UNIVERSITÉ SAVOIE MONT BLANC | STAPS Chambéry | LIBM Laboratoire Interuniversitaire de Biologie de la Motricité

Erasmus+ | La Région Auvergne-Rhône-Alpes

BIP

FoVE Week

Force-Velocity-Endurance in Sport, Health and Ecology

From muscle to movement, across species and disciplines



Organised by the FoVE Group
www.fovelab.com

Objectives and Description

The BIP FoVE Week is an international training program dedicated to the study of muscle function and locomotion through Force-Velocity-Endurance (FoVE) approaches, with applications in sports performance, health, and animal ecology. The program focuses on the force production capacities of the neuromuscular system and examines how they are influenced by contraction velocity, fatigue, and the interaction between these two factors. This FoVE framework will be explored across multiple levels of analysis, ranging from the organ level (muscle) to the functional level (locomotion).

Methods and outcomes

The course combines theoretical concepts, assessment methods (including both theoretical and practical components), and a wide range of applications. Teaching will be delivered in English by LIBM researchers and invited international professors, alternating between lectures and small-group practical sessions.

Field of Education
Sport Sciences, Exercise Physiology, Biomechanics

Traget Audience
Master's and PhD students (Sports Science, Biology, Biophysics, Medicine, or Ecology) interested in muscle function and locomotion

ECTS
3

Language
English

Dates & Location (in-person)
From 11th to 15th of January 2027
USMB Scientific Campus of Le Bourget du Lac, France

Virtual component
From December 2026 to Febuery 2027

Cost & Funding
Free of charge. Eligible for Erasmus+ funding (travel and accommodation)

Virtual Component

4 sessions | December 2026 – Febuary 2027

1. **Training Booklet**
   2h – December 2026
   Asynchronous
2. **Logistic Webinar**
   1h – December 2026
   Synchronous
3. **Scientific Webinar**
   6h –February 2027
   Asynchronous
4. **Portfolio**
   4h – January 2027
   Asynchronous

In-Person Programme

5 days | Force-Velocity-Endurance | Theory & Practice | Social activities

Day 1	Day 2	Day 3	Day 4	Day 5
Force-Velocity-Power Profiling, performance, fatigue	Endurance and Intensity-time model	Explosiveness, rate of force development & fatigue	Force-Velocity: Fatigue & metabolic determinants	Force-Velocity, Endurance Model

Organizing Board
University Savoie Mont Blanc, France
Pierre Samozino (pierre.samozino@univ-smb.fr)
Baptiste Morel (baptiste.morel-prieur@univ-smb.fr)

Application procedure
HOW ? CV & motivation letter to Mobilite-Unita.Dri@univ-savoie.fr
DEADLINE TO APPLY ? 30th of October 2026
FUNDING ? Students must apply to ERASMUS+ funding to be accepted

Title of BIP: FoVE (Force-Velocity-Endurance) Week

General information

Objectives and Description:

The BIP FoVE Week is an international training program dedicated to the study of muscle function and locomotion through Force-Velocity-Endurance (FoVE) approaches, with applications in sports performance, health, and animal ecology. The program focuses on the force production capacities of the neuromuscular system and examines how they are influenced by contraction velocity, fatigue, and the interaction between these two factors. This Force-Velocity-Endurance (FoVE) framework will be explored across multiple levels of analysis, ranging from the organ level (muscle) to the functional level (locomotion).

Methods and outcomes:

The course combines theoretical concepts, assessment methods (including both theoretical and practical components), and a wide range of applications. It draws on the expertise of the Interuniversity Laboratory of Human Movement Sciences (LIBM), particularly its FoVE research team, whose scientific activities are focused on these topics. Teaching will be delivered in English by LIBM researchers and invited international professors, alternating between lectures and small-group practical sessions.

Field of Education:

Sports Sciences, Exercise Physiology, Biomechanics

Target audience / Participants profile:

Master's and PhD students in Sports Science, Biology, Biophysics, Medicine, or Ecology interested in muscle function and locomotion.

