

## CURRICULUM VITAE



### **II. Education**

#### **Ph. D. student in Motor Science, 2012- 2018,**

Université Libre de Bruxelles, Faculty of Motor Sciences,

#### **Master II in Motor Science Research, 2014-2015**

Université Libre de Bruxelles, Faculty of Motor Sciences,

Score : First class honours

Master Thesis :

«Effect of ageing on postural control strategies during prolonged standing. »

#### **Master II in Sport Pathology, 2011-2012,**

Université Libre de Bruxelles, Faculty of Motor Sciences,

Score : First class honours;

Master thesis :

« Effect of muscular fatigue on postural control»

score : 95/100

#### **Master I in Physiotherapy, 2010-2011,**

Université Libre de Bruxelles, Faculty of Motor Sciences,

Score : First class honours;

Master thesis :

«Study of the underlying mechanisms between nervous system and muscular system during fatigue exercise – Analysis by infrared spectroscopy and electromyography »

score : 95/100

#### **Bachelor III in Physiotherapy, 2009-2010,**

Université Libre de Bruxelles, Faculty of Motor Sciences,

Score : First class honours;

**Bachelor II in Physiotherapy, 2008-2009,**

Université Libre de Bruxelles, Faculty of Motor Sciences,  
score : First class honours;

**Bachelor I in Physiotherapy, 2007-2008,**

Université Libre de Bruxelles, Faculty of Motor Sciences,  
score : First class honours ;

**Fernand Blum High School, Section : Latin and Greek, 2007,**

score : Upper second class honours;

Training

**Manual Therapy Training, 2012-2014**

Teaching College in Applied Manual Therapy (ETMA.be)

**Hooks Therapy Training, 2013**

Teaching College in Applied Manual Therapy (ETMA.be)

**Neurodynamic, (Kerry Gilbert, 2015)**

Teaching College in Applied Manual Therapy (ETMA.be)

**Orthopedic Physical Examination Tests, (Chad Cook, 2015)**

Forthema

**New Trends in the Prevention of Running Injuries (1.0), (Jean-François Esculier, 2016)**

Running Clinic

**Diagnostics and treatments of runners injuries : practical aspects (1.1), (Jean-François Esculier, 2016)**

Running Clinic

**Manual Therapy for Headache (Toby Hall, 2018)**

Collège d'Enseignement en Thérapies Manuelles Appliquées (ETMA.be)

**Sport ergospirometry (Dr. Matthieu Desplan, Dr. Philippe Pirenne, Vitalie Faoro, Gaël Deboeck, 2018)**

Be Sports Formations

**The sport's shoulder : diagnostic to treatment (Dr. Jean-Michel Annaert, Etienne Tys, 2019)**

Be Sports Formations

### **III. Experience:**

#### **Researcher**

Université Libre de Bruxelles, October 2012 – September 2013,

Faculty of Motor Sciences, Laboratory of Applied Biology, Neurophysiology Unit.

#### **Assistant (Université Libre de Bruxelles)**

Faculty of Motor Sciences, IJ011 – UE Theory and practical course in physical activity:

- 01/10/2013 to 30/09/2018

Faculty of Motor Sciences, IK011 – UE Theory and practical course in Physiotherapy:

- 01/10/2013 to 30/09/2015

Université libre de Bruxelles, IH015 – UE Physiology and mouvement analysis:

- 01/02/2015 to 01/09/2015

Teaching commission of the Faculty of Motor Sciences (2013 – 2018)

#### **Physiotherapist**

- Centre Médical Spécialisé Médimarien 1, Février 2014 – Octobre 2017,
- Be Sports Clinic (@Médimarien 2), Décembre 2015 – Septembre 2020
- Fitnastic training Center, Septembre 2017 – présent
- Be Sports Health & Care, Septembre 2020 – présent

## **Assistant (ETMA.be)**

- Collège d'enseignement en Thérapies Manuelles Appliquées, Octobre 2013 – présent

## **Sports team and athletes**

- Electrostimulation training with Adrien Deghelt, 2012 (JO London)
- Ultimate Frisbee Mixed Team, World Ultimate and Guts, London, June 2016
- LBFA training, Monte Gordo Portugal, December 2016
- BAFL Final of the Belgian Bowl, June 2017
- Ultimate Frisbee Open Team, World Ultimate Club Championships, Cincinnati, July 2018
- LBFA Belgian Athletics Combined Championship, September 2018
- LBFA training, Belek, April 2019
- LBFA European championship U23, Gavle, July 2019
- Belgian Athletics Championship All Categories, August 2020

## **VI. Publications and Scientific Activities:**

### 5.1. Publications

#### 5.1.4. International Scientific Journals

- Cédric Booghs, Stephane Baudry, Roger M Enoka, and Jacques Duchateau. *Influence of neural adjustments and muscle oxygenation on task failure during sustained isometric contractions with elbow flexor muscles*. *Experimental Physiology*, 97 : 918-929, 2012

