

Ilkka H.A. Heinonen	Adj. Prof, PhD, Exercise Physiologist (MSc), Health Bioscientist (MSc)
Date and place of birth	April 19 <sup>th</sup> , 1982, Jämsä, Finland
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Current home address	Johanneksentie 22, 21410 Vanhalinna, Finland
Family status	Married, two sons (born August 2 <sup>nd</sup> 2011 in FIN, and July 1 <sup>st</sup> 2013 in The NL)

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#### CURRENT WORK POSITION AND INSTITUTION

1.9.2019-> Academy Fellow, Academy of Finland, Turku PET Centre, University of Turku, Turku, Finland

#### DOCENTSHIP/ADJUNCT PROFESSORSHIP

2014- Adjunct professor of exercise and cardiovascular physiology, Department of Clinical Physiology and Nuclear Medicine, Faculty of Medicine, University of Turku, Turku, Finland

#### VISITING RESEARCHER

2015- Visiting research scientist, Thoraxcenter, Department of Cardiology, Erasmus University Medical Center Rotterdam, Rotterdam, the Netherlands

#### VISITING LECTURER

2018-2023 Lecturer in international Exercise Biomedicine master's program, Department of Natural Science, Environment and Mathematics, University of Halmstad, Halmstad, Sweden

#### OTHER PROFESSIONAL EXPERIENCE

July 2016 - 8/2019 – Collegium Researcher and Junior Group Leader, University of Turku, Turku, Finland

2015- June 2016 Research Associate, School of Sport Science, Exercise and Health, Faculty of Science, University of Western Australia, Crawley, Australia

2011 (-2014) Academy of Finland's Post-Doctoral Researcher, representing the following positions and institutions (years 2012-2014 physical location in the NL):

2012-2014 Post-doc fellow, Thoraxcenter, Department of Cardiology, Erasmus University Medical Center Rotterdam, Rotterdam, the Netherlands

2011-2014 Post-doc research scientist, Research Centre of Applied and Preventive Cardiovascular Medicine, Faculty of Medicine, University of Turku, Turku, Finland

2010-2014 Post-doc fellow, Finnish Centre of Excellence in Molecular Imaging of Cardiovascular and Metabolic diseases (CoE), Turku PET Centre, University of Turku, Finland

#### Other previous professional experience

May 2011-June 2011 Visiting Post-Doctoral researcher, Mayo Clinic, Department of integrative human physiology, Rochester, MN, USA

2007-2010 Visiting researcher as a PhD student, at the Department of Nutrition, Exercise and Sports, Copenhagen Muscle Research Centre, Panum Institute, and August Krogh Institute, University of Copenhagen, Copenhagen, Denmark

July 2005- Feb 2010 PhD researcher, Turku PET Centre, CoE and Department of Clinical Physiology and Nuclear Medicine, Faculty of Medicine, University of Turku and Turku University Hospital, Turku, Finland

#### EDUCATION

2011 Master's degree (MSc) in Health Biosciences, University of Turku, Finland

2010 Doctor of Philosophy (PhD), University of Turku, Turku, Finland

2007 Master's degree (MSc, Exercise Sciences), University of Jyväskylä, Finland

#### PUBLICATIONS

Currently ~100 published original scientific research articles and invited editorials and reviews in mostly highly ranked peer-reviewed journals, such as *American Physiological Society's journals*, but career

publications also include *Circulation, British Journal of Sports Medicine, Physiology, Basic Research in Cardiology, Cardiovascular Research, Hypertension, Journal of Bone and Mineral Research, Acta Physiologica, Journal of Translational Medicine, Journal of Physiology, Medicine and Science in Sport and Exercise, Scientific Reports, Frontiers of Physiology – Clinical and Translational Physiology, Exercise and Sports Science Reviews, Nutrition and Metabolism, Experimental Physiology, Plos One etc.*

#### GRANTS FOR SCIENTIFIC RESEARCH

2023 Internal Turku PET Centre/Uni Turku hospital grant – 10 000€  
2023 Finnish Cultural Foundation – 30 000€  
2023 Hospital District of South-West Finland – 19 000€  
2023 Internal Turku PET Centre/Uni Turku hospital grant – 7500€  
2022 Hospital District of South-West Finland – 14800€  
2021 Hospital District of South-West Finland – 15800€  
2020 Hospital District of South-West Finland – 15800€  
2020 Finnish Diabetes Research Foundation – 25000€  
2019 Hospital District of South-West Finland – 17850€  
2019 Academy of Finland (5 years Academic researcher fellowship) – 938 000€  
2019 Finnish Cultural Foundation – 30 000€  
2018 Hospital District of South-West Finland – 10750€  
2018 Juho Vainio Foundation – 30 000€  
2017 Hospital District of South-West Finland – 10750€  
2017 Juho Vainio Foundation – 30 000€  
2016 Hospital District of South-West Finland – 9000€  
2016 Juho Vainio Foundation – 30 000€  
2014 Finnish Diabetes Research Foundation – 9 600€ (post-doc research)  
2014 Finnish Cardiovascular Research Foundation – 10 000€ (post-doc research)  
2011 Academy of Finland – 310 000€ (post-doc research)  
2011 Finnish Cardiovascular Research Foundation – 12 600€ (post-doc research)  
2008 Finnish Cultural Foundation - 18000€ (PhD research)  
2007 Finnish Cultural Foundation – 16000€ (PhD research)  
2007 South-Western Foundation of Finnish Cultural Foundation – 9000€ (PhD research)  
2007 Finnish Sport Research Foundation - 3000€ (PhD research)  
2007- Travel, and other smaller grants (from professional physiological societies, Univ. of Turku and Turku Univ. Hospital, and Univ. of Western Australia etc.) ~16 100 €

#### MEMBER OF THE EDITORIAL BOARDS

2018- Physiological Reports (joint journal of American, and UK's physiological societies)  
2011- Frontiers of Physiology – Clinical and Translational Physiology (Nature Publishing group)  
2015- Liikunta & Tiede (“Exercise and Science” – An official journal of the Finnish Society of Sport and Exercise Sciences): Science/research news editor/journalist

#### INVITED REVIEWER IN ACADEMIC/SCIENTIFIC JOURNALS

Invited reviewer for over 90 different scientific journals since 2010

#### INVITED REVIEWER FOR SCIENTIFIC GRANT APPLICATIONS

2023 Finnish Work Protection Foundation (Työsuojelurahasto)  
2023 The Finnish Research Impact Foundation  
2020 Fondazione Cariplo (Italian medical research foundation)  
2019 World Cancer Research Fund International  
2018 Netherlands Organisation for Scientific Research (NWO) Vidi program  
2015 Finnish Cultural Foundation (Board of Exercise, nutrition, sports medicine and health)

#### OTHER SERVICE IN EVALUATION COMMITTEES

Reviewer of the Graduate School applications for numerous Finnish universities, since 2016- scientific review committee member, annual conference of European College of Sport Sciences