

[Benjamin Pageaux, PhD](#)



2023/06 – now **Associate Professor**,
École de kinésiologie et des sciences de l'activité physique ([EKSAP](#)),
Faculté de médecine, Université de Montréal (UdeM), Montréal, Canada.

2018/09 – now **Researcher**,
Centre de recherche de l'Institut universitaire de gériatrie de Montréal ([CRIUGM](#)), Montréal, Canada.

2022/07 – now **Research Scholar – Junior 1**,
Fonds de Recherche du Québec – Santé ([FRQS](#)). Career award providing a teaching release from 9 to 3 credits.

2018/08 – 2023/05 Assistant Professor,
École de kinésiologie et des sciences de l'activité physique ([EKSAP](#)),
Faculté de médecine, Université de Montréal (UdeM), Montréal, Canada.

EDUCATION, TRAINING AND RECOGNITION

2015-2017 **Postdoctoral fellow** at INSERM U1093—Cognition, Action et Plasticité Sensorimotrice Laboratory, FRA.
2015 **PhD** in Sport and Exercise Sciences, University of Kent, School of Sports and Exercise Sciences, GBR.
2011 **Master** (MSc equivalent) in Science, Technology and Health, Faculté des Sci. du Sport, Université de Bourgogne, FRA.
2008 **Licence** (BSc equivalent) in Adapted Physical Activity, Faculté des Sciences du Sport, Université de Bourgogne, FRA.

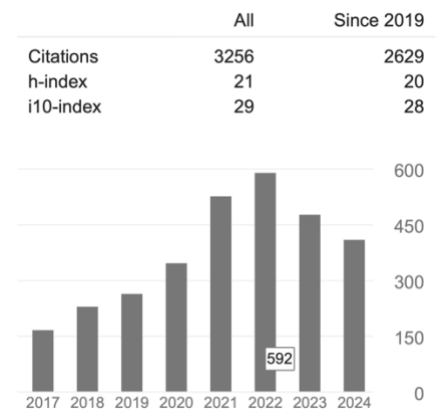
2021/08 **Top 10, most cited articles in the European Journal of Sport Science.** [Pageaux B, 2016 Eur J Sport Sci.](#)
2020 **Top 20 out of 3,203 cited letters** (#13 in total citations, #2 in citations/yr) in exercise science and physical therapy journals published between 1963 and 2018). See table 2, [Nuzzo 2020 Learned Publishing](#) in reference to the letter [Pageaux, B, 2014. Sports Med.](#)
2015 **Young Investigator Award**, European College of Sport Science

RESEARCH

Publications

METRICS ([Google Scholar](#), 2024/11/14)

- 3250 citations.
- 4 publications > 300 citations
- 6 publications > 200 citations.
- 10 publications > 100 citations
- 14 publications > 50 citations



Most of my publications are available via my [ResearchGate](#) profile.

OVERVIEW OF THE LIST OF PUBLICATIONS

Information in black denotes the publications since the start of my career, and in grey since I am a Professor at UdeM.
The list includes the published and accepted articles.

Peer-reviewed articles 46 (26)

N = 16 as 1st author, N = 6 as last author, 2 publications as sole author including one invited review

Books and book chapters 4 (3)

Presentations and conferences 84 (57)

N = 17 as guest/keynote speaker or webinar

Professional and cultural publications without review committees 11 (5)

KEY PUBLICATIONS

* denotes a student under my supervision

1. Mangin, T.*, & Pageaux, B. (2024). It is time to stop using the terminology “passive” fatigue. *Motivation Science*. Advance online publication. <https://doi.org/10.1037/mot0000375>
2. Bergevin, M.*, Steele, J., Payen de la Garanderie, M., Feral-Basin, C., Marcora, S. M., Rainville, P., ... & Pageaux, B. (2023). Pharmacological blockade of muscle afferents and perception of effort: a systematic review with meta-analysis. *Sports Medicine*, 53(2), 415-435.

