

Curriculum vitae with track record Dorthe Stensvold

* PERSONAL INFORMATION

*Family name, First name:	Dorthe Stensvold		
*Date of birth:	10.10.1978	*Sex:	Female
*Nationality:	Norwegian		
Researcher unique identifier(s) (ORCID, ResearcherID, etc.):	orcid.org/0000-0002-8942-1316		
URL for personal website:	ntnu.no/ansatte/dorthe.stensvold		

*PERSONAL STATEMENT

I am a professor in exercise medicine at the Cardiac Exercise Research Group (CERG), NTNU. My expertise is in exercise physiology and clinical medicine. I have been a member of the Outstanding Academic Fellows Program at NTNU, and awarded the Young Talented Researcher grant from the Research Council of Norway. I have extensive experience in research management, and have been the principal investigator for one of the world's largest randomized controlled trials looking at the long-term effect of exercise training on morbidity and mortality in older adults, The Generation 100-Study (<https://www.ntnu.no/cerg/generasjon100>). I have published in top-ranked journals such as the British Medical Journal and European Heart Journal. In 2021 I was selected to be the Norwegian representative in European Cooperation in Science and Technology (COS)-action *Network on evidence-based physical activity in old age*.

* EDUCATION

2006-2011	PhD, Department of Circulation and Medical Imaging, Faculty of medicine and health sciences, NTNU, Norway
2002-2004	Master, The Copenhagen muscle research centre (CMRC), August Krogh Institute, Department of Biology, University of Copenhagen, Denmark

* POSITIONS

2020	Professor in Exercise Medicine, NTNU, Norway
2016-2020	Associated professor, ISB, NTNU
2015-2020	Researcher, CERG, ISB, NTNU
2012-2015	Post-doc CERG, ISB, NTNU
2006	Research assistance CMRC, Copenhagen, Denmark

FELLOWSHIPS, AWARDS AND PRIZES (if applicable)

	Name of institution/country
2015-2019	Outstanding Academic Fellows Program at NTNU

MOBILITY

2016-2017	Visiting Scholar at Sydney University, Australia
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PROJECT MANAGEMENT EXPERIENCE (if applicable)

2012-2018	Principal investigator of Generation 100 (https://www.ntnu.no/cerg/generasjon100)
2016-	Associated investigator, Brain Study, Australia
2012-2017	PhD-Project: Cardiorespiratory fitness, objectively measured physical activity and health.
2012-2016	PhD-Project: Physical activity and exercise among older adults ☐ The Generation 100 study.
2013-2017	PhD-Project: Fitness and cardiovascular Health in Older Adults.
2015-2019	PhD Project: Exercise patterns and measurements of physical activity in older
2018-2021	PhD-Project: Dyslipidemia, exercise and use of statins in older adults.
2020-2026	PhD-Project: Exercise training and lung-function in older adults.
2022-2026	PhD-Project: Project 3/7; Physical activity for body and mind
2023-2025	PhD-Project: Physical fitness in prevention and rehabilitation of COVID-19

SUPERVISION OF GRADUATE STUDENTS AND RESEARCH FELLOWS (if applicable)

2013-present	20	Master	Faculty of Medicine and Health Sciences, Department of Circulation and Medical Imaging, NTNU, Norway
2017-present	8	PhD	Faculty of Medicine and Health Sciences, Department of Circulation and Medical Imaging, NTNU, Norway
2015-present	7	Medical students	Faculty of Medicine and Health Sciences, Department of Circulation and Medical Imaging, NTNU, Norway

TEACHING ACTIVITIES (if applicable)

2006-2020	PBL-Teacher, Medical school, NTNU, Trondheim
2015	Course coordinator, "how to test and train people", master NTNU
2019-	Course coordinator, medical study, "Clinical testing and training", NTNU
2020-	Course coordinator, master program, "Muscle training and force production", NTNU

ORGANISATION OF MEETINGS (if applicable)

2015	Organizer of the seminar with EU-funded project: Agathe-aging at Home
2015-2020	Organization - Exercise is Medicine International Seminar, Trondheim, Norway

MEMBERSHIPS OF ACADEMIES / SCIENTIFIC SOCIETIES / NETWORKS (if applicable)

2020-	HL-PILVOT Network
2021-2025	Management Committee, Cost Action CA20104

PUBLICATIONS AND TRACK RECORD

I have 46 publications in peer-reviewed journals (in total 1913 citations). Selected publications are presented below;

