



Professor Jean-Benoit Morin's bio

Jean-Benoit (JB) Morin is currently Full Professor at the [Faculty of Sport Sciences of the University of Nice Sophia Antipolis](#) (France). He is a member of the [Laboratory of Human Motor Function, Education Sport and Health](#). He obtained a Track & Field Coach National Diploma in 1998 and graduated in Sport Science at the University of Besançon, France in 2000. He obtained his PhD in Human Locomotion and Performance in 2004 at the University of Saint-Etienne, France (Prof. Alain Belli), in collaboration with the University of Udine, Italy (Prof. Pietro

diPrampéro).

He was an Assistant Professor at the Sport Science Department of the University of Saint-Etienne and member of the Laboratory of Exercise Physiology from 2005 to 2014. JB's field of research is mainly human locomotion and performance, with specific interest into running biomechanics and maximal power movements (sprint, jumps). He teaches locomotion and sports biomechanics, and strength training and assessment methods. He has published about 50 peer-review Journal articles since 2004. JB's main collaborations are with French sprinter Christophe Lemaitre and his group/coach, and he is member of the French Soccer Federation research group, teaching professional coaches about sprint mechanics and training for acceleration. He also collaborates with New-Zealand professional and national rugby teams, and with professional soccer clubs in France and Spain. He practiced soccer in competition for 10 years, practiced and coached track and field (middle distance and 400m hurdles) for 8 years, and he is now enjoying trail running, road cycling and triathlon.

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