



Luc Souilla

POST-DOCTORAL FELLOW

Montréal, Canada

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>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 QUALIMYORTHM 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

Montpellier, France

2022-2024

- 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

Supervision mentoring

Mentoring MSc Student

SPORTS SCIENCE UNIVERSITY

Bordeaux, France

Oct. 2023-Oct. 2024

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

Mentoring BSc Student

SPORTS SCIENCE UNIVERSITY

Montpellier, France

Oct. 2023-Dec. 2023

Mentoring MSc Student

UNIVERSITY HOSPITAL OF PEDIATRIC CARDIOLOGY

Bordeaux, France

January 2023

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

Communications

International Congress of Association for European Paediatric Congenital Cardiology

Porto, Portugal

ORAL PRESENTATION

May 2024

- 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

Heart and sport days of Cardiogen

ORAL PRESENTATION

Montpellier, France

Jan. 2024

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

French federation of Cardiology

ORAL PRESENTATION

Paris, France

Sep. 2023

- 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

International Congress of Francophone Mother-Children network

Bordeaux, France

June 2022

ORAL PRESENTATION

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

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

Lille, France

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

Bordeaux, France

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

March 2022

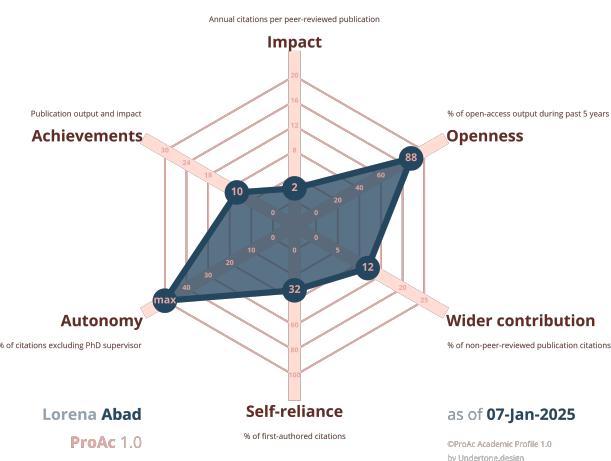
Congress of French society of Paediatrics and congenital cardiology

Nice, France

ORAL PRESENTATION

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

Sept. 2021



Skills

LANGUAGES

Skill	Spanish	English	French	German	Portuguese	Dutch
Reading	Native	C2	B2	B1	B1	A2
Writing	Native	C1	B2	B1	A2	A1
Listening	Native	C2	B2	B1	B1	A2
Speaking	Native	C2	B1	B1	A2	A2

Common European Framework of Reference for Languages: A1/A2: Basic User. B1/B2: Independent User. C1/C2: Proficient User

TECHNICAL SKILLS

Coding Languages

R – Python – SQL – JavaScript

Software

QGIS – Earth Engine – SAGA – PostgreSQL – ArcGIS – GIMP

Other

Git – Markdown – LaTeX – OpenStreetMap