



Luc Souilla

POST-DOCTORAL FELLOW

Montréal, Canada

✉ lucsouilla@gmail.com

👤 Souilla-Luc | 📞 0000-0002-5773-1440 | 📺 Luc_Souilla

>About me

During my PhD, I assessed health-related physical fitness and physical activity, and implemented cardiac rehabilitation programs for children and adolescents with inherited cardiac diseases. I am currently pursuing a post-doctoral position, concentrating on the impact of heat exposure on the health of children with heart diseases.

Current position

Post-doctoral position

EPIC CENTER - MONTREAL HEART INSTITUTE

Montreal, Canada

Nov. 2024 - Nov. 2026

- Impact of prolonged heat on health
- Supervised by Pr. Daniel Gagnon

Education

PhD Fellow and Associate Lecturer

SPORT SCIENCE FACULTY - MONTPELLIER UNIVERSITY

Montpellier, France

Oct. 2021 - Sept. 2024

- Evaluation and optimisation of physical fitness and physical activity in children with inherited cardiac diseases
- Supervised by Pr. Pascal Amedro, Pr.Jean-Luc Pasquie, Pr.Denis Mottet

MSc degree in sport sciences and exercise rehabilitation

SPORT SCIENCE FACULTY

Montpellier, France

Sep. 2020 - July. 2021

BSc in sport Sciences - exercise and health

SPORT SCIENCE FACULTY

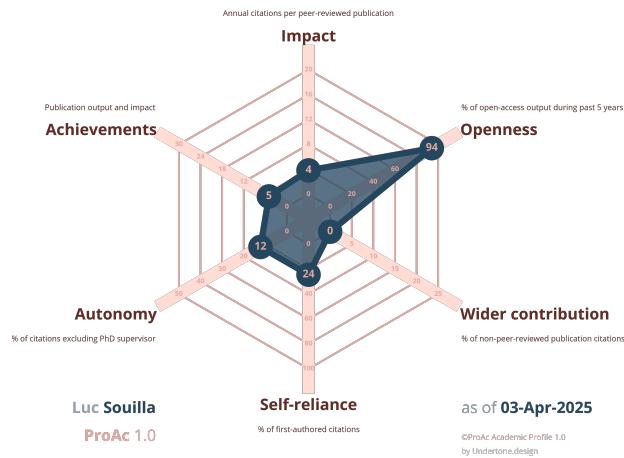
Toulouse and Montpellier, France

Sep. 2018 - July. 2019

- Sciences, Technology, Movement, top of the class.

Selected Publications

- Souilla, L.**, Werner, o., Huguet, H., [...], Amedro, P., (2025). *Cardiopulmonary Fitness and Physical Activity Among Children and Adolescents With Inherited Cardiac Disease*. JAMA Open.
- Souilla, L.**, Guillaumont, S., Auer, A., [...], Amedro, P., (2024). *Cardiac rehabilitation in children and adolescents with long QT syndrome:the RYTHMO'FIT pilot study*. BMC Sports Sci, Med and Rehab.
- Souilla, L.**, Amedro, P., Morrison, S., (2024). *Children with cardiac disease and heat exposure: catastrophic converging consequences?*. Pediatric Exercise Science.
- Souilla, L.**, Larsen, A.C., Juhl, C., Skou, S.T., Bricca, A., (2024). *Childhood and adolescence physical activity and multimorbidity later in life: A systematic review*. Journal of Multimorbidity and Comorbidity,2024;14. doi: 10.1177/26335565241231403.
- Souilla, L.**, Avesani, M., [...], Pasquie, J-L., Guillaumont,S., and Amedro, P., (2023). *Cardiorespiratory fitness, muscle fitness, and physical activity in children with long QT syndrome: A prospective controlled study*. Front. Cardiovasc. Med. 9:1081106.
- Amedro, P., Gavotto, A., Huguet, H., **Souilla, L.**, [...] Guillaumont, S. (2024). *Early hybrid cardiac rehabilitation in congenital heart disease: the QUALIRE-HAB multicentre randomized controlled trial*. European Heart Journal.
- Amedro, P., Matecki, S., [...], **Souilla, L.**, [...], Gavotto, A. (2023). *Reference Values of Cardiopulmonary Exercise Test Parameters in the Contemporary Paediatric Population*. Sports Medicine
- Gavotto, A., Mura, T., [...], **Souilla, L.**, [...], Amedro, P. (2023). *Reference values of aerobic fitness in the contemporary paediatric population*. European Journal of Preventive Cardiology.
- Amedro, P., Werner,O., [...], **Souilla, L.**, [...], Pasquie, JL. (2021). *Health-related quality of life and physical activity in children with inherited cardiac arrhythmia or inherited cardiomyopathy: the prospective multicentre controlled QUALIMYORYTHM study rationale, design and methods*. Health Qual Life Outcomes., 28;19(1):187.



💼 Professional Experience

Project manager

UNIVERSITY OF SPORT SCIENCE

- Kickoff event on Sports and Climate Change
- Organizing an awareness day on climate change and the impact of sports for students

Montpellier, France

Sept. 2023 - January. 2024

Research Mobility

SOUTHERN DENMARK UNIVERSITY - DEPARTMENT OF SPORT SCIENCES AND CLINICAL BIOMECHANICS

- ERC projet MOBILIZE
- Effect of tailored exercise program on multimorbidity / Systematic review on physical activity, childhood and multimorbidity

Odense, Denmark

May. 2023 - July. 2023

Research intern

PHYMEDEXP - INSERM U1046

- Supervised by Pascal Amedro
- Cardiorespiratory fitness and muscular deconditioning in congenital Long QT syndrome children

Montpellier, France

Sep. 2020 - July. 2021

Research intern

PHYMEDEXP - INSERM U1046

- Supervised by Karen Lambert
- Effects of exercise and polyphenols supplementation on cardiac hypertrophy in obese insulino-resistant rats.

