

The exploration of the effects of physical activity on human health and sport performance constitutes the major objective of the laboratory « Movement, Sport and health Sciences » (M2S). Our unit research particularly focuses on understanding the physiopathology of physical inactivity and the potential benefits of physical activity on different chronic diseases such as cancer, diabetes, obesity and arteriopathy. We also explore the physical activity in terms of sports performance where the prevention of pathologic risks and the optimization of training processes through new technological tools (e.g. virtual reality) constitute major issues. The results of these researches aim to improve sport performance, while preserving physical integrity of athletes. For these purposes, the laboratory M2S uses a multidisciplinary approach based on tools and methodology from cellular biology, physiology, biomechanics and informatics.

Contact

Pr. Benoit Bideau

Lab director

benoit.bideau@univ-rennes2.fr

Pr. Amélie Rébillard

Practise team leader

amelie.rebillard@univ-rennes2.fr

Nicolas Bideau, PhD

Sport, Performance & Digital technology team leader

nicolas.bideau@univ-rennes2.fr