



# BENJAMIN BARTHELEMY

## STRENGHT AND CONDITIONNING COACH, 37 YEARS OLD

### LANGUAGES

French, Spanish and English

### DIPLOMAS

2012 MASTER 2 in Physical Preparation  
Montpellier 1 University

2014 University Diploma in video  
analysis Lille 2 University

Currently PhD student in STAPS  
University Rennes 2 (M2S Laboratory) ☎

Thesis project:  
Influence of the ACTN3 R577X Polymorphism on  
Incidence and Severity of Injuries in Elite Young  
and  
Adult Professional Football Players: Effects of  
specific training programs

### OTHER QUALIFICATIONS

2018 UEFA B Ligue Grand Est de  
football

2020 FIFA Medicine Diploma

2022 Federal Certificate of Athletic  
Preparation New Aquitaine Football  
League

### CONTACT

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### CAREER :

**Since 07/2020:** Toulouse FC (Ligue 1) Physical  
trainer for the professional team.

- Use of performance tools
- monitoring and testing (GPS StatsPerform)
- CPK
- isocinétisme (Contrex)
- VALD, Lactate Pro, force platform (KISTLER), 1080, BFR,  
etc...),
- video, data visualization (Tableau) and database  
management tools.

**07/2019-06/2020:** HAVRE AC

Physical trainer for the professional team.

**07/2016-06/2019:** SAS Epinal (National 1)

- In charge of the physical preparation and video analysis  
of the first team (N1 and N2)
- U19 DH coach during the 2017/2018 season

**07/2012-12/2015:** AS Béziers (National 1)

- In charge of the physical preparation and video analysis  
of the first team (CFA and N1)
- Physical trainer for U14 to U19 teams