No of ECTS issued:

3

Language of instruction and requirements:

English

Dates for physical activity:

From the 11st of January 2027 to the 15th of January 2027

Location of physical activity:

University Savoie Mont Blanc, Scientific Campus of Le Bourget du Lac, France

Dates for virtual component:

From December 2026 to January 2027

Virtual Component Description:

Session 1 (2 hours) – December 2026: Training Booklet

Asynchronous (Moodle)

Reading and familiarization with the training booklet, a document containing a one-page overview of each lecture and practical session. The booklet presents the key concepts to be covered, the prerequisite knowledge required, and a bibliography. Its purpose is to help students identify any gaps in their understanding of the necessary concepts and prepare accordingly prior to the face-to-face training week.

Session 2 (6 hours) – between December 2026-February2027: Scientific Webinar

Asynchronous (Teams)

Scientific webinar focused on the FoVE Week theme. The event will feature an international keynote speaker and four scientific presentations (1 hour each), followed by 30-minute discussion and Q&A sessions.

Session 3 (1 hour) – December 2026: Logistics Webinar

Synchronous (Teams)

Presentation of the organization and schedule of the training week, together with the completion of administrative formalities.

Session 4 (4 hours) – January 2027 (between 15 and 31 January): Portfolio

Asynchronous (Moodle)

Presentation of the competences acquired by each student through an individual portfolio in the form of a 10-minute recorded video presentation submitted via Moodle.

Students will also be required to watch and review the portfolios submitted by their peers.

Organizing Board

Receiving/Host university:

University Savoie Mont Blanc, France
Pierre Samozino (pierre.samozino@univ-smb.fr) and Baptiste Morel (baptiste.morel-prieur@univ-smb.fr)

Sending/Partner universities:

P1. University of Torino, Italy (Gennaro Boccia – gennaro.boccia@unito.it)

P2. University of Swansea, Wales (Christian Vassallo – christian.vassallo@swansea.ac.uk)

P3. University of Padova, Italy (Leonardo Nogara – leonardo.nogara@unipd.it)

P4. University Libre de Bruxelles, Belgium (Stéphane Baudry – stephane.baudry@ulb.be)

P5. University Rey Juan Carlos University of Madrid, Spain (Pedro Jiménez-Reyes – peterjr49@hotmail.com)

P6. University of Milano, Italy (Gaspare Pavei – gaspare.pavei@unimi.it)

P7. University of Ghent, Belgium

Detailed programme

1. Planned activities during virtual component:

Session 1 (2 hours) – November 2026: Training Booklet

Asynchronous (Moodle)

Reading and familiarization with the training booklet, a document containing a one-page overview of each lecture and practical session. The booklet presents the key concepts to be covered, the prerequisite knowledge required, and a bibliography. Its purpose is to help students identify any gaps in their understanding of the necessary concepts and prepare accordingly prior to the face-to-face training week.

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2. Planned activities during physical component:

	11st of January 2027	12nd of January 2027	13rd of January 2027	14th of January 2027	15th of January 2027	16th of January 2027
8h30	Welcome to participants					Departure of international participants
9h-12h	Force-Velocity-Power profiling, sport performance and Fatigue (Theory)	Endurance and Intensity-time model (Theory)	Explosiveness, rate of force development and fatigue (Theory)	Force-Velocity & Fatigue, metabolical determinants (Theory)	Force-Velocity-Endurance (FoVE) (Theory)	
Pause						
14h-17h	Force-Velocity-Power profiling, sport performance and Fatigue (Practical)	Endurance and Intensity-time model (Practical)	Explosiveness, rate of force development and fatigue (Practical)	FoVE snow activities (nordic ski/ snowshoeing) La Feclaz	Force-Velocity-Endurance (FoVE) (Practical)	
17h-18h	FoVE Night Run	Flash'Doc	Flash'Doc		Flash'Doc	
19h30	Opening Diner			Closing Diner	Match SOC Rugby (derby Chambéry-Bourgoin Jailleu)	

Application procedure

How: **CV and motivation letter** to Mobilite-Unita.Dri@univ-savoie.fr

Students should apply to Erasmus+ funding for travel and accommodation

Deadline to apply: 30th of October 2026

What is covered by host university:

Social activites (Flash'Doc, FoVE snow activities (nordic ski/snowshoeing), Match SOC Rugby, Opening/Closing Diner)