1. Reitlo LS, Mihailovic JM, **Stensvold D**, Wisløff U, Hyder F, Håberg AK. Hippocampal neurochemicals are associated with exercise group and intensity, psychological health, and general cognition in older adults. *Geroscience*. 2023
2. Valenzuela T, Coombes JS, Liu-Ambrose T, Mavros Y, Kochan N, Sachdev PS, Hausdorff J, Smith EC, Hollings M, Hawkins TC, Ashley NJ, Feter N, Wilson GC, Shih IHE, Guerrero Y, Jiang J, Wen W, Bailey T, **Stensvold D**, Wisløff U, Falck RS, Fiatarone Singh M. Study protocol for the BRAIN Training Trial: a randomised controlled trial of Balance, Resistance, And INterval training on cognitive function in older adults with mild cognitive impairment. *BMJ Open*. 2022
3. Pani J, Eikenes L, Reitlo LS, **Stensvold D**, Wisløff U, Håberg AK. Effects of a 5-Year Exercise Intervention on White Matter Microstructural Organization in Older Adults. A Generation 100 Substudy. *Front Aging Neurosci*. 2022
4. Nauman J, Franklin BA, Nes BM, Sallis RE, Sawada SS, Marinović J, **Stensvold D**, Lavie CJ, Tari AR, Wisløff. *Association Between Personal Activity Intelligence and Mortality: Population-Based China Kadoorie Biobank Study*. *U.Mayo Clin Proc*. 2022
5. Zotcheva E, Håberg AK, Wisløff U, Salvesen Ø, Selbæk G, Stensvold D, Ernsten L. *Effects of 5 Years Aerobic Exercise on Cognition in Older Adults: The Generation 100 Study: A Randomized Controlled Trial*. *Sports Med*. 2021
6. Letnes JM, Berglund I, Johnson KE, Dalen H, Nes BM, Lydersen S, Viken H, Hassel E, Steinshamn S, Vesterbekkmo EK, Støylen A, Reitlo LS, Zisko N, Bækkerud FH, Tari AR, Ingebrigtsen JE, Sandbakk SB, Carlsen T, Anderssen SA, Singh MAF, Coombes JS, Helbostad JL, Rognmo Ø, Wisløff U, **Stensvold D**. *Effect of 5 years of exercise training on the cardiovascular risk profile of older adults: the Generation 100 randomized trial*. *Eur Heart J*. 2021
7. **Stensvold D**, Viken H, Steinshamn SL, Dalen H, Støylen A, Loennechen JP, Reitlo LS, Zisko N, Bækkerud FH, Tari AR, Sandbakk SB, Carlsen T, Ingebrigtsen JE, Lydersen S, Mattsson E, Anderssen SA, Singh, MAF, Coombes JS, Skogvoll E, Vatten LJ, Helbostad JL, Rognmo Ø, Wisløff U. *Effect of exercise training for five years on all-cause mortality in older adults-the Generation 100 study: randomised controlled trial*. *BMJ* 2020
8. Tari AR, Nauman J, Zisko N, Skjellegrind HK, Bosnes I, Bergh S, **Stensvold D**, Selbæk G, Wisløff U. *Temporal Changes in Cardiorespiratory Fitness and Risk of Dementia Incidence and Mortality: A Population-Based Prospective Cohort Study*. *Lancet Public Health* 2019

A selection of Invited presentations: UTFORSK seminar Exercise Physiology, São Paulo, Brasil (2015), Idrettsmedisinsk høstkongress, Bergen (2018), Kunnskapsbyen, Trondheim (2018), Forskningsdagene NTNU (2018), Jenter og Teknologi, Trondheim (2018), International Summit on Aging & Gerontology, Roma (2019), Norsk Kongress for aldersforskning, Oslo (2019), Exercise in medicine (2020), and Promoting Healthy Brain Aging and Preventing Dementia International Symposium (2021).

Prizes, awards, academy memberships:

- 2023-present The Royal Norwegian Society of Sciences and Letters (DKNVS)
- 2021-present Management Committee, Cost Action CA20104
- 2020- present Member, HL-Pilvot network
- 2019-present Board member, Trondheim Tech Port
- 2015 Awarded Young Talented Researcher, Research, Council of Norway.
- 2015-2017 Selected member “Collection of physical activity data in Norway”, The Norwegian Directorate of Health
- 2014-2016 Selected member “Public health promotion”, Norway sports association