Øivind Rognmo, dr.philos.

Curriculum vitae



Born:	10th of May, 1972, Narvik, Norway.
Family:	Wife and two daughters.
Current activities:	Researcher at the Norwegian University of Science and Technology (NTNU), Trondheim, Norway. My research and teaching activities are cardiovascular adaptations of exercise training, from cellular physiology, via clinical adaptations, to benefits on population level.

Education

2002-2004, 2008	**Dr.philos**, NTNU. Title: "High-intensity aerobic exercise and cardiovascular health".
1998-2000	**Cand.polit**, NTNU. Title: "Effects of endurance training on muscle blood flow and metabolism studied in the isolated upper arm muscles".
1993-1998	**Cand.mag**, NTNU. Topics including sport sciences and biology.

Employment

2016-current	**St. Olavs Hospital, Trondheim University Hospital** Senior researcher (40%) at the Norwegian National Advisory Unit on Exercise Training as Medicine.
2013-current	**University of Oslo,** Senior Adviser (20%) of the Norwegian PhD School of Heart Research (NORHEART).
2008-current	**NTNU, Trondheim** Post.doc. (2008), Senior researcher (2013) and Associate Professor (2016) at the Cardiac Exercise Research Group, Department of Circulation and Medical Imaging, NTNU.
2004-2008	**Norwegian Ski Federation, men's Alpine Ski Team, Oslo** Chief of technical disciplines at the men's world cup ski team. Merits include World Cup overall victory, two gold medals at World Championships and one Olympic Winter Game gold medal, in addition to several World Cup race victories and podiums.
2001	**Norwegian Ski Federation, men's Alpine Ski Team, Oslo** Chief of physical training and ski coach for the men's national junior ski team.
1998–2001	**The University Alpine Ski Team, Trondheim** Head-coach, for the team that won 11 medals at Norwegian championships – 3 gold medals, and developed 5 racers to the Norwegian national ski team.
1994-1998	**Alpine ski coach at various ski gymnasiums and clubs in Norway and abroad**

Administration and Management

2018	Board member of Gråkallen Vinterpark, Trondheim
2016	Member of the EU COST Action "Mitoeagle" (CA15203).
2016	Member of the educational working group for the NTNU fusion process: Educational integration of health: Subgroup "Activity and movement, Movement Science, Exercise Physiology.
2016	Board member of the sports club TrønderAlpin – an elite alpine ski racing club in Trondheim.
2015	Organizer of "The 6th International Seminar on Exercise in Medicine" in Trondheim, Dec. 2015.
2014-	Main organizer of the annually PhD-course "Exercise and Training for Cardiac Patients" in collaboration with NTNU and the national PhD-school NORHEART.
2014	Leader of the Cardiac exercise research group (CERG) with over 50 employees for one year.
2014	Scholarship from NTNU to complete the EU collaborative project application APOLLO (4 mo) for HORIZON 2020, headed by our group.
2013-	Member of the program committee of the bachelor education in Human Movement Science at Faculty of Medicine at NTNU.
2013-	Adviser in 20% position at the Norwegian PhD School of Heart Research (NORHEART).
2012-2013	Scholarship from NTNU to complete the EU collaborative project application (4 mo) for FP7-HEALTH-2013, headed by our group, which was awarded funding with highest possible score.
2012-	Member of the program committee for the Master of Science in Exercise Physiology and Sport Sciences, Faculty of Medicine, NTNU.
2011-	Co-director of Cardiac Exercise Research Group and the K.G. Jebsen Center for Exercise in Medicine, representing the research group of exercise training at the advisory board of the Department of Circulation and Medical Imaging, Medical Faculty, NTNU.
2011	Co-initiator of "Generation 100", a large-scale randomized study where 1566 of Trondheim residents of 70-75yrs were included with the aim to find out if there is a connection between exercise and morbidity and mortality.
2009-2012	Organizer of the monthly seminar series "Hva skjer'a?" which involves presentations and plenary discussions at the Department of Circulation and Medical Imaging, NTNU. The aim is to stimulate interdisciplinary collaboration between different research groups both at NTNU and St. Olavs University Hospital.

Special assignments

2016	Invited talk for the Minister of Health, Bent Høie.
2015	Several publications in highly recognized scientific journals
2015-	Over 40 invited talks the last five years.
2014	Completed NTNU's leadership program.
2014	Invited talk at TEDx Trondheim, February 4th 2014, with over 255 000 views.
2011	Invited talk at the American College of Sports Medicine, Annual Meeting and World Congress on Exercise is Medicine entitled: "Vascular Endothelial Function, Oxygen and Exercise", Denver, Colorado, May 31 - June 4, 2011.
2011	Invited talk for the Norwegian Parliament's healthcare committee at their visit to Helse Midt-Norge, Trondheim 28. Januar 2011. "START – A project for improved health based on physical activity."

