My research focuses on the "development of physical qualities in relation to sports practice," involving the study, evaluation, and analysis of metabolic adaptations to exercise. One part of my research concerns the study of hormonal and metabolic specificities during exercise as indicators of performance or stress, particularly among athletes and football players.

**Presentation:**

**MONITORING TRAINING LOAD IN PROFESSIONAL ATHLETES**
"The role of new technologies in the design, planning, and programming of training"