics team, French champion, French runner-up, world runner-up in the 100 km event with the French team in 2022, vice-champion of Europe in the individual and team ultra-distance events in 2022, and holder of the French record with 253.6 km covered non-stop in 24 hours.

She regularly participates in scientific research protocols studying the human body's adaptation to ultra-endurance events and extreme conditions. This includes collaborations with INSEP (National Institute of Sport, Expertise and Performance) on the combined effects of environmental stress during her feat of running 7 marathons in 7 consecutive days in Antarctica and around the world. She has recently published her third book, «En mouvement» (In Motion), a running and philosophy of life essay. She is involved with several associations and frequently speaks in France and abroad at corporate events, public engagements and in the media.

*\*Lecture in French*

*A cocktail will be offered at the end of the lecture*