Evaluations and assessments

2017	2nd Opponent for the PHD defense of Marianne Yardley, University of Oslo.
2012	3rd Opponent of the PhD defense of Maria Grinde, and Conor Bolger, NTNU.
2011-	Vice Dean at several PhD-defenses at NTNU.
2010-	Examiner of several master theses and theses at the Research Program for Medical Students.

Supervision

PhD:	Fredrik Bækkerud (present), Michel van Schardenburg (2018), Benedikte Smenes (2017, forskerlinje), Katrine Hordnes (2014), Gjertrud Tyldum (2014), Inga Schjerve (2012).
Master:	Akram Alguindy (present), Jonas Pettersen (present), Peter Figueiredo (present), Vesa Tallgren (2018), Atallah Almasri (2018), Are Trøan (2017), Sondre Arntzen (2017), Martin Wohlwend (2013), Fredrik Bækkerud (2012), Frederic Solberg (2012).
MD:	Emilie Hemma, Ingerid Snartum, Julie Kolstad, Sigri Stokland (2013), Håvard Hatle, Per Christian Støbakk (2008).

Teaching

2014-	Leader of the two-day PhD-course "Exercise and Training for Cardiac Patients" at NTNU in collaboration with NORHEART (KLMED8010).
2012-	Organizing the annual 3-hour course "Exercise is Medicine" for 130 medical students at NTNU.
2011	Responsible for organizing the master thesis course: Research Methods in Exercise Physiology (SPO3055).
2008-	Lecturer at numerous courses at the bachelor and master program in Exercise in Medicine (BEV2006; SPO3055), and for medical students regarding exercise performance and physical testing.
2002	Responsible for a 20-hour course in physical exercise and performance at the Department of Circulation and Medical Imaging, NTNU.
2002-	Numerous lectures at different educational programs at NTNU.

Acquired personal funding

2016	Personal Research Granting of **NOK 1 635 791** from the Liaison Committee between the Central Norway Regional Health Authority (RHA) and the Norwegian University of Science and Technology (NTNU) on the project: "Kan moderne innovasjon øke fysisk aktivitetsnivå og bedre helsa hos pasienter med perifer karsykdom?"
2015	Seminar support from NORHEART, for our seminar in "Exercise in Medicine" of **NOK 150 000.**
2015	Seminar support from KLINISKFORSKNING, Norwegian Research Council of **NOK 123 000.**
2015	Research funding from NTNU and St.Olavs Hospital of **NOK 985 000** for an engineer position.
2014	Research funding from NTNU and St.Olavs Hospital of **NOK 350 000.**
2013	Personal Research Granting of **NOK 2 808 000** from the Liaison Committee between the Central Norway Regional Health Authority (RHA) and the Norwegian University of Science and Technology (NTNU) on the project: "Healthy Norwegian Hearts".
2011	Post-doctoral Fellowship granting of **NOK 2 600 000** to Dorthe Stensvold from the Liaison Committee between the Central Norway Regional Health Authority (RHA) and the Norwegian University of Science and Technology (NTNU) on the project: "Healthy aging".
2011	Engineer position funding of **NOK 2 913 000** to Trude Carlsen from the Liaison Committee between the Central Norway Regional Health Authority (RHA) and the Norwegian University of Science and Technology (NTNU) on the project: "Healthy aging".
2011	Technical equipment funding of **NOK 1 000 000** from Department of Circulation and Medical Imaging.
2010	Personal Post-doctoral scholarship from The Research Council of Norway of **NOK 2 960 000.**
2010	Småforsk-assets of **NOK 80 000** to the project "Mechanisms of Ischemic Preconditioning of Patients Undergoing Coronary Bypass Surgery".
2009	Norwegian Cardiology Society's 2009 Clinical Research and Developmental Scholarship of **NOK 100 000**.

Sum: 14 705 791 NOK

Visits abroad

2015: Four months stay at The University of Queensland, Australia with professor Jeff Coombes.
2009: Three weeks visit at Professor Renee Ventura Clapier's lab at the University Paris Süd, France, Learning the methodology of mitochondrial respiration in permeabilized muscle fibers.

