Xanne A.K. Janse de Jonge
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Curriculum Vitae

Tertiary Education

Doctor of Philosophy (PhD) Exercise and Sport Science
School of Exercise and Sport Science, Faculty of Health Sciences, The University of Sydney, Australia
Thesis: Effects of the menstrual cycle on exercise performance

"Doctorandus" (Bachelor's & Master's) Human Movement Sciences
Faculty of Human Movement Sciences, Vrije Universiteit, Amsterdam, the Netherlands, Major/Master's in Exercise Physiology

Employment

2024 - current	Senior Lecturer in Exercise Science – Women in Sport, School of Allied Health, Sport & Social Work, Griffith Health, Griffith University, Gold Coast Campus, Queensland, Australia.
2022 - 2023	Owner and operator of exercise & sport science business, including fitness & training consultations, sport specific programming etc.
2006 - 2021	Lecturer/Senior Lecturer in Exercise & Sport Science, School of Environmental & Life Sciences, The University of Newcastle, Central Coast Campus, New South Wales, Australia

Research experience

Pioneer in the area of menstrual cycle research in sport science with PhD resulting in an invited review for Sports Medicine in 2003. International network of research collaborations and recent publications with international experts on "Methodological Considerations for Studies in Sport and Exercise Science with Women as Participants" with high impact (Altmetric attention score in 99th percentile). High quality publications in top sport science and physiology journals on the effect of female hormones on exercise performance and training adaptations, as well as applied sport science through industry engagement. Inspire and mentor research students (2019 Research Supervision Excellence Award, University of Newcastle), including facilitation of international student research visits.

- h-index = 29, i10-index 38 and 6190 citations
- 46 peer-reviewed journal articles and 4 book chapters
- Supervised 8 PhD students to completion

Selection of publications relevant to proposed symposium

Verhagen E, Ferrer E, Antero JDS, Bahtijarevic Z, Barlow A, Bolling C, Gabarro M, Harrison M, Jarrin P, Janse de Jonge X, Paternotte E, Tomás R, Jimenez C, Keay N, Lewin G, van den Steen E, Elliott-Sale K (2025). *UEFA consensus statement on menstrual cycle tracking in women's football.* BMJ Open Sport & Exercise Medicine. 2025;11:e002769. DOI: 10.1136/bmjsem-2025-002769

Janse de Jonge, X. A., & Minahan, C. (2025). *Physiology and Performance Research in Female Athletes: Bridging the Gap Between Opportunity and Evidence-Based Support.* International Journal of Sports Physiology and Performance, 20(2), 181-182. DOI: 10.1123/ijspp.2024-0540

Sims S.T., Kerksick C.M., Smith-Ryan A.E., Janse de Jonge X.A.K., Hirsch K.R., Arent S.M., Hewlings S.J., Kleiner S.M., Bustillo E., Tartar J.L., Starratt V.G., Kreider R.B., Greenwalt C., Rentería L.I., Ormsbee M.J., VanDusseldorp T.A., Campbell B.I., Kalman D.S. & Antonio J. (2023) *International society of sports nutrition position stand: nutritional concerns of the female athlete*, Journal of the International Society of Sports Nutrition, 20 (1). DOI: 10.1080/15502783.2023.2204066

Janse de Jonge X.A.K. & Thompson B.M. (2023) *Adapting Training to the Menstrual Cycle* International Journal of Sports Physiology and Performance 18 (8) 793. DOI: 10.1123/ijspp.2023-0234

Dam T.V., Dalgaard L.B., Sevdalis V., Bibby B.M., Janse de Jonge X., Gravholt C.H., Hansen M. (2022) *Muscle Performance during the Menstrual Cycle Correlates with Psychological Well-Being, but Not Fluctuations in Sex Hormones*, Medicine & Science in Sports & Exercise 54 (10) 1665-1677. DOI: 10.1249/MSS.0000000000002961

Elliott-Sale K.J., Minahan C.L., Janse de Jonge X.A.K., Ackerman K.E., Sipilä S., Constantini N.W., Lebrun C.M., Hackney A.C. (2021) *Methodological Considerations for Studies in Sport and Exercise Science with Women as Participants: A Working Guide for Standards of Practice for Research on Women*, Sports Medicine 51 (5) 843–861. DOI: 10.1007/s40279-021-01435-8

Thompson B.M., Drover K.B., Stellmaker R.J., Sculley D.V., Janse de Jonge X.A.K. (2021) *The Effect of the Menstrual Cycle and Oral Contraceptive Cycle on Muscle Performance and Perceptual Measures,* International Journal of Environmental Research and Public Health 18 (20) 10565. DOI: 10.3390/ijerph182010565

Thompson B., Almarjawi A., Sculley D., Janse de Jonge, X. (2020) *The effect of the menstrual cycle and oral contraceptives on acute responses and chronic adaptations to resistance training: A systematic review of the literature*, Sports Medicine, 50(1), 171-185. DOI: 10.1007/s40279-019-01219-1

Janse de Jonge X., Thompson B., Han A., (2019), *Methodological recommendations for menstrual cycle research in sports and exercise*, Medicine and Science in Sports and Exercise, 51 (12), 2610-2617. DOI: 10.1249/MSS.0000000000002073

Schaumberg M.A., Jenkins D.G., Janse de Jonge X.A.K., Emmerton L.M., Skinner T.L. (2017), *Oral contraceptive use dampens physiological adaptations to sprint interval training*, Medicine and Science in Sports and Exercise, 49 (4), 717-727. DOI: 10.1249/MSS.0000000000001171

Janse de Jonge X.A.K. (2003), *Effects of the menstrual cycle on exercise performance*, Sports Medicine, 33 (11), 833-851.

Janse de Jonge X.A.K., Boot C.R.L., Thom J.M., Ruell P.A., Thompson M.W. (2001), *The influence of menstrual cycle phase on skeletal muscle contractile characteristics in humans*, Journal of Physiology, 530 (1), 161-166.

Selection of contributions to profession and community

- Contributor to Consensus Statement on “Menstrual cycle tracking in women’s football” for the Union of European Football Associations (UEFA).
- Invited speaker on “The unique physiology of female athletes” at the Women in Sport Congress, Sydney, Australia, March 2024
- Associate Editor for International Journal of Sports Physiology and Performance (ranked 20 out of 124 Sports Science journals) (since 2022)
- Topic editor for special issue on “Interdisciplinary Aspects of Women’s Physiology and Physical Fitness”, International Journal of Environmental Research & Public Health (2021)
- Australian Institute of Sport Female Performance and Health Initiative (since 2019) Contributed to the inaugural Female Performance & Health Initiative workshop resulting in education and resources for female athletes and support staff. https://www.ais.gov.au/fphi
- Chair of invited symposium on “Muscle function and resistance training adaptations in females throughout the life span” at European College of Sport Science 25th Anniversary Virtual Congress October 2020
- Invited speaker at XII International Symposium on Strength Training, National Strength & Conditioning Association-Spain, Madrid, Spain, December 2019
- Invited speaker for symposium on “Biological aspects of gender integration on military performance”, International Congress on Soldiers’ Physical Performance November 2017
- Sport Science Advisory Committee of Judo Australia (2007-2018)
- Examiner for numerous Australian and international PhD students