

Freediving



Physiology & Medicine

FDF25

7 - 8 nov. 2025

Faculty of Sport Sciences,
Auditorium STAPS

University of Lorraine

30 rue du Jardin-Botanique
54600 Villers-lès-Nancy

Program and registration:
fdf25.event.univ-lorraine

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Friday, November 7th, 2025

08:00-08:30	REGISTRATIONS
08:30-09:00	OPENING CEREMONY
09:00-09:45	OPENING LECTURE - Pr Olivier Adam, Paris, France
Session 1 - Freediving Physiology <i>Chairmen: Pr Frédéric Lemaître & Dr Antonis Elia</i>	
09:45-10:15	Pr Guido Ferretti, Brescia, Italy <i>Energetic of Underwater swimming in apnea</i>
10:15-10:35	Dr Anna Taboni, Brescia, Italy <i>Blood pressure control during breath holding</i>
Coffee break (15 mins) and book signings	
Session 2 - Freedive Training <i>Chairmen: Pr Guido Ferretti & Pr Constantino Balestra</i>	
10:50-11:30	Arthur Guerin-Boëri, Nice, France - Invited Lecture
11:30-11:50	Dr Antonis Elia, Stockholm, Sweden <i>Diving into the unknown: muscle characteristics of elite breath-hold divers</i>
11:50-12:10	Mathilde Lombard, Nancy, France <i>Hypoxic conditioning using voluntary apnea to improve performance in swimmers</i>
LUNCH BREAK	
13:00-14:00	Poster Session / Presentations
Session 3 - Safety & Risk Prevention <i>Chairmen: Dr. Oleg Melikhov & Pr Frédéric Lemaître</i>	
14:00-14:45	Abdelatif Alouach, Martigues, France - Invited Lecture
14:45-15:05	Pr Frédéric Lemaître, Nancy, France <i>Effects of freediving on lungs</i>
15:05-15:25	Pr Egi Murat, Istanbul, Turkey <i>From Modeling to Validation: A critical overview of decompression in breath hold diving</i>
15:25-15:45	Pr Constantino Baslestra, Brussels, Belgium <i>Doping in Breath-Hold Diving Competitions: Pharmacological and Ethical Perspectives</i>
Coffee break (15 mins) and BOOK SIGNINGS	
Session - 4 <i>Chairmen: Pr Frédéric Lemaître & Pr Tino Balestra</i>	
16:00-17:00	Herbert Nitsch, Vienna, Austria - Invited Lecture
17:00-17:30	PANEL DISCUSSION - Session 1, 2, 3, 4 <i>Chairman: Pr Frédéric Lemaître</i>
17:30	END SESSION
20:00	GALA DINNER (For speakers only)

Saturday, November 8th, 2025

08:00-08:30	WELCOME
08:30-09:15	Guillaume Néry , Nice, France – Invited Lecture
Session 5 - Freediving and Environmental Factors <i>Chairmen: Pr Guido Ferretti & Dr Antonis Elia</i>	
09:15-09:45	Dr Jérôme Badaut , Villiers en Bois, France – Invited Lecture <i>Brain adaptations to freediving: Lessons from Southern Elephant Seal an extreme diver</i>
09:45-10:05	Pr Michail E. Keramidas , Athens, Greece <i>Human thermoregulatory function during underwater activities in cold water</i>
10:05-10:25	Pr Guillaume Costalat , Amiens, France <i>Cross-adaptation between heat and hypoxia: a promising concept to maximize breath-holding performance?</i>
Coffee break (15 mins) and book signings	
Session 6 - Accidents in Freediving <i>Chairmen: Dr Oleg Melikhov & Dr Juani Valdivia</i>	
10:40-11:25	Fred Buyle , Belgium – Invited Lecture
11:25-11:45	Dr Anne Henckes , Brest, France <i>Pulmonary edema and breath-hold diving</i>
11:45-12:05	Pr Constantino Balestra , Brussels, Belgium <i>What did we learn about decompression sickness</i>
12:05-12:25	Dr Juan Valdivia Valdivia , United States <i>Early Recognition of DCI Symptoms in Freediving: A Memory Tool for Freedivers by Freedivers</i>
LUNCH BREAK	
13:00-14:00	Poster Session / Presentations
Session 7 - Freediving Psychology & Environment <i>Chairmen: Dr Mary Schirrer & Pr Frédéric Lemaître</i>	
14:00-14:45	Dr Audrey Palma , Lyon, France <i>“Apnée, une aventure de la conscience”</i>
14:45-15:05	Inès Leferme , Paris/Nice, France <i>Phenomenology of the Depths: The Freediving Gesture at the Thresholds of World and Consciousness</i>
15:05-15:25	Ethic Ocean Project
Coffee break (15 mins) and BOOK SIGNINGS	
PANEL DISCUSSION - Session 5, 6, 7 <i>Chairman: Pr Frédéric Lemaître</i>	
17:00-17:30	CLOSING CEREMONY