Contact Persons

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Former Alpine Director Jørund Li, Norwegian Ski Federation phone: +4790974886

Publication list (h-index 20, citations 4568)

Peer reviewed articles

1. Rognmo Ø, Brønstad E, Lange C, Vesterbekkmo EK, Revdal A, Aamot IL. Trening som medisin. *Tidsskr Nor Laegeforen.* 2018 Aug 21;138(12). doi: 10.4045/tidsskr.17.1033. Print 2018 Aug 21.
2. Aamot I-L and Rognmo Ø. Exercise therapy in intermittent claudication. European Society of Cardiology*, E-Journal of Cardiology Practice*, Vol.16,N°7 - 11 Apr 2018
3. Smenes BT, Bækkerud FH, Slagsvold KH, Hassel E, Wohlwend M, Pinho M, Høydal M, Wisløff U, Rognmo Ø, Wahba A. Acute exercise is not cardioprotective and may induce apoptotic signalling in heart surgery: a randomized controlled trial*. Interact Cardiovasc Thorac Surg.* 2018 Feb 13. doi: 10.1093/icvts/ivx439. [Epub ahead of print]
4. Wisløff U, Lavie C, and Rognmo Ø. Letter to Editor Regarding Article, High-Intensity Interval Training in Patients With Heart Failure With Reduced Ejection Fraction. *Circulation*. 2017;136:607-608. doi: 10.1161/CIRCULATIONAHA.117.028318
5. Stensvold D, Sandbakk SB, Viken H, Zisko N, Reitlo LS, Nauman J, Gaustad SE, Hassel E, Moufack M, Brønstad E, Aspvik NP, Malmo V, Steinshamn SL, Støylen A, Anderssen SA, Helbostad JL, Rognmo Ø, Wisløff U. Cardiorespiratory Reference Data in Older Adults: The Generation 100 Study. *Med Sci Sports Exerc*. 2017 Jun 9. doi: 10.1249/MSS.0000000000001343. [Epub ahead of print]
6. van Schaardenburgh M, Wohlwend M, Rognmo Ø, Mattsson EJR. Exercise in claudicants increase or decrease walking ability and the response relates to mitochondrial function*. J Transl Med.* 2017 Jun 7;15(1):130. doi: 10.1186/s12967-017-1232-6.
7. Karlsen T, Aamot IL, Haykowsky M, Rognmo Ø. High Intensity Interval Training for Maximizing Health Outcomes. *Prog Cardiovasc Dis.* 2017 Apr 3. pii: S0033-0620(17)30051-8. doi: 10.1016/j.pcad.2017.03.006. [Epub ahead of print]
8. Vesterbekkmo E, Revdal A, Rognmo Ø. Trening som medisin for bedre hjertehelse. *Indremedisineren* 2017, 1, 36-8.
9. Van Schaardenburgh M, Wohlwend M, Rognmo Ø, Mattsson E. Calf raise exercise increases walking performance in patients with intermittent claudication. *J Vasc Surg.* 2017 Mar 9. doi: 10.1016/j.jvs.2016.12.106.
10. Van Schaardenburgh M, Wohlwend M, Rognmo Ø, Mattsson EJ. Mitochondrial Respiration after One Session of Calf Raise Exercise in Patients with Peripheral Vascular Disease and Healthy Older Adults. *PLoS One*. 2016 Oct 19;11(10):e0165038.
11. Bækkerud FH, Solberg F, Leinan IM, Wisløff U, Karlsen T, Rognmo Ø. Comparison of Three Popular Exercise Modalities on VO2max in Overweight and Obese. *Med Sci Sports Exerc.* 2016 Mar;48(3):491-8.
12. Wisløff U, Coombes JS, Rognmo Ø. High intensity interval training does have a role in risk reduction or treatment of disease. *J Physiol.* 2015 Dec 7. doi: 10.1113/JP271041. [Epub ahead of print]
    - Rebuttal from Ulrik Wisløff, Jeff Coombes and Øivind Rognmo. *J Physiol.* 2015 Dec 7. doi: 10.1113/JP271580. [Epub ahead of print]
13. Zisko N, Stensvold D, Hordnes-Slagsvold K, Rognmo Ø, Nauman J, Wisløff U, Karlsen T. Effect of Change in VO2max on Daily Total Energy Expenditure in a Cohort of Norwegian Men: A Randomized Pilot Study. *Open Cardiovasc Med J*. 2015 Apr 30;9:50-7.
14. Karlsen T, Leinan IM, Bækkerud FH, Lundgren KM, Tari A, Steinshamn SL, Støylen A, Rognmo Ø. How to Be 80 Year Old and Have a VO2max of a 35 Year Old. *Case Rep Med*. 2015;2015:909561.
15. Stensvold D, Viken H, Rognmo Ø, Skogvoll E, Steinshamn S, Vatten LJ, Coombes JS, Anderssen SA, Magnussen J, Ingebrigtsen JE, Fiatarone Singh MA, Langhammer A, Støylen A, Helbostad JL, Wisløff U. A randomised controlled study of the long-term effects of exercise training on mortality in elderly people: study protocol for the Generation 100 study. *BMJ Open*. 2015 Feb 12;5(2)
16. Bowen TS, Rolim NP, Fischer T, Baekkerud FH, Medeiros A, Werner S, Brønstad E, Rognmo O, Mangner N, Linke A, Schuler G, Silva GJ, Wisløff U, Adams V. Heart failure with preserved ejection fraction induces molecular, mitochondrial, histological, and functional alterations in rat respiratory and limb skeletal muscle. Optimex Study Group. *Eur J Heart Fail*. 2015 Mar;17(3):263-72.
17. Slagsvold KH, Moreira JB, Rognmo O, Høydal M, Bye A, Wisløff U, Wahba A. Remote ischemic preconditioning preserves mitochondrial function and activates pro-survival protein kinase Akt in the left ventricle during cardiac surgery: A randomized trial. *Int J Cardiol.* 2014 Dec 15;177(2):409-17.
18. Suchy C, Massen L, Rognmo O, Van Craenenbroeck EM, Beckers P, Kraigher-Krainer E, Linke A, Adams V, Wisløff U, Pieske B, Halle M. Optimising exercise training in prevention and treatment of diastolic heart failure (OptimEx-CLIN): rationale and design of a prospective, randomised, controlled trial. *Eur J Prev Cardiol.* 2014 Nov;21(2 Suppl):18-25.

