Curriculum Vitae of

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CURRENT POSITIONS

2024-	**Scientific Officer for Research on Sports & Physical Activity**, CNRS, France
	Director, French National Research Group of Sports & Physical Activities (GDR Sports & Activités Physiques, approx. 1600 researchers), CNRS, France
2023-	**Director, Mass Spectrometer Core (M2iS)**, CNRS, IPHC-DEPE, Strasbourg, France
2023-	**Associate Professor of Medicine**, CU-AMC, School of Medicine, Division of Endocrinology and Anschutz Health & Wellness Center, Aurora, CO, USA
2021-	**Director of Research** (DR2, equiv. Tenured Full Professor), CNRS IPHC-DEPE UMR 7178
2017-	**Director, International Research Program ACTIMOVE** between CNRS IPHC-DEPE, France and the CU-AMC Division of Endocrinology, Denver, USA
	Adj. Associate Professor, Department of Health & Exercise Sciences, Colorado State University, Fort Collins, CO, USA

PAST POSITIONS

2017-24	**Leader of the research team Physiological Adaptations to Gravity & Health,** CNRS, IPHC-DEPE, Strasbourg, France
2014-23	**Assistant Professor of Medicine,** Division of Endocrinology, CU-AMC, School of Medicine, Division of Endocrinology and Anschutz Health & Wellness Center, Aurora CO, USA
2016-23	**Co-manager, Mass Spectrometry Core**, CNRS, IPHC-DEPE, Strasbourg, France
2015-21	**Permanent senior researcher (CR1),** CNRS IPHC-DEPE UMR 7178, Strasbourg

EDUCATION

2019	**Habilitation to Direct Research (HDR)**, University of Strasbourg, France
2008	**PhD in Physiology and Biology of the Organisms,** University of Strasbourg, France
2004	**M.S in Ecophysiology and Biology of Populations & Ecosystems**, Univ. Strasbourg

AWARDS & HONORS

2025	Prix Sciences de l'Académie Rhénane (Science Prize of the Rhineland Academy)
2023-27	CNRS Prize for Excellence in Research & Mentoring Activities (PEDR)
2021	National Obesity Research Center (NORC) Outstanding Mentor Award
2019	French Society for Nutrition Award
2018	Colorado Clinical & Translational Science Institute (CCTSI) Junior Pilot Study Award
2016-20	CNRS Prize for Excellence in Research & Mentoring Activities (PEDR)
2016	National Obesity Research Center (NORC) Outstanding Fellow Award
	University of Colorado Clinical Research Award
2015	NIH Best Program International Visiting Scientist Award, University of Colorado
2014	NIH/NIDDK K99/R00 Pathway to the Independence Award (Impact Score: 10)
2009	2008 Ph.D. Thesis Award, University of Strasbourg, France.
2008	Sable Award, Recent Advances and Controversies in the Measurement of Energy Metabolism Congress, Denver, CO, USA.
2006	French Space Agency (CNES) Young Researcher Award.

GRANTS & FUNDING

Summary: Since 2011: 58 research contracts **- Total 8,47M€,** including 6,52M€ as PI or Co-PI

Funding agency	PI or Co-PI	Co-I	Primary mentor
French Space Agency (CNES)	11	3	3
French National Center for Scientific Research (CNRS)	5	2	
French Society for Nutrition	1		
Institut Danone/French Medical Research Foundation	1		
French National Foundation for Research		3	2
National Institutes for Health (USA)	3	1	3
European Space Agency (ESA)*	3	2	
University of Colorado (USA)	4		4
Johnson & Johnson Company (USA)		1	
Australian Ministry of Research & Education (AUS)	1		
France Canada Research Fund (FFCR)	1		
Canadian Vanier Pre-graduate fellowship (CAN)			1
American Diabetes Association			1

PROFESSIONAL & COMMUNITY SERVICES

Research management

International

2020- Co-Chair, International Society of Physical Activity & Health (ISPAH) Sedentary Behavior Council (SBC)
2020- Member, European Space Agency, Crew Health Integrated Management Expert Group
2019- Member, ESA Dry Immersion Expert Group

National

2025- National Scientific Officer and Coordinator, French National Priority Research Project *Sports of Very High Performance* & Innovation [Programme Prioritaire de Recherche sur le Sport de Très Haute Performance & Innovation] – 2025-2030 – 20M€
2025- Member, Scientific Committee of the Graduate School "Sports, Movement and Human Factors" at the University of Paris Saclay
2024- Member, Scientific Council, French National Observatory of Sports
2019-2029 Member, Scientific Advisory Council, French Space Agency (CNES)

Other Professional & Community Services

Consulting activities

2025- Member, Working Group of the French National Olympic and Sports Committee [Comité National Olympique et Sportif Français] for the Civil Convention on Children Rhythm [Convention Citoyenne sur le Rythme de l'Enfant]
2025- Member, European Association for the Study of Obesity (EASO), Working Group on Physical Activity, Fitness, Function
2021 Expert, CNES Roadmap Technologies for Exploration Health Group
Expert, CNES Roadmap Technologies for Exploration, Nutrition and Agronomy Group
2020- Expert, European Science Foundation Review College
2018-20 Member, ESA Topical Team "Space and Aging"
2017-19 Member, ESA Topical Team Nutrition and Metabolism

