



# MARTINE DUCLOS

## ABOUT ME

University Professor–Hospital Practitioner (Physiology), Head of Sports Medicine and Functional Explorations, CHU G. Montpied, Clermont–Ferrand



## University Degrees

2001

Habilitation to supervise research

1997

Doctorate from Bordeaux 2 University

1994

Doctorate in Medicine  
Specialty Endocrinology Metabolism–  
Nutritional Diseases (DES)

1993

DEA Biology–Health



## Research

Within the Human Nutrition Research Center (INRAUniversité d’Auvergne), she carries out research work focusing on relationships between physical and sporting activity and metabolism and hormones according to a cursor going from the intensive athlete to the physically inactive person and sedentary, in apparent good health or with chronic disease (type 2 diabetes, obesity, cancer).

## Course and CV elements

**Haute Autorité de Santé:** member of the working group for the prescription of physical and sporting activity for health (2017– ...)

**European Union–WHO: French expert**

(focal point responsible for the implementation of the recommendation on the transversal promotion of PA)

**National Cancer Institute:** expert working group on “Physical activity during and after cancer” (2013–2016)

**Fondation de France:** expert for the “Sport Santé Insertion” committee (May 6, 2015–...)

**National Agency for Food, Environmental and Occupational Health Safety (ANSES):** working group expert on “PNNS–revision of benchmarks relating to physical activity” (2013–2015)

**International Chair on Cardiometabolic Risk:** expert (Pr JP Despres, Université Laval, Quebec) (March 2013–...)

**Ministry of Sports:** Scientific advisor for sport and health since September 2013  
**National Observatory of Physical Activity and Sedentary Life:** founder and president of the scientific council

**ANSES expertise:** “Risk assessment related to weight loss dietary practices” (2010)

**INSERM expertise** on “the beneficial effects of physical activity” (2006–2008)

**Ministerial Committee for Physical Activity–Prevention–Health** (2008)

**French National Sporting and Olympic Committee (CNOSF):** member of the women’s sport commission, member of the expert CNOSF medical commission, co–chair of the sporting activity–health commission

## Publications

Thivel D, Doucet E, Julian V, Cardenoux C, Boirie Y, Duclos M. **Nutritional compensation to exercise–vs. diet–induced acute energy deficit in adolescents with obesity.** *Physiol Behav.* 2017;176:159–64M.

Duclos M, G. Fleury, P. Lacomme, R. Phan, L. Ren, S. Rousset. **An Acceleration Vector Variance based Method for Energy Expenditure Estimation in Real–Life Environment with a Smartphone/Smartwatch Integration.** *Expert Systems With Applications*, 2016, doi 10.1016/j.eswa.2016.07.021.

Duclos M, Tabarin A. **Exercise and the Hypothalamo–Pituitary–Adrenal axis.** *Front Horm Res* 2016, 47, 12–26.

Lanhers C., Duclos M., Guttman A., Coudeyre E., Pereira B., & Ouchchane L. **General Practitioners’ Barriers to Prescribe Physical Activity: The Dark Side of the Cluster Effects on the Physical Activity of Their Type 2 Diabetes Patients.** *PLoS ONE.* Oct 15; 10 (10): e0140429, 2015.

Duclos M, Ouerdani A, Mormède P, Konsman JP. **Food–restriction–induced hyperactivity: addiction or fleeing famine?** *Psychoneuroendocrinology* 38(6) 884–97, 2013.

Duclos M, Coudeyre E, Ouchchane L. **General practioners’ barriers to physical activity negatively influence type 2 diabetes mellitus patients’ involvement in regular physical activity.** *Diabetes Care* 34 (7): e122, 2011