

Séminaire du LIBM, Université Savoie Mont Blanc

Jeudi 19 décembre 2019 12:30 – 14:30, Amphi Nivolet (rdc bât 8B)

12:30 – 13:30



Professor Jørn Wulff Helge - *President Elect of the European College of Sport Sciences*
Xlab, Department of Biomedical Sciences, Center for Healthy Aging, Faculty of Health Science, University of Copenhagen, Copenhagen, Denmark.

Title:

Maximal fat oxidation: Implications for health and performance

Summary:

Maximal fat oxidation can be determined by a simple incremental exercise test in both athletes but also older and very untrained persons. The first part of this talk will focus on the coupling between maximal fat oxidation and metabolic health and fitness. The second part will focus on the coupling between endurance performance and maximal fat oxidation and some of the potential mechanisms.

13:30 – 14:30



Professor Laurent Messonnier

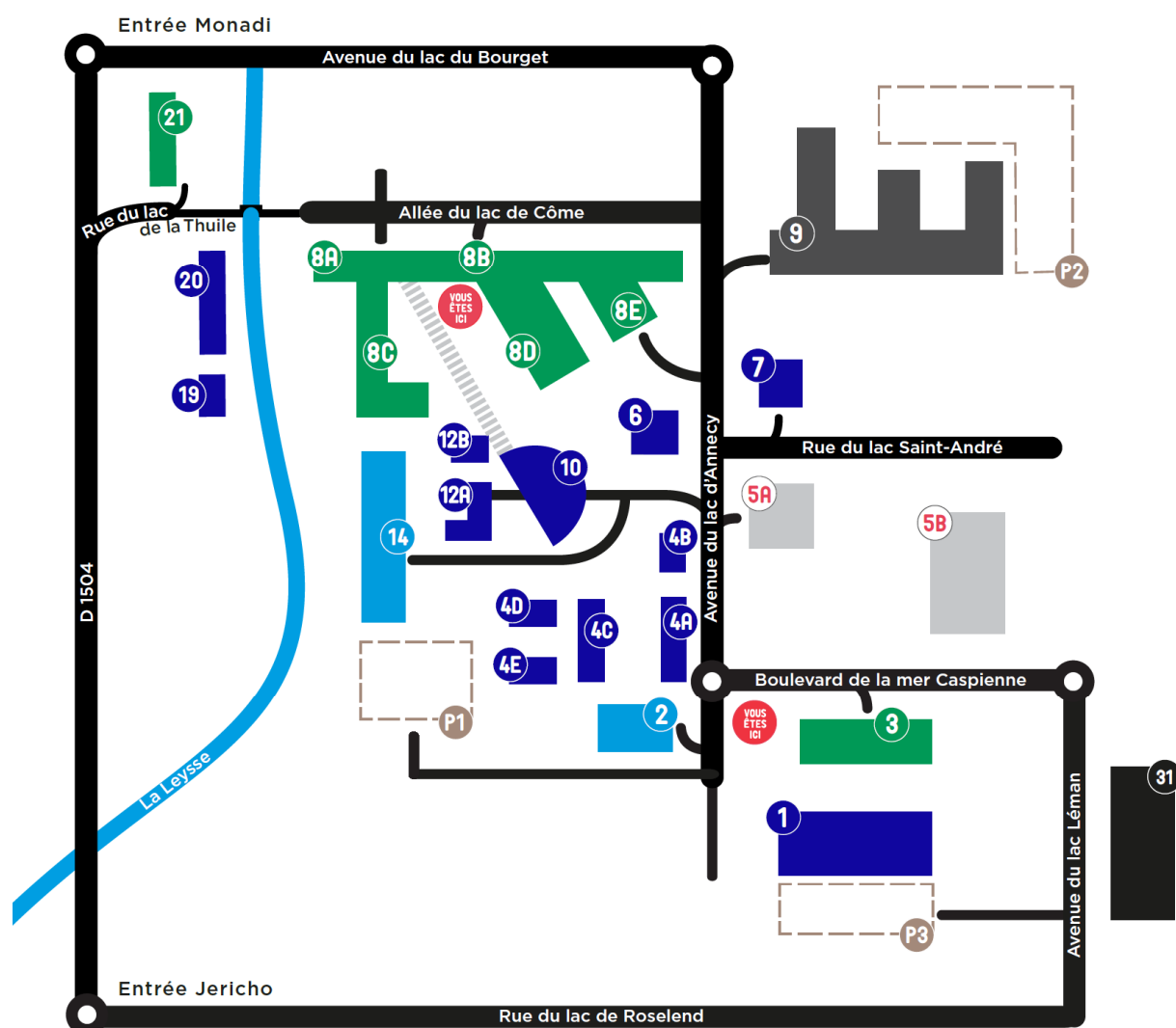
LIBM, UFR Sciences et Montagne, Université Savoie Mont Blanc, Chambéry, France.

Title:

Repercussions of sickle cell trait/disease and effects of endurance training on skeletal muscle.

Summary:

This talk will tell the story of the studies we conducted these past 15 years on muscle structure, energetics, microvasculature and function in sickle cell trait and disease. The beneficial effects (or not) of endurance training will also be exhibited. The talk will include data obtained in patients but also in a mouse model of SCD.



- **TABLES D'ORIENTATION**
- ① ESPACE SPORTIF - ÉMILE ALLAIS
- ② ⑭ POLYTECH ANNECY-CHAMBÉRY
- ③ PÔLE MONTAGNE
- ④ AMPHIS / SALLES DE COURS
- ⑤A RESTAURANT UNIVERSITAIRE - L'HÉLICE
- ⑤B RÉSIDENCE ÉTUDIANTE - DJINN
- ⑥ ESPACE VIE ÉTUDIANTE / SCOLARITÉ
- ⑦ HALLE TECHNIQUE
- ⑧ UFR SCIENCES ET MONTAGNE
MÉDECINE PRÉVENTIVE
FORMATION TOUT AU LONG DE LA VIE
REPROGRAPHIE
- ⑨ IUT DE CHAMBÉRY
- ⑩ BIBLIOTHÈQUE UNIVERSITAIRE /
SERVICE D'INFORMATION ET D'ORIENTATION
- ⑫ SALLES INFORMATIQUE ET TRAVAUX PRATIQUES
- ⑬ SALLES DE COURS / ANGLAIS LANSAD
- ⑭ DIRECTION DES SYSTÈMES D'INFORMATION - DSI
- ⑮ LABORATOIRES
- P PARKING
- ⑳ HÉLIOS