Montpellier, France

Sep. 2019 - July. 2020

💻 Teaching Experience

Associate lecturer

UNIVERSITY OF MONTPELLIER

- Climate change, sustainability and sport sciences
- Cardiac anatomy and physiology
- functional anatomy and biomechanics
- exercise physiology and health, neurosciences and sports
- Scientific methods and identification of study design

Montpellier, France

2022-2024

💲 Funding, Grants and Fellowships

International mobility EXPLORE #4

May-June 2023

FROM MONTPELLIER UNIVERSITY OF EXCELLENCE

5000€

- PhD mobility to Danemark, working on ERC grant funded project: MOBILIZE

RYTHMO'FIT:interventional pilot study

July 2022

FROM SAINT PIERRE FOUNDATION

10 000 €

- Exercise rehabilitation program for children with long QT syndrome

PhD fellowship

Oct.2021-2024

FROM ED CBS2 MONTPELLIER UNIVERSITY

110 000€

- PhD fellowship on promotion of adapted physical activity in children/adolescent with heart diseases :example of inherited arrhythmias

Mentoring MSc Student

SPORTS SCIENCE UNIVERSITY

- Trained to cardiopulmonary exercise testing and accelerometry and designing research protocols
- Help designing research protocol and writing dissertation and call for funding

*Bordeaux, France**Oct. 2023-Oct. 2024***Mentoring BSc Student**

SPORTS SCIENCE UNIVERSITY

- Mentoring student on the kickoff event on Sports and Climate Change
- Individual support for developing their personal projects

*Montpellier, France**Oct. 2023-Dec. 2023***Mentoring MSc Student**

UNIVERSITY HOSPITAL OF PEDIATRIC CARDIOLOGY

- Help designing exercise interventions and writing dissertation and call for funding

*Bordeaux, France**January 2023* **Communications**

International Congress of Association for European Paediatric Congenital Cardiology*Porto, Portugal*

ORAL PRESENTATION

- Souilla L., Guillaumont S., ..., Amedro P.(2024). Cardiac rehabilitation in children and adolescents with long QT syndrome: the RYTHMO'FIT pilot study. International Congress of Association for European Paediatric Congenital Cardiology

*Montpellier, France***Heart and sport days of Cardiogen**

ORAL PRESENTATION

- Souilla L.(2024). Role of adapted physical activity in pediatric cardiac rehabilitation. Heart and sport days of Cardiogen

*Jan. 2024***French federation of Cardiology**

ORAL PRESENTATION

- Souilla L., Werner O., ..., Amedro P.(2023). Health-related quality of life and physical activity in children with inherited cardiac arrhythmia or inherited cardiomyopathy: the prospective multicentre controlled QUALIMYORYTHM. Research days of French federation of cardiology

*Paris, France***International Congress of Francophone Mother-Children network***Bordeaux, France*

ORAL PRESENTATION

- Souilla L.(2022). Adapted physical activity teacher: on the right track. International Congress of Francophone Mother-Children network

*June 2022***French society of Paediatric**

ORAL PRESENTATION

- Souilla L., Avesani M., Boisson A., Pasquie JL., Amedro P.(2022). Cardiorespiratory fitness and muscular deconditioning children with Long QT syndrome. French society of Paediatric

*June 2022***International Congress of Association for European Paediatric Congenital Cardiology***Geneve, Switzerland*

POSTER PRESENTATION

- Souilla L., Avesani M., Boisson A., Pasquie JL., Amedro P.(2022). Cardiorespiratory fitness and muscular deconditioning children with Long QT syndrome. International Congress of Association for European Paediatric Congenital Cardiology

*May 2022***Annual days of Cardiogen**

ORAL PRESENTATION

- Souilla L., Avesani M., Boisson A., Pasquie JL., Amedro P.(2022). Evaluation of cardiorespiratory fitness and muscular deconditioning in children with Long QT syndrome. Annual days of Cardiogen

*Bordeaux, France**March 2022***Congress of French society of Paediatrics and congenital cardiology***Nice, France*

ORAL PRESENTATION

- Souilla L.(2021). Exercise rehabilitation in heart failure. Congress of French society of Paediatrics and congenital cardiology

Sept. 2021 **Skills**

 **SOFT SKILLS****Teamwork**

Pluridisciplinary Working – Effective communication –
Autonomous writing – Management of national
clinicals trials (coordination and call for proposal)

Attributs

Creativity – Adaptability – Time management –
Motivation – Relationship skills

 **TECHNICAL SKILLS**

Tools	Languages	Other
CP Exercise testing – Echocardiography – Muscular ultrasound – Accelerometer – Force Sensor	French (native) – English (C1) – Spanish (B1)	Git – Markdown – R – Canva – BioRender

Memberships

Aug. 2023-Oct. 2024	Head of Green Researchers team working on evaluation and mitigation of the laboratory carbon footprint	<i>Lab Euromov DHM</i>
Jan. 2023-Dec. 2023	Head of pediatric committee of the French Society of exercise physiologists	<i>French society of exercise physiologists</i>
Since 2023	Animator of Climate Fresk workshop in France	<i>Climate Fresk Organisation</i>
Since 2023	Animator of 2 tonnes workshop in France	<i>2 Tonnes organization</i>
Since 2022	Scientific member of QUALINEURO-REHAB European project	<i>Bordeaux University Hospital-INSERM</i>