CURRICULUM VITAE **13.11.2025**

Valtonen Maarit Katariina
Date of Birth: 17.3.1976
Finnish citizen
Family: 4 children (born 2005, 2007, 2009, 2012)
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Education and degrees awarded

12-3-2024	Associate Professor of Sports and Exercise Medicine, Faculty of Sport and Health Sciences, University of Jyväskylä, Finland
19-12-2014	Master of Clinical Research, Oregon Health&Science University, Portland, USA
8-12-2014	Specialist is Sports and Exercise Medicine, University of Eastern Finland
11-10-2011	Doctor of Medical Science, University of Eastern Finland
25-5-2004	Medical Doctor, University of Kuopio, Finland

Current position
May 15, 2015 – Chief Medical Officer, Finnish Olympic Committee, High Performance Unit
May 1, 2015 – Chief Medical Officer, Finnish Institute of High Performance Sport KIHU

Previous work experience

Jan 2016 – Dec 2017	Primary Investigator (SPIRE – study, REVEAL), Menoa Inc.
Jan 2015 – Jul 2016	Specialist in Sports and Exercise Medicine, Mehiläinen Sports Clinic
Nov 2008 – Dec 2014	Doctor in training, Post-Doctoral Researcher, LIKES Research Center for Sport and Health Sciences, Clinic of Sports Medicine, Jyväskylä
Mar 2008 – Dec 2015	Clinical Investigator (REVEAL, TECOS, THRIVE, MK-0524B/Atorvastatin comparator-study), Corusfit Inc.
Aug 2012 – Jan 2014	Post-Doctoral Research Fellowship, Division of Health Promotion and Sports Medicine, Oregon Health & Science University, USA
Feb 2012 – May 2012	Doctor in training, Rehabilitation unit, Hospital of Central Finland
Jan 2011 – Jun 2011	Doctor in training, Emergency unit, Hospital of Central Finland
Sep 2008 – Oct 2008	General Practitioner Mehiläinen Occupational Health Clinic, Jyväskylä
May 2005 – Aug 2008	Doctor in training Department of Internal Medicine, Hospital of Central Finland
Aug 2004 –Apr 2005	Doctor in training, General Practice Palokka, Primary Care Center
June 2004	Internship, Department of Endocrinology, Jewish General Hospital, Montreal, Canada

Scientific Research experience
Over 50 peer-reviewed articles, published in international and national medical journals.
Associate Professor of Sports and Exercise Medicine, University of Jyväskylä. 12.3.2024
Doctoral thesis: Valtonen, M. (2011). Hopelessness, depressive symptoms, physical activity and metabolic syndrome: a population-based cohort study in men. Doctoral dissertation, University of Eastern Finland.

Research funding and grants
Funding for the project ‘Acute respiratory infections in athletes’. State Research Funding for Health and Social Care 2025 (40 000€).
Funding for the project ‘Acute respiratory infections in Paris Olympic Games’. The International Olympic Committee. 2024 (15 000€)

Funding for development project of “Communication norms in weight and body talk in Finnish coaching environment” from the Ministry of Education, the Government of Finland. 2023-2024. (49000€)
European Regional Development Fund (ERDF) for Development project of Psychosocial skills in Coaching from Regional Council of Central Finland. 2023-2025. (80 000€)
Funding for the research project of “Respiratory Infections in Elite Athletes” from the Academy of Finland. 2023-2027. (200 000€)
Funding for the research project of “Elite athletes' mental and physiological wellbeing in sport- sport-specific ACT intervention for Finnish elite athletes” from the Ministry of Education, the Government of Finland. 2022-2025. (330 000€)
Funding for Respiratory Infections in Elite Athletes – research project (expenses, PCR analysis) from Jenny ja Antti Wihuri Foundation, 2018 (40 000 €)
Personal funding for Respiratory Infections in Elite Athletes – research project from Signe ja Ane Gyllenbergin säätiö, 2019 (5000 €)
European Regional Development Fund (ERDF) for Training Room Jyväskylä development and research project from Regional Council of Central Finland. 2019. (499 299€)
European Regional Development Fund (ERDF) for Training Room Jyväskylä development project from Regional Council of Central Finland. 2018. (209 036€)
Personal funding (PCR analysis) for Respiratory Infections in Elite Athletes – research project from Väinö and Laina Kivi säätiö, 2018 (5 000 €)
2 months personal funding for Respiratory Infections in Elite Athletes – research project from Signe ja Ane Gyllenbergin säätiö, 2018 (5000 €)
Funding for Respiratory Infections in Elite Athletes – research project (expenses, PCR analysis) from Jenny ja Antti Wihuri Foundation, 2018 (40 000 €)

Leadership and Supervision experience
Clinical supervisor in Sports Medicine clinical fellowship program Finnish High Performance Institute, KIHU, 2015 –
Supervisor of 7 post-doctoral students. 2020 -
Leader and manager of the Sports Medicine Unit, Finnish High Performance Institute, KIHU, 2015 –
Leader and manager the expertise team of the High Performance Unit, the Finnish NOC, 2018 –
Chief Medical Officer of Olympic Team Finland. 2016 – (5 Olympic Games, 4 European Games)
Chief Medical Officer of Team Finland of Nordic Skiing. 2015 – (5 World Champinships)
Team Physician of Team Finland of Athletics. 2022, 2023.

Administrative work and positions of trust:
International:
Member of TUE Committee. International Curling Association. 2023 -
Member of the FIS Medical Committee. International Ski Federation. 2022 –
Member of NOC CMO Network group 2021 -
IOC consensus group on respiratory illness. 2019 –

National:
Chief Medical Officer of the Finnish NOC, 2015 –
Board Member of Helsinki Sports Medicine Foundation 2023 –
Member of Sports Medicine Advisory group of Finnish Athletics 2021 -
Board Member of the Society of Sports and Exercise Medicine physicians 2020 -
Medical Director. Vuokatti-Ruka Olympic Training Center. 2020 –
Board Member of Finnish Sports Medicine Society 2018 -
Medical Director. Helsinki Olympic Training Center. 2020 - 2022
Medical Director. Finnish Ski Federation. 2015 – 2022