



Luc Souilla

POST-DOCTORAL FELLOW

Montréal, Canada

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Current position

Post-doctoral position

MONTRÉAL HEART INSTITUTE - UNIVERSITY OF MONTRÉAL

- Heat exposure and physiological and perceptual responses
- Supervised by Pr. Daniel Gagnon

Montreal, Canada

Nov. 2024 - Nov. 2026

Education

PhD Fellow and Associate Lecturer

SPORTS SCIENCE FACULTY

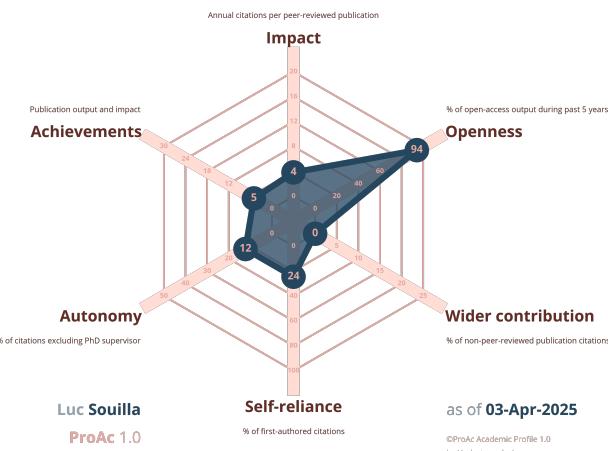
- Evaluation and optimisation of physical fitness and physical activity in children with inherited cardiac diseases
- Supervised by Pr. Pascal Amedro, Pr.Jean-Luc Pasquie, Pr.Denis Mottet

Montpellier, France

Oct. 2021 - Sept. 2024

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.



Associate lecturer

UNIVERSITY OF MONTPELLIER

- Climate change, sustainability and sport sciences
- Cardiac anatomy and Physiology
- Functional Anatomy and Biomechanics
- Exercise physiology and Health

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 FUNDATION

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 ⚡

QUALIREHAB-ONCO: Effect of home based exercise rehabilitation program on childhood cancer survivors

June 2021

FROM ARC: FOUNDATION FOR CANCER RESEARCH

450 000\$

- Creation and drafting exercise program for childhood cancer survivors, final proof reading ⚡

 **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**

CP Exercise testing –
Echocardiography – Muscular
ultrasound – Accelerometer –
Force Sensor

Languages

French (native) – English (C1) –
Spanish (B1)

Other

Git – Markdown – R – Canva –
BioRender