19. Slagsvold KH, Johnsen AB, Rognmo O, Høydal M, Wisløff U, Wahba A. Comparison of left versus right atrial myocardium in patients with sinus rhythm or atrial fibrillation - an assessment of mitochondrial function and microRNA expression. *Physiol Rep.* 2014 Aug 28;2(8).
20. Slagsvold KH, Johnsen AB, Rognmo O, Høydal MA, Wisløff U, Wahba A. Mitochondrial respiration and microRNA expression in right and left atrium of patients with atrial fibrillation. *Physiol Genomics.* 2014 May 13. pii: physiolgenomics.00042.2014. [Epub ahead of print]
21. Hatle H, Støbakk PK, Mølmen HE, Brønstad E, Tjønna AE, Steinshamn S. Skogvoll E, Wisløff U, Ingul CB, Rognmo Ø. Effect of 24 Sessions of High-Intensity Aerobic Interval Training Carried out at Either High or Moderate Frequency, a Randomized Trial. *PLoS ONE* (2014) 9(2): e88375.doi:10.1371/ journal.pone.0088375.
22. Slagsvold KH, Rognmo Ø, Høydal MA, Wisløff U, Wahba A. Remote Ischemic Preconditioning Preserves Mitochondrial Function and Influences Myocardial MicroRNA Expression in Atrial Myocardium During Coronary Bypass Surgery. *Circ Res.* 2013 Dec 26. [Epub ahead of print].
23. Moholdt T, Madssen E, Rognmo Ø, Aamodt I.L. The higher the better? Interval training intensity in coronary heart disease. *J Sci Med Sport*, 2013 Aug 9. pii: S1440-2440(13)00153-9. doi: 10.1016/j.jsams.2013.07.007.
24. Brønstad E, Tjonna AE, Rognmo Ø, Dalen H, Heggli AM, Wisloff U, Ingul CB, Steinshamn S. Aerobic exercise training improves right- and left ventricular systolic function in patients with COPD. *COPD*. 2013 Jun;10(3):300-6. doi: 10.3109/15412555.2012.745843.
25. Loe H, Rognmo Ø, Saltin B, Wisløff U. Aerobic Capacity Reference Data in 3816 Healthy Men and Women 20–90 Years. *PLoS ONE* 8(5) 2013: e64319. doi:10.1371/journal.pone.0064319.
26. Solberg A, Robertson AB, Aronsen JM, Rognmo O, Sjaastad I, Wisløff U, Klungland A. Deletion of mouse Alkbh7 leads to obesity. *J Mol Cell Biol.* 2013 Apr 8.
27. Rehn TA, Winett RA, Wisløff U, Rognmo O. Increasing physical activity of high intensity to reduce the prevalence of chronic diseases and improve public health. *Open Cardiovasc Med J.* 2013;7:1-8. Epub 2013 Jan 31.
28. Øivind Rognmo, Trine Moholdt, Hilde Bakken, Torstein Hole, Per Mølstad, Nils Erling Myhr, Jostein Grimsmo, Ulrik Wisløff. Cardiovascular risk of high- versus moderate-intensity aerobic exercise in coronary heart disease patients. *Circulation* 2012; Sep 18;126(12):1436-40.
    - Editorial: Keteyian SJ. Swing and a Miss or Inside-the-Park Home Run: Which Fate Awaits High-Intensity Exercise Training? *Circulation*. 2012 Sep 18;126(12):1431-3.
    - Response to letter regarding: Cardiovascular risk of high- versus moderate-intensity aerobic exercise in coronary heart disease patients. *Circulation.* 2013 May 28;127(21):e638.
