

| le savoir vivant |



Lecture Series | September – December 2019
University of Lausanne | Amphimax 414

BRAIN TRAINING IN SPORT PERFORMANCE



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The ability to maintain a long and sustained effort and to make split-second decisions requires a well-trained brain. Lately, knowledge about the brain's mechanisms that are involved in the motor and cognitive abilities of athletes has increased. In this series of lectures on brain training and sports performance, we will have the opportunity to learn more about these mechanisms and also to understand how current knowledge from neuroscience can contribute to an optimization of (re-)training methods for the athletes.

TUESDAY 10TH SEPTEMBER 2019, 5.15-6.15PM

**Developing Champions:
How Elite Athletes are Made**

Prof. A. Mark Williams, University of Utah (USA)

TUESDAY 1ST OCTOBER 2019, 5.15-6.15PM

**Boosting performance with placebos:
Is it doping? Is it ethical? Is it detectable?**

Prof. Fabrizio Benedetti,
University of Turin Medical School (Italy)

TUESDAY 5TH NOVEMBER 2019, 5.15-6.15PM

**Neurodoping – can zapping the brain
enhance sporting performance?**

Dr. Lex Mauger, University of Kent (UK)

TUESDAY 3RD DECEMBER 2019, 5.15-6.15PM

**The power of imagination
to achieve peak performance***

Prof. Aymeric Guillot,
Université Claude Bernard Lyon 1 (France)

*Intervention en français

