M2S Laboratory

Sport, Performance & Digital technology

The scientific project of the Sport-Performance team at the M2S laboratory aims to enhance athletic performance while preserving athletes' physical integrity.

It leverages innovative technologies (such as sensors and virtual reality) to quantify physical activity, model training loads, and analyze interactions with equipment and the environment.

Conducted in collaboration with professional sports clubs and industry partners, the research leads to practical tools that can be applied in real-world training.

The project is strengthened by the DIGISPORT Graduate School, which combines sport and digital sciences, and is part of a nationally and internationally recognized research dynamic.

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