



Séminaire LAMH.ESS : « World Athletics »

How World Athletics Health and Science Department Contributes to Athlete Safeguarding and Athletics Regulations?

Paolo Emilio ADAMI, Stéphane BERMON, Frédéric GARRANDES

Mercredi 4 mai (14h00), Campus STAPS – Sciences du Sport, Amphi Rémi RADEL

This presentation will cover our main activities in these fields for the last 5 years (2017-2022) among which:

- Environmental Constraints in Athletics
- Gender Issues in Athletics
- Safeguarding Elite Athletes: from the Heart to Well-being
- The Advanced Footwear Technology
- “You’ll never Run Alone”: The Race Emergency Medicine Courses and beyond

S minaire LAMH.ESS : « World Athletics » - les conf renciers



Paolo Emilio Adami is a Medical Doctor specialised in Sports and Exercise Medicine and holds a Ph.D. in Exercise Physiology from the University of Rome “Foro Italico”.

He is the Medical Manager of the Health and Science Department at World Athletics. His research interests include cardiovascular adaptations induced by exercise, prevention of sudden cardiac death, effect of air pollution on health and athletic performance, pre-participation assessment of elite, Olympic and Paralympic athletes, cardiovascular effects of drugs and doping substances, and the use of exercise for health enhancement and prevention.



St phane Bermon is a Sports Physician (MD) and Exercise Physiologist (PhD). He has worked with professional soccer and cycling teams, as well as elite athletes for three decades.

St phane is the Director of the Health and Science Department at World Athletics. He has also a clinical activity at the Monaco Institute of Sports Medicine and Surgery (IM2S). His recent research interests have been on Applied Science in Athletics. He published over 70 peer-reviewed articles. St phane is a former professional snowboarder and still practices endurance sports, ski and kitesurfing.



Frederic Garrandes is a Ph.D. specialised in Sports and Exercise. He completed his thesis on the plasticity of the neuromuscular system, at Aix-Marseille University in “Human Movement Sciences” investigating the neuromuscular fatigue profile in endurance-trained and power-trained athletes.

Before joining World Athletics, he worked as a clinical research associate at the Monaco Institute for Sports Medicine and fulfilled university teaching and research missions at the Sport Science School (Nice C te d'Azur). Proficient expertise in isokinetic evaluation and cardio-respiratory functional testing.

He is the Medical and Scientific coordinator of the Health and Science Department at World Athletics (former IAAF), based in the Monaco Principality. At World Athletics he looks after the organisation of health and medical services during World Athletics events; promotes research projects in the field of health and sports sciences; translates scientific evidences to the general population for health enhancing purposes. His current research focuses on athletes' thermal responses, medical events, performance, and heat acclimatization during competition in hot and humid conditions.