



NOM

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DISCIPLINE(S) ET/OU SECTION(S) CNU :

STAPS

EQUIPE/THÈME :

EQUIPE 1 DE L'UREPSSS

COMPOSANTE(S) DE FORMATION :

Faculté des Sciences du Sport et de l'Éducation Physique, Université de Lille
– Vrije Universiteit Brussel

DOMAINES DE RECHERCHE :

Nutrition, exercice et le cerveau

PRESENTATION : (POSITIONS AU 1ER AVRIL 2018) :

- Doctorante en cotutelle VUB/ Université de Lille

AXES DE RECHERCHE

Mots clés :

- Cocoa flavanols
- Neurovascular coupling
- Polyphenols
- Stress oxydatif
- Hypoxie
- Altitude
- Monoxyde d'azote
- **Exercise**
- **Cognition**

ENSEIGNEMENTS

- Physiologie d'exercice (VUB, assistant)

PUBLICATIONS

Peer-Reviewed Articles

1. [Decroix L](#), Van Muylder V, Desender L, Sampaolesi M, Thorrez L. Tissue clearing for confocal imaging of native and bio-artificial skeletal muscle. *Biotechnic & Histochemistry*. 2015;90(6):424-431.
2. Gholobova D*, [Decroix L*](#), Van Muylder V, Desender L, Gerard M, Carpentier G, Vandeburgh H, Thorrez L. Endothelial Network Formation Within Human Tissue-Engineered Skeletal Muscle. *Tissue Engineering*. 2015;21(19-20):2548-2558. (*shared first author)
3. [Decroix L](#), De Pauw K, Foster C, Meeusen R. Guidelines to Classify Female Subject Groups in Sport Science Research. *International Journal of Sports Physiology and Performance*. 2016; 11(2): 204-13.
4. [Decroix L](#), Piacentini MF, Rietjens G, Meeusen R. Monitoring Physical and Cognitive Overload During a Training Camp in Professional Female Cyclists. *International Journal of Sports Physiology and Performance*. 2016; 11(7): 933-939.
5. [Decroix L](#), Tonoli C, Soares DD, Tagougui S, Heyman E, Meeusen R. Acute cocoa flavanol improves cerebral oxygenation without enhancing executive function at rest or after exercise. *Journal of Applied Physiology, Nutrition and Metabolism*. 2016; 41(12): 1225-1232.
6. [Decroix L](#), Lambert RP, Meeusen R. Can the Lamberts Submaximal Cycle Test reflect overreaching in professional cyclists? *International Journal of Sports Physiology and Performance*. 2018 Jan 1;13(1):23-28.
7. [Decroix L](#), Tonoli C, Soares DD, Descat A, Drittij-Reijnders MJ, Weseler AR, Bast A, Stahl W, Heyman E, Meeusen R. Acute cocoa flavanols intake has minimal effects on exercise-induced oxidative stress and nitric oxide production in healthy cyclists: a randomized controlled trial. *Journal of International Society of Sports Nutrition*. 2017 Aug 10;14:28.
8. [Decroix L](#), Soares DD, Meeusen R, Heyman E, Tonoli C. Cocoa Flavanol Supplementation and Exercise: A Systematic Review. *Sports Medicine*. 2018; Jan 3.
9. [Decroix L](#), Tonoli C, Lespagnol E, Balestra C, Descat A, Drittij-Reijnders MJ, Blackwell J, Stahl W, Jones AM, Weseler AR, Bast A, Meeusen R, Heyman E. One week CF intake increases prefrontal cortex oxygenation at rest and during moderate-intensity exercise in normoxia and hypoxia. *Journal of Applied Physiology*. 2018; March 15.
10. Geldof L, Lootens L, [Decroix L](#), Botrè F, Meuleman P, Leroux-Roels G, Deventer K, Van Eenoo P. Metabolic studies of prostanazol with the uPA-SCID chimeric mouse model and human liver microsomes. *Steroids*. 2016;107:139-48.

11. Torbeyns T, de Geus B, Bailey S, De Pauw K, [Decroix L](#), Van Cutsem J, Meeusen R. Cycling on a bike desk positively influences cognitive performance. Plos One. 2016; 11(11): e-version
12. Torbeyns T, de Geus B, Bailey S, De Pauw K, [Decroix L](#), Van Cutsem J, Meeusen R. Bike desks in the office: physical health, cognitive function, work engagement and work performance. Journal of occupational Environmental medicine. 2016; 58(12): 1257-1263
13. Torbeyns T, de Geus B, Bailey S, [Decroix L](#), Van Cutsem J, De Pauw K, Meeusen R. Bike desks in the classroom: energy expenditure, physical health, cognitive performance, brain functioning and academic performance. Journal of Physiology and active health. 2017; Feb 7:1-34.
14. De Pauw K, Roelands B, Van Cutsem J, [Decroix L](#), Valente A, Taehee K, Lettannil RB, Carrillo AE, Meeusen R. Do glucose and caffeine nasal sprays influence exercise and/or cognitive performance? International Journal of Sports Physiology and Performance. 2017; Feb 9:1-22.
15. Meeusen R, [Decroix L](#). Nutritional Supplements and the Brain. International Journal of Sport Nutrition and Exercise Metabolism. 2018; Feb 23:1-12.

Oral presentations

1. [Decroix L](#). Bio-artificial muscles: beyond myofibers. Oral presentation at: 2ndBelgian symposium on tissue engineering; Micro to macro: translating between scales; 2013 October 24-25; Leuven, Belgium
2. [Decroix L](#). Guidelines to classify female subject groups in sport science research. Oral presentation at: European Congress of Sport Science; 2015 June 24-27; Malmö, Sweden.
3. [Decroix L](#). Acute effect of cocoa flavanol intake on cognitive performance and cerebral blood flow in rest and following exercise in well trained athletes. Oral presentation at: 2nd International congress on chocolate and cocoa in medicine; 2015 September 25-26; Barcelona, Spain.
4. [Decroix L](#). Acute cocoa flavanol intake affects exercise performance, oxidative stress and the NO-pathway in well trained athletes. Oral presentation at: Cycling and Science; 2016 June 29-30; Caen, France.
5. [Decroix L](#). Acute cocoa flavanol intake, exercise and cerebral hemodynamics in healthy athletes. Oral presentation at: European Congress of Sport Science; 2016 July 6-9; Vienna, Austria.
6. [Decroix L](#). Can the Lamberts Submaximal Cycle Test reflect overreaching in professional female cyclists? Oral presentation at: Vereniging voor Kinesiology Symposium; 2016 December 2; Gent, Belgium.
7. [Decroix L](#). Can cocoa flavanols partially restore hypoxia-induced decline in cerebral oxygenation during exercise in healthy athletes? Oral presentation at: VasCog Symposium; 2016 December 15; Lille, France.
8. [Decroix L](#). Brein en voedingssupplementen in de sport. Invited oral presentation at: Dag van de wetenschap, breinwijzer "I-brain sport: brein en bewegen"; 2017 November 26; Gent, Belgium.
9. [Decroix L](#). The overtraining syndrome in female athletes. Invited oral presentation at: International congress of physiotherapy "Women and sport"; 2018 January 27; Brussels, Belgium.
10. [Decroix L](#). Het effect van bewegen en voeding (en supplementen) op het brein. Oral presentation at: Ons brein in beweging (Brain awareness week, Center for Neuroscience); 2018 March 12; Brussels, Belgium.

RESPONSABILITES

PARCOURS