

CURRICULUM VITAE

Paavo V. Komi

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GENERAL**PAAVO V. KOMI**

Ph.D., FACSM, FECSS

Professor of Exercise Physiology 1980-1990

Professor of Biomechanics 1990-2004

Director of the Neuromuscular Research Center 1997-2007

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PERSONAL

Born: December 2, 1939, Kauhajoki, Finland
 Wife: Raija A. Komi, D.D.S.
 Children: Kirsi (daughter, born 1964)
 Olli-Pekka (son, born 1967)
 Paula (daughter, born 1970)
 Home residence: Jokihaara, Uurainen, Finland

EDUCATION

<u>Year</u>	<u>Degree</u>	<u>Institution</u>
1963	Bachelor of Science (voimistelunopettaja)	University of Helsinki, Finland
1966	Master of Science	University of Jyväskylä, Finland
1969	Doctor of Philosophy	Pennsylvania State University, USA

EMPLOYMENT

Aug. 1965 - July 1966	Research and Teaching Assistant, University of Jyväskylä, Finland
Sept. 1968 - Sept. 1969	Research Assistant, Penn State University, USA
Oct. 1969 - Dec. 1970	Acting Associate Professor of Anatomy and Kinesiology, University of Jyväskylä, Finland

Jan. 1971 - Dec. 1979	Associate Professor of Anatomy and Kinesiology (with tenure), University of Jyväskylä, Finland
Sept. 1976 - June 1977	Visiting Professor of Biomechanics, Biomechanics Laboratory, Penn State University, USA
July 1 - July 31, 1977	Visiting Professor, August Krogh Institute, Copenhagen, Denmark
Aug. 1 - Sept. 1, 1977	Visiting Professor, Laboratorium für Biomechanik, ETH, Zurich, Switzerland
Jan. 1 - Dec. 31, 1979	Acting Professor of Physiology of Exercise, University of Jyväskylä, Finland
Jan. 1, 1979 – Dec. 31, 2004	Head of the Department of Biology of Physical Activity, University of Jyväskylä, Finland
Jan. 1980 - Jan. 1990	Professor of Physiology of Exercise, University of Jyväskylä, Finland
Sept. 1983 - April 1984	Visiting Professor, Institut für Sport und Sportwissenschaft, Albert-Ludwigs-Universität, Freiburg, Germany (West)
Aug. 1 - Sept. 15, 1984	
May 1 - July 31, 1984	Visiting Professor, Department of Kinesiology, University of California, Los Angeles, USA
Aug. 1987 - July 1988	Acting Professor of Biomechanics, University of Jyväskylä, Finland
Feb. 1, 1990 – Dec. 31, 2004	Professor of Biomechanics, University of Jyväskylä, Finland
Oct. 21, 1997- Dec. 31. 2007	Director, Neuromuscular Research Center, University of Jyväskylä, Finland
Jan 1, 2005 -	Professor Emeritus, Department of Biology of Physical Activity University of Jyväskylä, Finland

HONORARY DOCTORSHIPS

Doctor Honoris Causa, Université Joseph Fourier, Faculté de Médecine, Grenoble 1992
 Doctor Honoris Causa, Hungarian University of Physical Education, Budapest 1992
 Doctor of Science, Honoris Causa, University of Waterloo (Canada), 2002
 Doctor Honoris Causa, Free University of Brussels, 2002
 Doctor Honoris Causa, University of Osaka, 2004
 Doctor Honoris Causa, University of Thessaloniki, 2010
 Doctor Honoris Causa, Aix-Marseille Université, 2013

AWARDS***International***

ASLA - Fulbright scholarship to the University of Iowa (Prof. Charles M. Tipton), 1966 - 1967
 Corresponding Fellow, American Academy of Physical Education, 1986
 Alumni Fellow Award, Pennsylvania State University, 1987
 Distinguished Service Award, American Academy of Physical Education, 1992
 The Philip Noel Baker- Research Award (ICSSPE), 1998
 Citation Award, American College of Sports Medicine, USA, 1999
 Muybridge Research Award, International Society of Biomechanics, 1999
 Olympic Order Award, International Olympic Committee, 2001
 Honorary Member Award, International Society of Biomechanics, 2005
 Patron of the European College of Sport Science, 2010

