

4th ECVSMR Scientific Meeting – 20-22 July 2023

- **Pr. Xavier Bigard**

MD, PhD, is a sports physician, exercise physiologist and nutritionist



Pr. Xavier Bigard is Medical Director of the International Cycling Federation (Union Cycliste Internationale, UCI). He is a former professor at the Val-de-Grâce (the French university of military medicine, Paris), where he also held the chair of Research. He also formerly advised the French Antidoping Agency, was President of the French Society of Exercise and Sport Medicine, and led researchers in sports nutrition at the French Sports Institute. His memberships include the Health-Medicine-Research Committee of the World Anti-Doping Agency, the ASOIF medical and science consultative group, and the French Academy of Medicine. Pr. Bigard's research and expertise focus on exercise physiology, muscular biology, sports nutrition, physical training tolerance, and the adaptation of active humans to extreme conditions (altitude, heat, cold).