

**INSEP**

# The National Institute of Sport, Expertise and Performance



## The missions :

**INSEP participates in the national development policy of sport and physical activities, particularly in the field of high performance sport ...**

Athletes train and prepare at INSEP with sports federations and in accordance with Dual Career.

INSEP animates the national network of high performance sport.


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INSEP provides the initial and continuing education to sports managers and coaches for the development of sports

INSEP delivers titles and national diplomas.

INSEP contributes to scientific, medical and technological research in the field of sport and physical activities, to the production and dissemination of knowledge on elite sport and the value of its information resources.

INSEP develops international relations and cooperation.



## INSEP :

**27 National training centres**

**630 elite athletes (400 live at INSEP)**

**150 National coaches and federal managers**

Nearly one third of selected athletes in Athens (2004) and Beijing (2008) Olympics ;  
21 medals out of 41 in Beijing in 2008

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300 people work full time in various fields.

80 medical and paramedical personnel

**A 2011 budget of nearly 40 million Euros**



## Involvement in high level sport:

INSEP in charge the direction responsible for coordinating sports policies (DPS).

### The major challenges :

Winning Olympic, Paralympic, World and European titles.

Adapting to increasingly fierce competition.

Managing organisations in increasingly complex environments.

Training and supporting technical managers.

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Bringing together resources to support athletes performance, projects.

Coordinating the missions of the State, the sporting movement of communities and the private sector for their success at the highest level.

Acquire the necessary equipment to host major events.



## INSEP offers :

### **Secondary, university and vocational education**

The professionalisation of athletes and continuing vocational training for senior sport staff are the priority tasks of the Department of Education and Access to Employment (SFAE) and the Department of Higher Professional Training Sport (SFCSS).

### **A medical department for the monitoring of athletes health**

( a medical, physiotherapy, cryotherapy, dental and psychological care center.

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### **A department for research and sport science applied to performance**

(a Laboratory of Biomechanics and Physiology, a computer –aided laboratory applied to sport, a laboratory of movement, action and performance, a laboratory of sports sociology , a laboratory for sports psychology and a laboratory of ergonomics and sport).

### **A documentation and information center**