29. Brønstad E*, Rognmo Ø*, Erik Tjonna A, Henrich Dedichen H, Kirkeby-Garstad I, Håberg AK, Bjørk Ingul C, Wisløff U, Steinshamn S. High intensity knee extensor training restores skeletal muscle function in copd patients. *Eur Respir J.* 2012; Mar 9. *Sharing first-authorship.
30. Kolseth SM, Wahba A, Kirkeby-Garstad I, Aro S, Nordgaard H, Høydal M, Rognmo Ø, Nordhaug D. A dose-response study of levosimendan in a porcine model of acute ischaemic heart failure. *Eur J Cardiothorac Surg.* 2012; Jun;41(6):1377-83.
31. Tjønna AE*, Rognmo Ø*, Bye A, Stølen TO, Wisløff U. Time course of endothelial adaptation after acute and chronic exercise in patients with metabolic syndrome. *J Strength Cond Res.* 2011; Sep;25(9):2552-8. *Sharing first-authorship.
32. Kemi OJ, Rognmo Ø, Amundsen BH, Slordahl S, Richardson RS, Helgerud J, Hoff J. One-arm maximal strength training improves work economy and endurance capacity but not skeletal muscle blood flow. *J Sports Sci.* 2011; Jan;29(2):161-70.
33. Rehn TA, Rognmo Ø, Ingebrigtsen JE, Vik JT, Wisløff U. Sør-Trøndelag Acivity-Related Trial (START) – Cooperation for better health. *Nor J Epidemiol* 2011; 20(2): 209-16.
34. Kemi OJ, Rognmo O, Wisloff U, Haram PM. Comments on Point:Counterpoint: exercise training does/does not induce vascular adaptations beyond the active muscle beds. J Appl Physiol. 2008 Sep;105(3):1008-9.
35. Tjønna A, Lee SJ, Rognmo Ø, Stølen T, Bye A, Haram PM, MD, Loennechen JP, Al-Share QY, Slørdah SA, Kemi OJ, Najjar SM, Wisløff U. Aerobic interval training vs. continuous moderate exercise as a treatment for the metabolic syndrome. *Circulation* 2008; 118:346-354**.**
36. Øivind Rognmo, Christian Kahrs, Tor Halvor Bjørnstad, Tomas Stølen, Anja Bye, Arnt Erik Tjønna, Per M. Haram, Stig A. Slørdahl and Ulrik Wisløff. Endothelial function in highly endurance-trained and sedentary young men: effects of acute aerobic exercise. *Journal of Strength and Conditioning Research.* 2008; 22(2): 535-542.
37. Amundsen BH, Rognmo Ø, Hatlen-Rebhan G, Slørdahl SA.High-intensity aerobic exercise improves diastolic function in coronary artery disease. *Scand Cardiovasc J.* 2008; 42(2):110-7.
38. U Wisløff, A Støylen, JP Loennechen, M Bruvold, Ø Rognmo, PM Haram, AE Tjønna, J Helgerud, SA Slørdahl, V Videm, A Bye, GL Smith, S Najjar, Ø Ellingsen, T Skjærpe. Superior cardiovascular effect of high versus moderate intensity exercise in heart failure patients: a randomized study. *Circulation. 2007 Jun 19;115(24):3086-94.*
39. Ingvild T Moe, Heidi Hoven, Eva V Hetland, Øivind Rognmo*, Stig A Slørdahl. Endothelial function in highly endurance-trained and sedentary, healthy young women. *Vascular Medicine.* 2005; May;10(2):97-102. *Corresponding author.

