Short Curriculum Vitae
BETTINA KARSTEN

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H-index: 19; **i10-index**: 25; **Citations:** 1316

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Work experience

May 2025 – to date	Senior Research Position, University of Greenwich, London, UK
March 2021 – to date	Professor: CBS Applied University, Berlin, German
Sept 2017 - Feb 2021	Assistant Professor: LUNEX International University of Health, Exercise and Sports, Luxemburg
Sept 2003 - Aug 2017	Lecturer/Senior Lecturer Sport Physiology University of Greenwich, London, UK

Postgraduate supervision

Date	Role	Details
2022 - 2023	PhD supervision	Refik Cabuk; Title: Application of different HIIT protocols; Byburt University. Byburt; Turkey
2016 - 2023	PhD supervision	Ben Hunter; Title: Complexity of D' in relation to the critical speed model. University of Hertfordshire; UK
2016 – 2018	PhD supervision	Christoph Triska; Title: Application of time-trials and the concept of critical power and critical speed. University of Vienna; Austria
Since 2018	PhD examination	- Nicki Winfield Almquist; Norway - James Wright; UK

Relevant Publications

Triska, C., **Karsten B.** Letter to the Editor: "Over 55 years of critical power: Fact or artifact?" Scand J Med Sci Sports. 2022; Jun;32(6):1066-1067. doi: 10.1111/sms.14151.

Triska, C., Hopker, J., Wessner, B., Reif, A., Tschan, H., **Karsten, B.** A 30-Min Rest Protocol Does Not Affect W', Critical Power, and Systemic Response. Med Sci Sports Exerc. 2021; 53(2):404-412; doi: 10.1249/MSS.0000000000002477

Karsten, B., Petrigna, L., Klose, A., Bianco, A., Townsend, N., Triska, C. Relationship between the Critical Power Test and a 20-min Functional Threshold Power Test in Cycling. Front. Physiol. 2021; doi: 10.3389/fphys.2020.613151

Hunter, B., Greenhalgh, A., **Karsten, B.,** Burnley, M., Muniz-Pumares, D. A non-linear analysis of running in the heavy and severe exercise domains. Eur J Appl Physiol. 2021; 121(5):1297-1313; doi: 10.1007/s00421-021-04615-6.

Muniz, D., **Karsten, B.**, Triska, C., Glaister, M. Methodological approaches and related challenges associated with the determination of critical power and W', J Strength Cond Res. 2019; 33(2):584-596

Karsten, B., Baker, J., Naclerio, F., Klose, A., Bianco, A., Nimmerichter, A. Time Trials Versus Time-to-Exhaustion Tests: Effects on Critical Power, W', and Oxygen-Uptake Kinetics. Int J Sports Physiol Perform. 2018; 13(2):183-188

Triska, C., **Karsten, B.,** Beedie, C., Koller, B., Prinz, B., Nimmerichter, A., Tschan, H. Different durations within the method of best practice affect the parameters of the speed-duration relationship. J Sports Sci 2018; 18(3):332-340

Triska, C., **Karsten, B.,** Heidegger, B., Koller, B., Prinz, B., Nimmerichter, A., Tschan, H. Reliability of the parameters of the power-duration relationship using maximal effort time-trials under laboratory conditions. Plosone 2017; 25;11(3): e0151448

Triska, C., **Karsten, B.,** Nimmerichter, A, Tschan, H. Iso-duration determination of *D´* and CS under laboratory and field conditions. Int J Sports Med. 2017; 38(07):527-533

Karsten, B., Hopker, J., Jobson, S., Baker, J., Petrigna, L., Klose, A., Beedie, B.
Comparison of intra-trial recovery times for the determination of critical power and *W'* in cycling. J Sports Sci 2016; 35(14):1420-1425

Karsten, B., Stevens, L., Colpus, M., Larumbe-Zabala, E., Naclerio, F.
The effects of sports specific strength and conditioning training on critical velocity, anaerobic running distance and 5-km Race Performance. Int J Sports Physiol Perform 2016; 11:80-85

Karsten, B., Jobson, S.A., Hopker, J., Stevens, L., Beedie, C.
Validity and reliability of critical power testing in the field. Eur J Appl Physiol 2015; 115(1):197-204

Karsten, B., Jobson, S.A., Hopker, J., Jimenez, A., Beedie, C.
High agreement between laboratory and field estimates of critical power in cycling. Int J Sports Med 2014; 35(04):298-303