

Ritva S. Mikkonen, PhD
ORCID Identifier: <https://orcid.org/0000-0002-5668-2202>
Date of birth: 15.05.1985
Citizenship: United States of America and Finland
Tel: +358452301251 **E-mail:** ritva.s.mikkonen@jyu.fi

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. 2023 – present	Senior Lecturer Sport Technology Unit, University of Jyväskylä
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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
Sept. 2017- May 2018	Maternity and parental leave

LEADERSHIP AND SUPERVISION EXPERIENCE

PhD dissertations: Ongoing: 5 (University of Jyväskylä), **Defended:** 1 (University of Jyväskylä)
Master's Theses: Ongoing: 8 (University of Jyväskylä), **Completed:** 3 (Kajaani University of Applied Sciences) and 10 (University of Jyväskylä)
Bachelor's Theses: Ongoing: 0, **Completed:** 20 (Kajaani University of Applied Sciences) and 1 (University of Jyväskylä)

LIST OF PUBLICATIONS

I. Scientific original articles in international peer-reviewed journals

I have published 31 peer-reviewed scientific articles (13 as first author, 4 as senior author, and 14 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 R**, Ihalainen J, Hackney AC, Häkkinen K. *Perspectives on concurrent strength and endurance training in healthy adult females: A Systematic Review*. Sports Medicine. 2023. <https://doi.org/10.1007/s40279-023-01955-5>
- 2) 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/10.3389/fspor.2023.1196659>
- 3) 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>
- 4) 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>
- 5) Ahokas EK, Hanstock HG, Löfberg I, Nyman M, Salo P, Kyröläinen H, **Mikkonen R**, and Ihalainen JK. *Nocturnal heart rate variability in women discordant for hormonal contraceptive use*. Medicine & Science in Sports & Exercise. 2023; 55(7):1342-1349. <https://doi.org/10.1249/MSS.0000000000003158>
- 6) Peltonen H, **Mikkonen-Taipale R**, Uimonen T, Walker S, Hackney AC, Valtonen M, Kyröläinen H, Ihalainen JK. *Power Loading-Induced Fatigue is Influenced by Menstrual Cycle Phase*. Medicine & Science in Sports & Exercise. 2022. <https://doi.org/10.1249/MSS.0000000000002904>
- 7) **Taipale-Mikkonen RS**, Raitanen A, Hackney AC, Solli G, Valtonen M, Peltonen H, McGawley K, Kyröläinen H, Ihalainen JK. *Endogenous and exogenous reproductive hormones may influence interpretation of treadmill running $\dot{V}O_{2max}$ test results*. Frontiers in Physiology, Exercise Physiology. 2021; <https://doi.org/10.3389/fphys.2021.761760>
- 8) Ihalainen JK, Löfberg I, Kotkajuuri A, Kyröläinen H, Hackney AC and **Taipale-Mikkonen RS**. *Influence of menstrual cycle or hormonal contraceptive phase on energy intake and metabolic hormones – a pilot study*. Endocrines. 2021; 2(2), 79-90. <https://doi.org/10.3390/endocrines2020008>
JUFO: 0 IF: n/a (this open access journal is ~1 year old)
- 9) Ravi S, Ihalainen JK, **Taipale-Mikkonen RS**, Kujala UM, Waller B, Mierlahti L, Valtonen M. *Restrictive eating behavior, eating disorders, menstrual dysfunction, and injuries in athletes competing at different levels and sports*. Nutrients. 2021; 13(9), 3275; <https://doi.org/10.3390/nu13093275>
- 10) Greenhall M, **Taipale R**, Ihalainen J, and Hackney AC. *Influence of the menstrual cycle phase on marathon performance in non-elite runners*. International Journal of Sports Physiology and Performance. 2020; 16(4): 601-504. <https://doi.org/10.1123/ijsp.2020-0238>