Domestic

Kongressineuvos, Jyväskylä Congresses, 2000
 Pro Congress palkinto, Finland Congress Bureau 2011
 Suomen liikuntakulttuurin ja urheilun ANSIORISTI KULTAISENA, Suomen Opetus – ja kulttuuriministeriö, 2013
 Liikuntatieteellisen seuran kunniajäsen, 2013

Relevant Memberships in International Scientific Organizations

International Society of Biomechanics (ISB)	Member	1963 -
	Secretary General	1977 - 1981
	President	1981 - 1983
	Past President	1983 – 1985
	Honorary Member	2005 -
American College of Sports Medicine (ACSM)	Member	1976 - 1983
	Fellow	1983 -
New York Academy of Sciences	Member	1976
International Society of Electrophysiological Kinesiology	Member	1968 -
World Commission of Sports Biomechanics	President	1983 - 1989
IOC Medical Commission	Member	1983 - 2003
International Council of Sport Science and Physical Education (ICSSPE)	President	1991 - 1996
European College of Sport Science	President elect	1995 - 1997

(ECSS)	President	1997 - 1999
	Past President	1999 – 2001
	Patton	2011-
IOC Sport for All Commission	Member	2000 -

Editorial Responsibilities in Refereed Scientific Journals

Frequent memberships in the editorial boards of numerous scientific journals.

Member of the Editorial Board	Journal of Electromyography and Kinesiology -2001
Foreign Consulting Editor	Medicine and Science in Sports and Exercise
Member of the Editorial Board	International Journal of Sports Medicine, 1980-1991
Section editor (Physiology and Biomechanics) and/or a member of the editorial board	Scandinavian Journal of Medicine and Science in Sports, 1991-
Editor-in-Chief	Scandinavian Journal of Sports Sciences, 1979-1990
Member of the Editorial Board	International Journal of Sport Biomechanics, 1984-1987
Member of the Editorial Board	Sportsmedicine (New Zealand)
Member of the Editorial Board	National Strength & Conditioning Association Journal, 1990-1996
Editorial Consultant	Journal of Biomechanics, 1985-1989
Member of the Editorial Board	Deutsche Zeitschrift fur Sportmedizin
International Consultant	Revista Brasileira de Biomecânica
Foreign Editor	Revista Brasileira de Ciência e Movimento
Editorial Board Member	Journal of Sport Medicine and Physical Fitness
Coeditor-in-chief	European Journal of Sport Science 1990-1995

International Scientific Congresses Organized

President, Vth International Congress of Biomechanics, Jyväskylä, Finland, June - July 1975.

President, International Symposium on Sport Biology, Vierumäki, Finland, October 1979.

President, XVth International Congress of Biomechanics, Jyväskylä, Finland, July 1995.

President, Vth Annual Congress of the European College of Sport Science (ECSS), Jyväskylä, Finland, July 2000.

President, International Congress on Science and Nordic Skiing, Vuokatti, Finland, June 2006.

President, XIIth Annual Congress of the European College of Sport Science (ECSS), Jyväskylä, Finland, July 2007

Chairman of the Congress Programme Committee of the World Sport of All Congresses (Punta del Este 1994, Seoul 1996, Barcelona 1998, Quebec City 2000, Arnhem 2002, Rome 2004, Havana 2006, Malaysia 2008)

President, 13th World Sport for All Congress, Jyväskylä, Finland, June 2010

SCIENTIFIC PUBLICATIONS

Books and Editor of Books

1. **Komi, P.V.** (ed.) Biomechanics VA. Baltimore, University Park Press, 1976.
2. **Komi, P.V.** (ed.) Biomechanics VB. Baltimore, University Park Press, 1976.
3. **Komi, P.V.**, Silen, L., Jungman, T. Voimavalmennus (Strength and Power Training, in Finnish). Suomen Valtakunnan Urheiluliitto, 1978.
4. **Komi, P.V.** (ed.) Exercise and Sport Biology. Human Kinetics Publ. Champaign, Ill. 1982.
5. Marconnet, P., **Komi P.V.** (eds.) Muscular Function in Exercise and Training. Karger, Basel. 1987.
6. **Komi, P.V.** (ed.) The IJSM "Neuromuscular performance: Considerations for basic mechanisms and adaptive responses". Int. J. Sports Med. 8. A special supplement issue, 1987.
7. **Komi, P.V.** (ed.) Strength and Power in Sport. Blackwell Scientific Publications, Oxford, GB 1992.
8. Marconnet, P., **Komi, P.V.** Saltin, B. Sejersted, O.M. (eds.) Muscle Fatigue Mechanisms in Exercise and Training. Karger, Basel. 1992.
9. Marconnet, P. Saltin, B. **Komi, P.V.**, Poortmans, J. (eds.) Human Muscular Function during Dynamic Exercise. Karger, Basel 1996.
10. Keskinen, K.L., **Komi, P.V.**, Hollander, A.P. (eds.) Biomechanics and Medicine in Swimming VIII. Gummerus Printing House, Jyväskylä, Finland. ISBN 951-39-0607-8, 552 pages, 1999.
11. **Komi, P.V.** (ed.) Strength and Power in Sport 2nd edition. Blackwell Scientific Publications, Oxford, UK, ISBN 0-632-05911-7, 523 pages, 2003.

