INSEP harnesses its expertise to spread best practice, foster rational development and pool resources and initiatives within national networks dedicated to elite sport.

These networks are primarily made up of other national public establishments under the Ministry for Sports and federal structures involved in federal performance projects (PPF). INSEP also maintains international relations and cooperation in elite sport as well as concludes agreements with bodies in France and around the world to implement its projects, especially in terms of research, teaching and expertise. INSEP is involved in scientific, medical and technological research in physical activity and sports, acquires and spreads knowledge in elite sport and promotes its documentary resources.