3. O'Farrell, A. *, Sauv , W., Bergevin, M. *, Cimadoro, G., Arvisais, D., Rainville, P., & **Pageaux, B.** (2022). Pain perception in contact sport athletes: a scoping review. *Sports medicine*, 52(11), 2593-2604.
4. Jacquet, T. *, Lepers, R., Poulin-Charronnat, B., Bard, P., Pfister, P., & **Pageaux, B.** (2021). Mental fatigue induced by prolonged motor imagery increases perception of effort and the activity of motor areas. *Neuropsychologia*, 150, 107701.
5. **Pageaux, B.**, & Lepers, R. (2018). The effects of mental fatigue on sport-related performance. *Progress in brain research*, 240, 291-315. *Invited book chapter*.
6. **Pageaux, B.** (2016). Perception of effort in exercise science: definition, measurement and perspectives. *European journal of sport science*, 16(8), 885-894. *Invited review*
7. **Pageaux, B.**, & Lepers, R. (2016). Fatigue induced by physical and mental exertion increases perception of effort and impairs subsequent endurance performance. *Frontiers in physiology*, 7, 587.
8. **Pageaux, B.**, Marcora, S. M., Rozand, V., & Lepers, R. (2015). Mental fatigue induced by prolonged self-regulation does not exacerbate central fatigue during subsequent whole-body endurance exercise. *Frontiers in human neuroscience*, 9, 67.
9. **Pageaux, B.**, Lepers, R., Dietz, K. C., & Marcora, S. M. (2014). Response inhibition impairs subsequent self-paced endurance performance. *European journal of applied physiology*, 114(5), 1095-1105.
10. **Pageaux, B.**, Marcora, S., & Lepers, R. (2013). Prolonged mental exertion does not alter neuromuscular function of the knee extensors. *Medicine and science in sports and exercise*.

Funding

The information provided below is related to the funding obtained as a Professor at the Universit  de Montr al, indicated in CAD

PEER-REVIEWED RESEARCH GRANTS

- Principal investigator (PI) / co-PI: Total > **\$1M**
- Co-applicant or collaborator: Total > **\$2M**
- Student scholarships: Total > **\$450k**
- From internal funds (within UdeM/CRIUGM): **\$246k**
- From external funds (outside Udem/CRIUGM): **\$3.3M**

MAIN FUNDED RESEARCH PROJECTS AS A PI OR CO-PI:



2019-2025
\$175,500

Facing pain is effortful: a multidisciplinary approach to investigate the effects of pain on perception of effort and performance

NSERC Discovery Grant



2021-2026

\$393,741

Neuroplasticity for aging well

CFI John R. Evans Leaders Fund

Creation of the

STIMulate your BRAIN
(STIMBRAIN) research platform at CRIUGM

in collaboration with Drs Ansaldo and Neva



2021-2023

\$25,000

The maintenance of motor performance in the presence of pain is effortful: an fMRI study

QPRN Pilot Project

ACADEMIC OUTREACH

- > **90 evaluations** in Sport Science, Physiology, Psychophysiology, Neurosciences and Psychology journals.
- Examples of **reviewer activities for funding agencies**
FRQS MSc scholarships, NSERC Discovery Grant, Estonian Research Council, Research Foundation Flanders, UdeM.
- **Guest Associate Editor** for two research topics in Frontiers journals.
2020 – 2023 [Effort-based decision-making and cognitive fatigue](#)
2015 – 2017 [Regulation of endurance performance: new frontiers](#)
- **Invited speaker** at international workshops or conferences (N = 16). Some examples provided below

2024/11	CAN	Invited symposium organizer and chair	Canadian Society for Exercise Physiology
2023/10	FRA	Invited symposium organizer and chair	Asso. des Chercheurs en Activit�s Physiques et Sportives
2022/08	CHE	Keynote Speaker	International Congress on Effort, The Neuchatel Effort Project .
2021/01	FRA	Keynote Speaker	International Symposium on Decoding the Sense of Effort
2020/02	BEL	Keynote Speaker	International Congress of Physiotherapy
2019/05	USA	Tutorial Lecture	Annual Congress of the American College of Sports Medicine