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RECHERCHE

## FULGUR Seminar

*The FULGUR project led by the Sport, Expertise and Performance Laboratory (EA 7370) of the French National Institute for Sport, Expertise and Performance (INSEP) aims to support the French Athletics and Rugby Federations in the preparation of the Paris 2024 Olympic Games and the French Federation of Ice Sports in the preparation of the Milan 2026 Olympic Games. This project focuses on optimizing sprint performance and preventing the risk of injury.*

📅 ADD TO THE CALENDAR

In this context, the FULGUR consortium is organizing a seminar at INSEP (11, Avenue du Tremblay - 75012 Paris) on December 13, 2022.

Internationally renowned researchers will speak during this event. The conferences will be broadcast on line.

- **Evert Verhagen** (VU University Medical Center, The Netherlands) will tell us how to make injury prevention work.
- **Erik Witvrouw** (Ghent University, Belgium) talk will be on the identification of injury risk factors in football players.
- **Marta Moreira Marques** (University of Lisbon, Portugal), will present us an evidence-based practice approach on how to promote behaviours that reduce the risk of injury.
- Finally, **Kenny Guex** (University of Applied Sciences and Arts Western Switzerland, Switzerland) will present a holistic approach of sprint training. A first part of his intervention will be dedicated to the planification and the risk management. He will then lead a practical session on the integration of lumbo-pelvic control in educational exercises for sprinters.

**FULGUR Seminar inscription (Free of Charge, subject to availability)...**

URL of the page: <https://www.insep.fr/en/agenda/fulgur-seminar>



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