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*Curriculum Vitae*

Arja Uusitalo, M.D., Ph.D., Adjunct Professor

*Female*

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Born in Tampere 16.8.1965

PROFESSIONAL PROFILE

* High level education
* Comprehensive experience of Clinical Physiology and Nuclear Medicine and Sport and Exercise Medicine
* Comprehensive teaching experience
* Good experience and competencies in grant writing and administration, project management and staff development
* Excellent experienced lecturer/presenter
* Effective communicator with excellent planning and organizational strengths.

EDUCATION

* Title of Docent, Clinical Physiology and Nuclear Medicine, University of Helsinki 13.5.2011.
* Academic Dissertation, Clinical Physiology and Nuclear Medicine, University of Tampere 17.11.1998
* Specialty in Clinical Physiology and Nuclear Medicine, University of Kuopio 12.5.2003.
* Specialty in Sports and Exercise Medicine, University of Tampere 17.8.1998.
* M.D., University of Tampere 4.1.1990
* Matriculation examination, Heinola, Kymenkartanon lukio 31.5.1984
* Additional education:

University of Jyväskylä

Biomechanics I, 160 hours (4 study weeks)

Nutrition 40 hours (1 study week)

Sport Science, basics of coaching 80 hours (2 study weeks)

Physical activity of seniors 80 hours (=2 study weeks)

University of Kuopio

Methods of Medical Imaging 80 hours (=2 study weeks)

Information management in Health Care 160 hours (4 study weeks)

Data protection and security 80 hours (2 study weeks)

New Medias in Health Care 80 hours (2 study weeks)

Evidence based medicin 80 hours (2 study weeks)

University of Eastern Finland

Education for leaders in health care 30 op = 810 hours started 3/2013

LANGUAGES

Mother language Finnish, English good sklills , German good skills, Swedish satisfactory sklills level 3

PROFESSIONAL EXPERIENCE IN CLINICAL PHYSIOLOGY AND NUCLEAR MEDICINE AND RESEARCH

* Professor (35 %) 1.8.2015 - , University of Helsinki, Clinical Physiology and Nuclear Medicine
* Head of Departments, Senior Physician, Clinical Physiology and Nuclear Medicine, HUSLAB and HUS-Kuvantaminen, Jorvi Hospital and Meilahti Hospital 1.2.-31.5.2006, 1.1.2010- = 6yrs 4 mo
* **Senior Physician**, Clinical Physiology and Nuclear Medicine: Helsinki University Central Hospital (HUSLAB) 1.6.2005-31.12.2009, the Central Finland Central Hospital, Jyväskylä 18.8.2003-30.10.2004 + week 46/2004, Kuopio University Hospital 13.5.-17.8.2003 = **6 yrs 2 wk**
* Senior Researcher: Helsinki University, Faculty of Medicine 1.2.2008-10.8.2008 (40 %), 17.8.-31.10.2009 (100 %), 1.11.-31.12.2009 (20 %), University of Jyväskylä, Department of Biology of Physical Activity 1.11.2004-31.5.2005 (not week 46/2004) = 12 mo 2 wk
* Junior Researcher: Research Institute for Olympic Sports 1.12.1991 - 31.12.1993, 1.1. - 31.5.1994, 1.4. - 30.11.1995, 3.10. - 30.11.1996, 1.3. - 9.3.1997, 1.6. - 6.7.1997, 4.8.1997-31.1.1998. 3 yrs 11 mo, University of Tampere 1.1. - 28.2.1997, 1.4. - 31.5.1997, 1.9.-30.9.1998 4 mo
* **Junior Physician** when specializing for Clinical Physiology and Nuclear Medicine: Kuopio University Hospital **4 years 1 wk**, Tampere University Hospital **4 mo**, Central Finland Central Hospital **8 mo**

RESEARCH FUNDING AND APPLICATIONS

Ministry of Culture and Education for Ph.D. project during 1993-1997, principal applicator

Ministry of Culture and Education for Post Doc research 2001-2004

**Supervised theses**

* 1. Pro Gradu

1) Minna Tervo: University of Jyväskylä, Department of Biology of Physical Activity. 1994., 2) Tiina Hoffman. University of Jyväskylä, Department of Biology of Physical Activity 1997, 3) Kari Kalliokoski, University of Jyväskylä, Department of Biology of Physical Activity. 1998, 4) Katja Keränen, University of Eastern Finland. Terveydenhuollon maisterikoulutus, 5) M. Coppoolse. VU, Vrije Universiteit Amsterdam, Faculty of Medicine, 2002., 6) Zümrüt Nuri. University of Eastern Finland, Faculty of Medicine, 2005. 7) Kristiina Hietanen. University of Eastern Finland, Faculty of Medicine, 2005. 8) Raimo Joro. University of Eastern Finland, Faculty of Medicine, 2011**.** 9) Santtu Nuutinen, University of Eastern Finland, Faculty of Medicine, 2015

* 1. *Others*

Pyry Kinnunen, Metropolia, Helsinki, 2012.

