Ritva S. Mikkonen, PhD
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EDUCATION AND DEGREES COMPLETED

October 2023	**Docent in Exercise Physiology (Adjunct Associate Professor)** University of Oulu, Faculty of Medicine
Aug. 2016 – Jan. 2019	**Internationally Oriented Teacher Education (60 ECTS)** Teacher Education College, Jyväskylä University of Applied Sciences
Sept 2007- Sept. 2013	**PhD and MSc in the Biology of Physical Activity, Science of Sport Coaching and Fitness Testing** Department of Biology of Physical Activity, University of Jyväskylä
October 2012	**Erasmus Staff Training Exchange** Norwegian University of Science and Technology, Trondheim, Norway
Sept.2003- June 2007	**BA in Health Fitness (ACSM Endorsed Program) and Scandinavian Studies (Swedish Language emphasis)** Gustavus Adolphus College, Saint Peter, Minnesota, USA

CURRENT POSITION

Jan. 2024 – present	**Vice Director** Sport Technology Unit, University of Jyväskylä
Jan. 2023 – present	**Senior Lecturer** Sport Technology Unit, University of Jyväskylä

RELATED EMPLOYMENT

June 2019- Dec. 2022	**Post-Doctoral Project Researcher and Project Manager (full-time)** Sport Technology Unit, University of Jyväskylä
Aug. 2015 – May 2019	**Lecturer (full-time and part-time + parental leave)** Kajaani University of Applied Sciences
July 2015	**Post-Doctoral Project Researcher (full-time)**

further employment information upon request

CAREER BREAKS

Jan. 2015– June 2015	**Unemployed/Freelance writing and translating**
Sept. 2017- May 2018	**Maternity and parental leave**

SUPERVISION

PhD dissertations: Ongoing: 6 (University of Jyväskylä), **Defended:** 1 (University of Jyvskylä)
Master's Theses: Ongoing: 3 (University of Jyväskylä), **Completed:** 3 (Kajaani University of Applied Sciences) and 17 (University of Jyväskylä)
Bachelor's Theses: Ongoing: 0, **Completed:** 20 (Kajaani University of Applied Sciences) and 3 (University of Jyväskylä)

LIST OF PUBLICATIONS

I. Scientific original articles in international peer-reviewed journals

I have published 37 peer-reviewed scientific articles (13 as first author, 6 as senior author, and 16 as co-author and 5 book chapters as well as several publications for both professional audiences and the general public. My ten most recent scientific publications are listed here:

1) **Mikkonen RS,** Drain J, Vaara J, Nindl B, Kyröläinen H. *The importance of strength training for sustaining performance and health in military personnel.* BMJ Military Health. 2024; Published Online First https://doi.org/10.1136/military-2024-002744
2) Ihalainen JK*, **Mikkonen RS***, Elliott-Sale KJ, Ackerman KE, Heikura IA, Mjøsund K, Valtonen M, Hackney AC: *Beyond menstrual dysfunction: Is altered endocrine function caused by low energy availability a key factor behind impaired sports performance in energy deficient female athletes?* Sports Medicine. 2024; 54; 2267–2289. https://doi.org/10.1007/s40279-024-02065-6 *Equal contribution
3) Löfberg IE, Karppinen JE, Lehti M, Hackney AC, Ihalainen JK, **Mikkonen RS**. *Resting Energy Expenditure is Unchanged Despite Changes in Metabolic and Sex Hormones in Two Phases of the Menstrual and Hormonal Contraceptive Cycles.* 2024; Online ahead of print. https://doi.org/10.1249/MSS.0000000000003518
4) Ihalainen JK, Takalo S, Hackney AC, Mjøsund K, Solli G, Valtonen M, Kokkonen M, **Mikkonen RS**. *Self-reported performance and hormone cycle related symptoms in competitive female athletes* Women in Sport and Physical Activity Journal. 2024; 31(1). https://doi.org/10.1123/wspaj.2023-0102
5) Peltonen JE, Leppävuori A, Lehtonen E, **Mikkonen R,** Kettunen O, Nummela A, Ohtonen O, Gagnon DD, Wehrlin JP, Wilber RL, Linnamo V. *Combined intermittent hypoxic exposure at rest and hypoxic training can maintain elevated hemoglobin mass after a hypoxic camp.* 2024; 137(2):409-420. https://doi.org/10.1152/japplphysiol.00017.2024
6) **Mikkonen R,** Ihalainen J, Hackney AC, Häkkinen K. *Perspectives on* concurr*ent strength and endurance training in healthy adult females: A Systematic Review.* Sports Medicine. 2024; 54(3):673-696. https://doi.org/10.1007/s40279-023-01955-5
7) Elliott-Sale KJ, Flood TR, Arent SM, Dolan E, Saunders B, Hansen M, Ihalainen JK, **Mikkonen RS,** Minahan C, Thornton JS, Ackerman KE. Effect of menstrual cycle and contraceptive pill phase on aspects of exercise physiology and athletic performance in female athletes: protocol for the Feminae international multisite innovative project. BMJ Open Sport & Exercise Medicine. 2023;9(4). https://doi.org/10.1136/bmjsem-2023-001814
8) Kettunen O, **Mikkonen R**, Mursu J, Linnamo V, and Ihalainen JK. *Carbohydrate intake predicts performance and is lower than recommended across the training year in young female cross-country skiers.* Frontiers in Sports and Active Living, Exercise Physiology. 2023; 5:1196659. https://doi.org/0.3389/fspor.2023.1196659
9) Kettunen O, **Mikkonen R,** Linnamo V, Mursu J, Kyröläinen H& Ihalainen JK. *Nutritional Intake and Anthropometric Characteristics are Associated with Endurance Performance and Markers of Low Energy Availability in Young Female Cross-Country Skiers.* Journal of the International Society of Sports Nutrition. 2023; 20(1):2226639. https://doi.org/10.1080/15502783.2023.2226639
10) Kettunen O, Leppävuori A, **Mikkonen R,** Peltonen J, Nummela A, Wikström B & Linnamo V. *Hemoglobin mass and performance responses during four weeks of normobaric "live high–train low and high.* Scandinavian Journal of Medicine and Science in Sports. 2023. 33(8):1335-1344. https://doi.org/10.1111/sms.14378