



Performance epidemiology

Focused on serving elite athletes, IRMES - one of INSEP's two laboratories - is developing a national and international research programme targeting four priority areas for investigation: sport physiopathology, performance epidemiology, experimental physiology and prevention through physical or sports activities. It also further strengthens the actions carried out by INSEP's Medical division in terms of prevention and monitoring for elite athletes.

For instance, IRMES is developing epidemiological and biomedical research to identify today's core trends in order to help trainers, health professionals, fitness coaches and teachers with their decisions. Thanks to this work, INSEP is further strengthening its excellence and its reputation for the medical monitoring of athletes and sports performance.



MAIN RESEARCH WORK

- > [A Medal in the Olympics Runs in the Family : A Cohort Study of Performance Heritability in the Games History](#)
- > [Effects of a 6-Week Period of Polarized or Threshold Training on Performance and Fatigue in Elite Swimmers](#)
- > [The heart of the matter: years-saved from cardiovascular and cancer deaths in an elite athlete cohort with over a century of follow-up](#)
- > [Age-related upper limits in physical performances](#)