



© INSEP / I.Amaudry

RÉSEAU GRAND INSEP, RÉSEAU INTERNATIONAL

## Physical Dimension and Coaching for Sport Performance

---

*From 29 November to 2 December 2022, INSEP hosted a week focusing on performance support in the physical dimension, which began with a national seminar, organised within the framework of the Réseau grand INSEP (RGI) on 29 and 30 November. It was followed by an international conference on 1st and 2nd December.*

*Published on 5 December 2022*

First of all, the actors of the federations, INSEP and Grand INSEP network met for the third time in 2022 to discuss performance support in physical preparation. For two days, the speakers took turns to address several aspects of the physical dimension:

- > specific profiling practiced in RGI centres and federations
- > load monitoring, training monitoring and planning
- > the European Elite Strength and Conditioning Course (ESC2)
- > Applications and tools for assessment and individualisation of tests

Performance support in the physical dimension is a key theme in the run-up to the Paris 2024 Olympic and Paralympic Games in order to optimise performance in the territories and within the RGI centres.

Following on from this national seminar, the international physical dimension conference "Evaluating for individualisation" was held, gathering a large number of international experts, coaches and athletes. Fifteen countries were represented, and the speakers addressed four main themes :

- > evaluation and monitoring

URL of the page: <https://www.insep.fr/en/actualites/physical-dimension-and-coaching-sport-performance>

- > individualisation and performance optimisation
- > injury prevention
- > impact on performance

These enthralling presentations gave lead to intense exchanges between the participants, thus helping them to project themselves towards new stakes linked to the physical dimension.