- Cédric Booghs, Léo Harry, Jacques Kinet and Jennifer Foucart. *Evaluation of psychological conditioning regarding ankle Kinesio®tape efficiency on basketball players suffering from chronic ankle instability*. *Mains Libres*, 3: 19-25, 2018

### 5.2. Scientific Activities

#### 5.2.2. Presentations at Academic Conferences

*Poster Communication:*

- Cédric Booghs, Stéphane Baudry and Jacques Duchateau (2011). *Influence of load compliance on muscle fatigue during sustained voluntary contractions.*  
Bi-annual congress of the International Society of Biomechanics (Brussels)
- Stéphane Baudry, Cédric Booghs, and Jacques Duchateau (2011). *Muscle oxygenation during fatiguing contractions performed with different load types.*  
Annual congress of the European College of Sport Science (Liverpool)
- Cédric Booghs, Stéphane Baudry and Jacques Duchateau (2012). *Effect of fatigue of ankle dorsiflexor muscles on balance control.*  
Annual congress of the European College of Sport Science (Bruges)
- Cédric Booghs, Thomas Brasseur, Jacques Kinet, Stéphane Baudry, Jacques Duchateau (2014). *Kinesio Taping of ankle does not influence postural control and muscles electromyography in asymptomatic subjects.*  
Annual congress of the European College of Sport Science (Amsterdam)
- Malgorzata Klass, Valérian Rivière, Cédric Booghs, Alain Carpentier (2016). *Effect of exercise induced hypohydration on body composition measurements in active and athletic subjects.*  
Annual congress of the European College of Sport Science (Vienna).
- Cédric Booghs, Jacques Duchate and Stéphane Baudry (2017). *Postural strategy adopted during prolonged upright standing differs between young and older adults*  
Annual congress of the European College of Sport Science (Essen).
- Léo Hary, Cédric Booghs, Jacques Kinet, Jennifer Foucart (2017). *Placebo effect of kinesio®tape on basketball players suffering from chronic ankle instability*  
European Congress of Manual Therapy (Brussels).

### 5.3. Conferences Speaker

- Cédric Booghs (2014). Approche des charnières cervico-thoracique et thoraco-lombaire en Thérapie Manuelle. Symposium AXXON, Actualité en Kinésithérapie (Mons).
- Cédric Booghs (2018). Approche des charnières cervico-thoracique et thoraco-lombaire en Thérapie Manuelle. Orthopaedica Belgica (Bruxelles)

### 5.4. Conferences Organizer

- Knee injuries in sports activities, the surgeon's point of view, Dr. Bruno Baillon (27/06/2016)
- Hand surgery and physiotherapy treatments, Dr. Wissam El-Kazzi, Chantal Robert, Dominique Mouraux (23/01/2017)
- Shoulder injuries in sports activities, Dr. Jean-Michel Annaert, Etienne Tys (19/10/2017)
- Ankle injuries in sports activities, Dr. Jérôme Demuylder, Benjamin Pasquet (01/02/2018)
- Lower Back pain in sports activities, Dr. Laurent Fabeck, Bernard Poortmans (25/10/2018)
- Sacro-iliac joint : hypomobility or instability ? Kader Datoussaid (19/12/2018)
- ACL rehabilitation : return to sport. Séverine Abellaneda, Ph.D. (20/03/2019)
- Say me how you walk, I will say who you are, Eric De Gunsch (19/09/2019)
- The Athlete staff, Mehdi Datoussaid & Cédric Booghs (03/10/2019)
- Stretching, stop or not ? Mehdi Datoussaid (27/11/2019)
- 3-7 strenghtning method, evolution or revolution ? Séverine Stragier, Ph.D. (07/02/2020)

#### 5.4. Training Organizer (<https://besportsformations.be/>)

- Le testing d'effort du sportif : de la théorie à la réalisation pratique, Dr. Philippe Pirenne, Dr. Matthieu Desplan, Vitalie Faoro, Gaël Deboeck
- Le testing et la prise en charge aiguë du sportif, Gregory Vervloet
- La nutrition du sportif : booster son cerveau pour booster ses muscles et ses performances, Olivier Bourquin (2018), Serge Pieters
- La main, le poignet et le coude du sportif : du diagnostic au traitement, Dr. Wissam El-Kazzi, Jacques Kinet, Justine Hupin, Françoise Denayer, Chantal Robert
- L'épaule du sportif : du diagnostic au traitement, Dr. Jean-Michel Annaert, Etienne Tys
- La Course à pied : Pathologies, nutrition et entrainement, Dr. Hervé Auquier, Dr. Cédric Danniau, Mehdi Datoussaid, Arnaud Tiberghien
- La cheville du sportif en TMO intégrative, Benjamin Hidalgo

- Le rachis lombo-pelvien en TMO intégrative, Benjamin Hidalgo