40. Rognmo Ø, Hetland E, Helgerud J, Hoff J, Slordahl SA. High intensity aerobic interval exercise is superior to moderate intensity exercise for increasing aerobic capacity in patients with coronary artery disease. *Eur J Cardiovasc Prev Rehabil.* 2004; Jun;11(3):216-22.

Edited Book Chapters

Øivind Rognmo, Ole J Kemi and Ulrik Wisløff. Interval Training; Encyclopedia of Exercise Medicine in Health and Disease. Mooren, F. (Ed). Springer-Verlag Berlin Heidelberg 2012, ISBN 978-3-540-36065-0.

Public Media

1. Snarveien til god form. Sprek, Aftenposten 21. november 2018
2. Kun tre av ti voksne nordmenn er aktive nok: Sprek, Aftenposten 12. oktober 2018.
3. Lite tid til trening? Sprek, Aftenposten 31.08.2018
4. Badstue kan gi «treningseffekt». KK 17. januar 2018
5. Dette er treningstrendene for 2018. Sprek, Aftenposten 27 november 2017
6. Slik halverer du slagrisikoen. VG 3. oktober 2017
7. Established the Facebook page: "Trening som Medisin" in 2017 with currently 3441 followers.
8. Trening som en alternativ behandling for kronisk søvnløshet. CERG-Wordpress 9. March 2017
9. Like bra å trene en til to økter i uka som hver dag? Dagbladet 19.januar 2017
10. Slik virker NTNUs treningsprogram. VG 30. mars 2015.
11. Derfor trenger vi Intervalltrening. NRK ytring 10. November 2014.
12. Fra utrent til trent på 7 uker. VG 10. august 2014.
13. How to Get Fit in a Few Minutes a Week. The New York Times, 26.02.2014.
14. Armstrong, doping og forskningsetiske dilemmaer. Blogg, Dagens Næringsliv 12. juli 2013.
15. Videoblogger: Trening er sunt for hjertepasienter og lav risiko for hjertesyke å trene
16. Verdens sprekeste 80-åring? TV2 - Lørdagsmagasinet, 26. Januar 2013.
17. Kondiseffekt i hver sving. Dagens Næringsliv Aktiv, blogg, 7.november 2012.
18. Trening er sunt også for hjertepasienter. Tidsskrift for Norsk Legeforening 19. oktober 2012.
19. Hjerteopererte tåler veldig mye. Dagbladet 25. september 2012 (papirutgaven).
20. Generasjon 100. NRK, Dagsrevyen, 19.09.2012.
21. Intense workouts may be safe for heart patients: study. Reuters 31. August 2012.
22. Tren knallhardt – Hjertet tåler det. Dagens Næringsliv 21. august 2012.
23. Fotballsupportere risikerer hjerteproblemer Blogg Adresseavisen 8. juni 2012.
24. Oppskriften på et lengre liv. Blogg Adresseavisen 3. april 2012.
25. Smalere midje – sterkere rygg. Dagbladet torsdag 22. mars 2012.
26. Hyppige hardøkter «gruser» formen. Dagens Næringsliv 23. februar 2012.
27. Korte treningsøkter kan gi lengre liv. TV-innslag og nettreportasje, NRK 03.02.2012.
28. Alpin gir syre og blodsmak. Aftenposten, 20. januar 2012.

Invited talks

1. Ø. Rognmo, IL Aamot, Trening som medisin, Fysiokonferansen 13.februar 2018
2. Ø. Rognmo, Fagdag Nesbru fysioterapi 12.februar 2018.
3. Ø. Rognmo, IL Aamot, Trening som medisin, ReHab-konferansen 23.januar 2018.
4. Ø. Rognmo, Seminar/fagdag Helsesportsenteret i Valnesfjord. 19. januar 2018.
5. Ø. Rognmo, Guidelines, Helsedirektoratet 20.november 2017.
6. Ø.Rognmo. Guidelines og Quick fix, Fysioterapiseminar Drammen 25. Oktober 2017.
7. Ø.Rognmo, *Fysisk aktivitet i et helsepespektiv – hva sier nyere forskning?* Fagdag for lærere som underviser i kroppsøving 1-10. klasse. Granåsen Trondheim 30.mars 2017.
8. Ø.Rognmo, *Trening = Medisin*, Foredrag på Norske Medisinstudenters forenings seminar, som jeg var med å arrangere på St. Olavs Hospital i Trondheim 14. mars 2017.
9. Ø.Rognmo, Implementation of Exercise Programs in Clinical Settings, *Utforsk Seminar NTNU*, 13-14 desember 2016.
10. Ø.Rognmo, Slik gjør vi det i Trondheim, *Oppstartsmøte forum for fysisk aktivitet og helse i høyere utdanning*, Norges Idrettshøgskole, 8. desember 2016.
11. Ø. Rognmo. Hvilken trening gir best helseeffekt? *Medlemskveld Trondheim Skiklubb*, 6. desember 2016
12. Ø.Rognmo. Effekt av fysisk aktivitet. *Take Heart nettverksamling*, Diakonhjemmet Oslo 26. november. 2016
13. Ø.Rognmo, The essence on how to increase physical activity in the population. Blogg, 24 november 2016.
14. Ø.Rognmo, Treningsfysiologi*. Fagdag Kardiologiske sykepleiere*, St. Olavs Hospital Trondheim, 16. november 2016.
15. Øivind Rognmo & Inger Lise Aamot, organized and presented three full-day courses for Norges Fysioterapiforbund at Lillehammer, Horten and Hønefoss, October 2016.
16. Øivind Rognmo, Trening og helse for pasienter, *Foredrag Betania Malvik,* 11.oktober 2016.
17. Øivind Rognmo*,* Stand på torvet Trondheim, *Forskningsdagene* 1.oktober 2016.
18. Øivind Rognmo, Trening og helse for pasienter, *Åpen Campus Ålesund,* 29.september 2016.
19. Øivind Rognmo, Treningsfysiologi, *Fagdag St. Olavs Hospital*, 21. september 2016.
20. Øivind Rognmo og Inger-Lise Aamodt, *Besøk Arendalsuka,* 17-18. august 2016.
21. Øivind Rognmo, Fysisk aktivitet og helse. *Hudavdelingen, St. Olavs Hospital,* 16. juni 2016.
22. Øivind Rognmo, Derfor er fysisk aktivitet viktig for helsa. *Institutt for bygg og anlegg*, 4. mai 2016

