# Benjamin Pageaux, PhD

École de kinésiologie et des sciences de l'activité physique
Faculté de médecine
Université de Montréal

Centre de recherche iugm
Institut universitaire de gériatrie de Montréal

*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.

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*2025* ***Top 10, most cited articles all time 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

### Supervised postgraduate research students since 2019

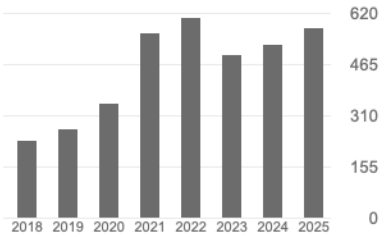
5 MSc, 7 PhD (5 ongoing), 1 postdoc (ongoing), 6 visiting international students

### Publications

(Google Scholar, 2025/11/13)

- > 4 000 citations.
- 5 publications > 300 citations
- 7 publications > 200 citations.
- 11 publications > 100 citations
- 17 publications > 50 citations

| | All | Since 2020 |
|---|---|---|
| Citations | 4142 | 3118 |
| h-index | 24 | 22 |
| i10-index | 36 | 35 |




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 the last 6 years.
The list includes the published and accepted articles.

*Peer-reviewed articles and book chapters* *56* (36)

*Presentations and conferences* *>130*
32 as guest, keynote or symposium speaker

KEY PUBLICATIONS

* denotes a student under my supervision

1. Briand, J.*, Mangin, T.*, Tremblay, J., & **Pageaux, B**. (2025). Bridging inductive and deductive reasoning: a proposal to enhance the evaluation and development of models in sports and exercise science. *Sports Medicine*. 55, 2707–2719.
2. Mangin, T.*, & **Pageaux, B**. (2024). It is time to stop using the terminology "passive" fatigue. *Motivation Science*. 11(1), 125–132.
3. Bergevin, M.*, Steele, J., Payen de la Garanderie, M.*, ... & **Pageaux, B**. (2023). Pharmacological blockade of muscle afferents and perception of effort: a systematic review with meta-analysis. *Sports Medicine*, *53*(2), 415-435.

4. O'Farrell, A.*, Sauvé, 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.
5. 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.
6. **Pageaux, B.**, & Lepers, R. (2018). The effects of mental fatigue on sport-related performance. *Progress in brain research*, *240*, 291-315. ***Invited book chapter***.
7. **Pageaux, B.** (2016). Perception of effort in exercise science: definition, measurement and perspectives. *European journal of sport science*, *16*(8), 885-894. ***Invited review***
8. **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.
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 Université de Montréal, indicated in CAD

PEER-REVIEWED RESEARCH GRANTS

- Principal investigator (PI) / co-PI: Total > **$1M**
- Co-applicant or collaborator: Total > **$2M**
- Student scholarships: Total > **$1M**
- 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:

NSERC CRSNG

2019-2026
$243,500
*Facing pain is effortful: a multidisciplinary approach to investigate the effects of pain on perception of effort and performance*
NSERC Discovery Grant

INNOVATION Canada Foundation for Innovation / Fondation canadienne pour l'innovation

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

RQRD QPRN

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
- From 2025/11 **Editorial Board Member**, Scandinavian Journal of Medicine & Science in Sports.
- **Invited speaker** at international workshops or conferences (N = 16). Some examples provided below

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|---|---|---|---|
| 2025/11 | FRA | Invited symposium organizer and chair | Asso. des Chercheurs en Activités Physiques et Sportives |
| 2025/07 | ITA | Invited symposium organizer and chair | European College of Sport Science |
| 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 Activités 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 |