Editorial activities

2025 Editorial Board member, npg Exercise Medicine & Health journal
2021-24 Editorial Board member, Journal of Physiology (London)
2019-21 Review Editor, Frontiers in Nutrition – Nutrition & Metabolism Section
Editorial Board Fellow, Journal of Physiology (London)
2018- Review Editor, Frontiers in Physiology Environmental, Aviation & Space Physiology

PRODUCTIVITY & SCIENTIFIC IMPACT

Summary of publications :

77 articles published in peer-reviewed journals (33 articles over the past 5 years)
- 18 articles as first or co-first author
- 25 articles as last or co-last author

11 book chapters
11 articles published in non-peer-reviewed journals
42 invited talks at national and international conferences
31 invited talks at seminars
36 oral communications and 53 posters at national and international conferences

- **List of 10 peer-reviewed publications (*[S]Students or mentees, *1st co-authors, [#]last senior authors)***

- Bourdier P[S], Devitt J, Gallon S, Zahariev A, Chery I, Blanc S, Simon C, **Bergouignan A.** Survival at the Pole: Energy balance in women during polar trekking: The POWER Study. Physiol Report. 2025 Jul;13(13):e70443 doi:10.14814/phy2.70443. PMID: 40588629
- Chevé D, Macia E, Diallo M, Lalys L, Hamath Diallo A, Sow S, **Bergouignan A**, Duboz P. Nothing in excess: physical activity, health and life world in Senegalese Fulani male pastoralists, a mixed method approach. Int J Envir Res Publ Health, 2023 Oct 30;20(21):6999. doi: 10.3390/ijerph20216999. PMID: 37947557
- Pinto AJ[S], **Bergouignan A**, Dempsey PC, Roschel H, Owen N, Gualano B, Dunstan DW. The physiology of sedentary behavior. Physiological Reviews 2023 Oct 1;103(4):2561-2622. doi: 10.1152/physrev.00022.2022. Epub 2023 Jun 16.PMID: 37326297
- Whipple MO[S], **Bergouignan A**, Hooker SA. Development and Validation of a Measure to Assess Confidence to Reduce Sedentary Behavior. Med Sci Sports Exerc. 2023 Oct 1;55(10):1933-1939. PMID: 37227220
- Bourdier P[S], Simon C, Bessesen DH, Blanc S, **Bergouignan A**. The role of physical activity in the regulation of body weight: The overlooked contribution of light physical activity and sedentary behaviors. Obes Rev. 2023 Feb;24(2):e13528. doi: 10.1111/obr.13528. Epub 2022 Nov 16. PMID: 36394185
- Whipple MO*[S], Pinto AJ*[S], Abushamat LA*, **Bergouignan A**, Chapman K, Amy G, Masters KS, Nadeau KJ, Scalzo RL, Schauer IE, Rafferty D, Reusch JEB[#], Regensteiner JG[#]. Sex Differences in Physical Activity Among Individuals with Type 2 Diabetes Across the Lifespan: A Systematic Review and Meta-Analysis. Diabetes Care. 2022 Sep 1;45(9):21632177. Doi: 10.2337/dc22-0576. PMID: 36044665
- Bourdier P[S], Zahariev A, Schoeller DA, Chery I, Le Roux E[S], Thevenot C, Maillet A, Garnotel M, Gauquelin-Koch G, **Bergouignan A[#],** Simon C[#], Blanc S[#]. Effect of exercise on energy expenditure and body composition in astronauts onboard the International Space Station: Considerations for interplanetary travel. Sports Medicine. 2022 Jul 13 doi: 10.1007/s40279-022-01728-6. PMID: 35829995
- Le Roux E[S]*, De Jong NP[S]*, Blanc S, Simon C, Bessesen DH, **Bergouignan A.** Physiology of physical inactivity, sedentary behaviors and non-exercise activity: insights from the space bedrest model. J Physiol, 2022 Mar 27. doi: 10.1113/JP281064.
- Thyfault JP, **Bergouignan A**. Exercise and metabolic health: beyond skeletal muscle. Diabetologia, 2020 Jun 11. doi: 10.1007/s00125-020-05177-6. PMID: 32529412. ***Invited Review***
- DeJong N[S], Rynders CA, Goldstrohm DA, Pan Z, Lange AH[S], Mendez C[S], Melanson EL, Bessesen DH[#], **Bergouignan A[#]**. Effect of frequent interruptions of sedentary time on nutrient metabolism in sedentary overweight male and female adults. J Appl Physiol (1985). 2019 Jan 10. doi: 10.1152/japplphysiol.00632.2018.

MENTORING / TEACHING

7 postdoctoral researchers, 11 PhD dissertations supervised or co-supervised, and 21 Master's and Bachelor's students.

178 hours of teaching in Master's and doctoral programs at the Universities of Strasbourg, Clermont-Ferrand, and Lyon in France; the University of Colorado, Colorado State University, the University of Alabama at Birmingham, and the University of Illinois in the United States; and Cheikh Anta Diop University in Senegal