* 1. *Academic Dissertations*
     1. Tanskanen Minna, Effects of military training on aerobic fitness, serum hormones, oxidative stress and energy balance, with special reference to overreaching . University of Jyväskylä, Department of Biology of Physical Activity, 2012.
     2. Academic Dissertations, registered
        1. Ida Heikura, University of Jyväskylä, Faculty of Biology of Physical Activity
        2. Harriet Hägglund, University of Helsinki, Faculty of Medicine (interrupted because of personal reason)
        3. Raimo Joro, University of Eastern Finland, Faculty of Medicine
        4. Jukka Koskelo, University of Eastern Finland, Faculty of Medicine (interrupted because of personal reason)

ACADEMIC/TEACHING EXPERIENCE

* University of Helsinki. The course of University Pedagogy in Medicine (10 op = 270 hours) during years 2008-2009
* One supervised dissertation, two registered dissertations in supervision, 9 supervised pro gradu theses
* Teaching of medical students in basic studies for many years, teaching of specializing medical doctors for many years, teaching of nurses and other groups of medical staff in professional schools and teaching of exercise physiologists in Universities of Jyväskylä and Kuopio
* As a professor planning of basic courses for medical students: radiation in medicine and clinical physiology and nuclear medicine in chest pain and dyspnea course, free selection courses for medical students

ACADEMIC HONORS/AWARDS

* Best Physiology Presentation in 7th Scandinavian Congress on Medicine and Science in Sports, 2004. Title: Serotonin (5-HT) reuptake in overtrained and healthy athletes and sedentary young people.

OTHER ACADEMIC MERITS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Referee in about 15 international peer reviewed papers in the field of physiology and sports medicine, editorial board in Frontier in physiology
* About 70 presentations in International Congresses in addition to many other international and national lectures.
* Invited lectures: Deutscher Kongress für Sportmedizin und Prävention. Prävention durch Bewegung und Sport. Rothenburg a.d. Fulda, Deutschland. Seminar: Kompakt-Kurs HRV – Herzfrequenzvariabilität. 2001. Players Burnout. Rugby Player Welfare Conference 2002, Dublin, Irland. Heart rate variability in research and clinical use. Cooper Institute, Dallas, TX, USA.2003. Myocardial perfusion imaging in Riga (**Gailezers Hospital,** 2011) and Vilnius (University Hospital, 2012).
* Review for grant proposal and books: e.g. Physiological Medicine. A clinical approach to basic medical physiology. Lingappa VR and Farey K (Eds), McGraw-Hill, 2000. ZonMw – Sport , Physical Activity and Health Programme for 2004-2006 (Netherlands, Ministry of Health, Welfare, and Sport)
* Reviewer for Ph.D.s: Tuomas Koskinen, University of Turku, Nina Zaproudina, University of Eastern Finland, Henna Kärkkäinen, University of Eastern Finland, Teemu Koivistoinen, University of Tampere 2015
* Reviewer for Title of Docent: Janne Hulkkonen, University of Tampere

PROFESSIONAL AFFILIATIONS

* Chairman, team for nuclear medicine services of the Association of Finnish Local and Regional Authorities yrs 2005-
* Member, team for clinical physiology services of the Association of Finnish Local and Regional Authorities yrs 2005-
* Board substitute, Finnish Physiological Society, yr 2005-
* Medical Consultant of Finland’s Heart union
* Board Secretary, Subdivision of Sports and Exercise Medicine of Finnish Medical Association, yrs 2009-
* Board Secretary, Finnish association of Sports Medicine yrs 1995-2003, Board Member, yrs 2003-2008
* Board Substitute, Scandinavian foundation of Medicine and Science in Sports, yrs 2002-2008.

COMMUNITY SERVICE

* Board Substitute, Finnish Antidoping Committee yrs 2000-2008, tester yrs 1992-1999
* Worked as a responsible physician in National First Team in sport:

Track and Field, youth team v.2007-

Cross Country Skiing yrs 2002-2004

* Worked in Medical Care in high level International competitions:

Cross Country Skiing, Ski jumping, gymnastics, skating