

Curriculum Vitae

Øyvind Skattebo, PhD

Postdoctoral Researcher, Chief engineer

Norwegian School of Sport Sciences

E-mail: oyvind.skattebo@nih.no

tel: +4797105742



EDUCATION

- 2009-2012: B.Sc. Sport Science: Exercise Physiology and Physical Activity and Health, Lillehammer University College, Lillehammer, Norway
- 2012-2014: M.Sc. Sport Science: Exercise Physiology, Norwegian School of Sport Science, Oslo, Norway
- 2014-2015: Pedagogical Education, Norwegian School of Sport Science, Oslo, Norway
- 2016-2020: Ph.D. Exercise Physiology, Norwegian School of Sport Science, Oslo, Norway

PROFESSIONAL EXPERIENCE

Current Position

- 2023-current: Post-doctoral researcher and Chief engineer, Norwegian School of Sport Science, Oslo, Norway

Past Positions

- 2014-2016: Research Assistant, Norwegian School of Sport Science, Oslo, Norway
- 2016-2020: Ph.D student. Exercise Physiology, Norwegian School of Sport Science, Oslo, Norway
- 2020-2021: Chief engineer and researcher, Norwegian School of Sport Science, Oslo, Norway
- 2021-2023: Post-doctoral researcher, Norwegian School of Sport Science, Oslo, Norway

RESEARCH EXPERIENCE

Øyvind Skattebo completed the Ph.D. thesis "The importance of oxygen extraction and blood volume for maximal oxygen uptake" in August 2020. His current work focuses on sex differences in the limiting factors to maximal oxygen uptake and its fractional utilization during time-trial exercise from an integrative perspective – employing state-of-the-art methodology, including assessments of cardiac output and leg blood flow using thermodilution, direct measures of oxygen extraction using catheters, and assessment of mitochondrial and capillary densities in skeletal muscle biopsies.

Research methods (first-hand knowledge):

- Hemoglobin mass and blood volume (carbon monoxide rebreathing)
- Blood flow (thermodilution, ultrasound Doppler)
- Central hemodynamics (transpulmonary thermodilution, inert gas rebreathing, impedance cardiography, pulse contour analysis)
- Blood gas, electrolyte, and metabolite assessments
- Western blotting and immunohistochemistry
- Exercise testing
- Indirect calorimetry

SELECTED LIST OF PUBLICATIONS

- Mølmen, K. S., Almquist, N. W., & Skattebo, Ø. (2024). Effects of Exercise Training on Mitochondrial and Capillary Growth in Human Skeletal Muscle: A Systematic Review and Meta-Regression. **Sports Medicine**. Epub, ahead of print: PMID: 39390310
- Leahy MG, Thompson KMA, Skattebo Ø, de Paz JA, Martin-Rincon M, Garcia-Gonzalez E, et al. Assessing Leg Blood Flow and Cardiac Output During Running Using Thermodilution. **Scand J Med Sci Sports**. 2024;34(8):e14705.
- Skattebo Ø, Capelli C, Calbet JAL, Hallén J. Endurance Training Improves Leg Proton Release and Decreases Potassium Release During High-Intensity Exercise in Normoxia and Hypobaric Hypoxia. **Scand J Med Sci Sports**. 2024;34(7):e14688.
- Pietzner, M., Uluvar, B., Kolnes, K. J., Jeppesen, P. B., Frivold, S. V., Skattebo, Ø., Johansen, E. I., Skålhegg, B. S., Wojtaszewski, J. F. P., Kolnes, A. J., Yeo, G. S. H., O'Rahilly, S., Jensen, J., & Langenberg, C. Systemic proteome adaptations to 7-day complete caloric restriction in humans. **Nature Metabolism** 2024;6(4):764-77.
- Skattebo Ø, Spro Johansen E, Capelli C, Hallén J. Effects of 150- and 450-mL acute blood losses on maximal oxygen uptake and exercise capacity. **Med Sci Sports Exerc**. 2021;53(8):1729-1738.
- Skattebo Ø, Calbet JAL, Rud B, Capelli C, Hallén J. Contribution of oxygen extraction fraction to maximal oxygen uptake in healthy young men. **Acta Physiol (Oxf)**. 2020;230(2):e13486.
- Skattebo Ø, Capelli C, Rud B, Auensen M, Calbet JAL, Hallén J. Increased oxygen extraction and mitochondrial protein expression after small muscle mass endurance training. **Scand J Med Sci Sports**. 2020;30(9):1615-1631.
- Skattebo Ø, Bjerring AW, Auensen M, Sarvari SI, Cumming KT, Capelli C, Hallén J. Blood volume expansion does not explain the increase in peak oxygen uptake induced by 10 weeks of endurance training. **Eur J Appl Physiol**. 2020;120(5):985-999.
- Sandbakk Ø, Hegge AM, Losnegard T, Skattebo Ø, Tønnessen E, Holmberg HC. The Physiological Capacity of the World's Highest Ranked Female Cross-country Skiers. **Med Sci Sports Exerc**. 2016;48(6):1091-1000.

Link to full list of publications (PubMed)

<https://pubmed.ncbi.nlm.nih.gov/?term=skattebo+%C3%98.&sort=pubdate>

Membership and service

- European College of Sport Science: Cologne, Germany

Funding record and Publications

Accessible at ORCID: <https://orcid.org/0000-0003-0771-9715>