

WINTER SCHOOL

Mobility & Exercise Physiology

PROGRAM

DAY 1 - 04/01

Arrival at [La Maison Rouge Backpacker Hostel](#) in the centre of Saint-Etienne

DAY 2 - 05/01

8.00-9.00 : Welcome and presentation of the Graduate School PATHS (see : <https://www.gs-paths.fr/en/>) by Crane Rogers (administrative officer) & [Guillaume Millet](#) (scientific head of the GS PATHS)

9.00-10.30 OR 10.30-12.00:

- Fatigue and fatigability: from theory to practice by [Guillaume Millet](#), [Djahid Kennouche](#) & [Mathilde Bertrand](#)

- Neuromuscular function training: vibration and electromyostimulation by [Thomas Lapole](#) & [Loic Espeit](#)

Discover the tools used in this session: https://www.youtube.com/watch?v=Pwsl_F52UC4&t=12s

12.00-14.00 - Meet with EOPS Master students + Co-cooking Lunch with [LIBM team](#)

14.00-17.00 - Measuring mechanical power in the lab and in the field

By [Jean-Benoit Morin](#), [Robin Macchi](#) & [Jérémy Rossi](#)

Discover the tools used in this session: https://www.youtube.com/watch?v=4_ANTFMIZbk

17.00-18.00 - Workout / run / social time with UJM staff & students

18.00-19.00 - Conference on Social Media in Science by [Jean-Benoit Morin](#)

19.00-21.00 - Dinner in City Centre or at Maison Rouge

DAY 3 - 06/01

8.30-9.00 - Coffee @ IRMIS

9.00-10.30 OR 10.30-12.00:

- Sleep in clinical and athletic populations by [Mathieu Berger](#) and [Romane Gerey](#)

- PhD students and Post-doc project presentations by all PhD students from LIBM

12.00-13.30 - Workout / run + buffet Lunch

13.30-15.00 OR 15.0-16.30:

- Muscle function in animal models

by [Damien Freyssenet](#)

- Muscle function in humans

by [Angèle Merlet](#)

Discover the tools used in this session: https://www.youtube.com/watch?v=pGFk4B5_4eY

16.30-18.00 - Workout / run / social time with UJM staff & students

19.00-21.00 - Dinner in City Centre or at Maison Rouge

DAY 4 - 07/01

8.30-9.00 - Coffee @ IRMIS

9.00-12.00 - Cardiopulmonary-exercise testing, Near-infrared spectroscopy and oxygen kinetics

by [Alessandro Colosio](#)

Discover the tools used in this session: https://www.youtube.com/watch?v=u4ABNDT_kKM

12.00-13.00 - Lunch

13.30 - Departure for Clermont Ferrand

16.00-18.00 - Welcome (train station + Check-in at youth hostel + meeting UCA dentistry) - Transport by X18 bus from St Etienne Chateaucieux

18.00 - 20.00 - Clermont-Ferrand tour

20.00 - Dinner