23. Øivind Rognmo. Trening og helse. *Videreutdanning i kardiologisk sykepleie*, Trondheim, 5. april 2016
24. Øivind Rognmo, Interval training. *Utforsk seminar,* Sao Paolo Brasil, 25. November 2015
25. Øivind Rognmo. 4 x 4 overview. *Idrettsmedisinsk høstkongress*, Trondheim, 6-8 november 2015.
26. Øivind Rognmo. Oppdatering treningsfysiologi. *Nidaroskongresssen,* 21.oktober 2015.
27. Øivind Rognmo. Treningseffekter fra celle til befolkning. *Medlemsmøte NITO*, Granåsen, 21. august 2014.
28. Øivind Rognmo. Trening og helse. Kveldsmøte *Sanofi Aventis* hotell Terminus, Bergen 20. februar 2014.
29. Øivind Rognmo. High-intensity exercise is boosting your health. *TEDx Trondheim*, February 4th 2014.
30. Øivind Rognmo. Trening og Hjertehelse. *Nidaroskongressen*, Trondheim 21-25 oktober 2013.
31. Øivind Rognmo. Trening av hjertesyke. Er det farlig? Er det mulig? *Nasjonalt kompetansesenter for aldring og helse*. Oslo universitetssykehus. 24 oktober 2013.
32. Øivind Rognmo. Trening hos hjertepasienter – fysiologiske effekter av klinisk betydning. *Norsk Cardiologisk Selskaps Høstmøte*, 17-19 oktober, Oslo, 2013
33. Øivind Rognmo. Trening av pasienter med hjertesvikt. *Kurs for spesialister og leger under utdanning i hjertesykdommer og indremedisin*. St. Olavs Hospital, Trondheim, 9. Oktober 2013.
34. Øivind Rognmo. Trening og hjertehelse. Seminarkveld for *Trondheim Almennlegeforening*. 9.april 2013.
35. Øivind Rognmo. Høyintensitetstrening. *Forum for klinisk fysiologi, sirkulasjon, gassutveksling og ventilasjon*. 10-11 januar 2013, Oslo.
36. Øivind Rognmo. Fysisk aktivitet reduserer sykdomsrisiko – fra befolkning til celle. Samling for fysisk aktivitets koordinatorer, *Sør-Trøndelag Fylkeskommune*, 8. november 2012.
37. Øivind Rognmo. Trening og hjertehelse – fra celle til befolkning. *Institutt for Samfunnsmedisin NTNU*, 1. november 2012.
38. Øivind Rognmo. Trening av pasienter med hjertesvikt. Kurs for spesialister og leger under utdanning i hjertesykdommer og indremedisin. *St. Olavs Hospital, Trondheim*, 10. Oktober 2012.
39. Øivind Rognmo. Trening og Helse. Presentasjon for videreutdanningskurs i kardiologisk sykepleie ved *Høyskolen i Sør-Trøndelag*, 28. februar 2012.
40. Øivind Rognmo. Trening og helse. Hva viser forskning om effektiv styrke- og kondisjonstrening? Hvilket treningsopplegg kan allmennlegen gi sine pasienter, og hvordan kan dette følges opp? Hvilke pasientgrupper har best effekt? Praksisklærerkurs for leger i kommunehelsetjenesten, *Institutt for samfunnsmedisin, NTNU*, fredag 2. mars 2012.
41. Øivind Rognmo. "The health benefits of exercise". Obesity treatment - Behavioral interventions, diet and exercise. Lecture at the master program in obesity and health, *NTNU*, 1. March 2012.
42. Øivind Rognmo. Kondisjon, endotelfunksjon og mulige mekanismer for bedret nyrefunksjon. Nyttårsnyrer – *Fagkonferanse for norske nyrespesialister*. Britannia Hotel, Trondheim 3-4. Februar 2012.
43. Øivind Rognmo. Invited lecture entitled "High Intensity Exercise for Maximizing Oxygen Transport and Cardiovascular Adaptations". *University of Sao Paolo, Brazil*, November 23, 2011.
44. Øivind Rognmo. Invitert foredrag med tittel: «Høyintensitetstrening: Fra befolkning til celle, i helse og sykdom» ved *Norsk idrettsmedisinsk høstkongress, Oslo* 3-6 November 2011.
45. Øivind Rognmo. Invited talk entitled "Mitochondrial Function in Cardiopulmonary disease" at the research seminar in conjunction with the opening of *K.G. Jebsen Center of Exercise in Medicine,* June 15, 2011.
46. Øivind Rognmo. Invited talk entitled: "Vascular Endothelial Function, Oxygen and Exercise" at the symposium: "Oxygen, the Movement Molecule; From Precursors to Performance". *American College of Sports Medicine*, Annual Meeting and World Congress on Exercise is Medicine at the Colorado Convention Center in Denver, Colorado, May 31 - June 4, 2011.
47. Øivind Rognmo. Rehabilitering av hjertepasienter. Foredrag for *Eldre lægers forenings vårmøte* 13-15. mai 2011.
48. Øivind Rognmo. START – Et prosjekt for god helse basert på fysisk aktivitet. Presentasjon i anledning *Stortingets helse og omsorgskomités* besøk til Helse Midt-Norge, Trondheim 28. januar 2011.
49. Øivind Rognmo. Høyintensitetstrening, risiko og helsegevinst hos hjertepasienter. *Forum for klinisk Fysiologi – Sirkulasjon, Gassutveksling og Ventilasjon*. Årlig fagforum Oslo 7-8. januar 2011.
50. Øivind Rognmo. Fysisk aktivitet, kapasitet og helse - treningsprinsipper og effekt av trening. *Sør-Trøndelag Fylkeskommune*, Informasjonsmøte for fysisk-aktivitetskoordinatorer i Sør-Trøndelag, Heimdal 29. oktober 2010 (poulærvitenskapelig fordrag).
51. Øivind Rognmo. Intervalltrening, hjerte – kar og helse. *Nettverk for kroppsøvingsfaget i Sør-Trøndelag* 28. oktober 2010 (poulærvitenskapelig fordrag).
52. Øivind Rognmo. Intervalltrening, hjerte – kar og helse. *PCI-ledermøte*, Trondheim 26. oktober 2010.
53. Øivind Rognmo. Heller 100 harde enn 10.000 slappe - om trening og kosthold. Hvor mye og ved hvilken intensitet må vi trene for å unngå hjerte- og karsykdom og tidlig død? Hvordan bør pasienter med etablert hjerte- og karsykdom trene for å bedre sin helse og prognose for å unngå nye hendelser? *Dokkhuset, Trondheim* 5. mai 2010 (poulærvitenskapelig fordrag). http://www.ntnu.no/aktuelt/foredrag
54. Øivind Rognmo. "START-prosjektet". Økt fysisk aktivitet fra vugge til grav. *Sør-Trøndelag Idrettskrets, Idrettstinget* Orkanger 24 april 2010 (poulærvitenskapelig fordrag).
55. Øivind Rognmo. Trening, helse og kondisjon. Norges geologiske undersøkelse (NGU), Trondheim, 23. april 2010 (poulærvitenskapelig fordrag). Øivind Rognmo. "START-prosjektet". Økt fysisk aktivitet fra vugge til grav. *Sør-Trøndelag Fylkeskommune*, Helse og Omsorgskommiteen, Trondheim 14. april 2010 (poulærvitenskapelig fordrag).

56. Øivind Rognmo. ”START-prosjektet”. Økt fysisk aktivitet fra vugge til grav. *Sør-Trøndelag Fylkeskommune*, Informasjonsmøte for fysisk-aktivitetskoordinatorer i Sør-Trøndelag, Orkanger 5. mars 2010 (poulærvitenskapelig fordrag).
57. Øivind Rognmo. Hva skjer i hjertet og kar ved trening? Seminaret Med Hjertet i Fokus – mestring av nye utfordringer. *Lokalgruppen av kardiologiske sykepleiere*, Levanger 21. januar 2010 (poulærvitenskapelig fordrag).
58. Ø Rognmo. Fysisk aktivitet – den glemte risikofaktor. *Norwegian society of cardiology.* Annual Spring meeting, Trondheim 2004. Oral presentation.