12. Linnamo V., **Komi, P.V.**, Müller E (eds.) Science and Nordic Skiing. Meyer & Meyer Sport, ISBN 978-1-84126-229-1.
13. **Komi, P.V.** (ed.) Neuromuscular Function and Sport Performance. Wiley-Blackwell Publications, Oxford, 307 pages, 2011.

Reviews and Book Chapters

First Author

1. **Komi, P.V.** (1968) Wire electrodes in human electromyography and problems associated with signal processing and quantification. Stadion 3: 30-38.
2. **Komi, P.V.** (1973) Measurement of the force-velocity relationship in human muscle under concentric and eccentric contractions. Medicine and Sport, Vol. 8: Biomechanics III 224-229, Basel, Karger.
3. **Komi, P.V.** (1973) Relationship between muscle tension, EMG and velocity of contraction under concentric and eccentric work. New Developments in electromyography and Clinical Neurophysiology (ed. J.E. Desmedt), Vol. 1 596-606, Basel, Karger.
4. **Komi, P.V.** (1974) Mechanical and electrical behavior of human muscle under maximal contractions of concentric and eccentric work. "Biomechanics IV" (ed. R.C. Nelson, C.A. Morehouse) 428-433, Baltimore, University Park Press.
5. **Komi, P.V.** (1976) Lihassten suorituskyvyn mittaaminen. "Fyysisen kunnan mittaaminen" (Measurement of Physical Fitness, in Finnish) (ed. I. Vuori) 112-123, Helsinki, Painoprint Oy.
6. **Komi, P.V.** (1976) Tiede ja urheilualmennus. (Science and Coaching, in Finnish) "Urheilutieto 2". 605- 615, Jyväskylä, Oy Scandia Kirjat Ab.
7. **Komi, P.V.** (1976) Urheilun biomekaniikka. (Biomechanics of Sport, in Finnish) "Urheilutieto 2". 686-709, Jyväskylä, Oy Scandia Kirjat Ab.
8. **Komi, P.V.**, Karppi, S.-L. (1976) Genetic and environmental variation in perceived exertion and heart rate during bicycle ergometer work. "Physical Work and Effort" (Wenner-Gren Volume 28) (ed. G. Borg) 91-99, Oxford & New York, Pergamon Press.
9. **Komi, P.V.**, Viitasalo, J., Havu, M., Thorstensson, A., Karlsson, J. (1976) Physiological and structural performance capacity: effect of heredity. "Biomechanics VA" (ed. P.V. Komi) 118-123, Baltimore, University Park Press.
10. **Komi, P.V.**, Bosco, C. (1978) Utilization of elastic energy in jumping and its relation to skeletal muscle fiber composition in man. "Biomechanics VIA" (ed. E. Asmussen, K. Jörgensen) 79-85, Baltimore, University Park Press.
11. **Komi, P.V.** (1978) Fundamental performance characteristics in females and males. Med. Sport 14:102-108.
12. **Komi, P.V.**, Norman, R.W., Caldwell, G. (1982) Horizontal velocity changes of world-class skiers using the diagonal technique. "Exercise and Sport Biology" (ed. P.V. Komi) 166-175, Champaign, Ill., Human Kinetics Publishers.
13. **Komi, P.V.**, Suominen, H., Heikkinen, E., Karlsson, J., Tesch, P. (1982) Effects of heavy resistance and explosive type strength training methods on mechanical, functional and metabolic aspects of performance. "Exercise and Sport Biology" (ed. P.V. Komi) 90-102, Champaign, Ill., Human Kinetics Publishers
14. **Komi, P.V.** (1983) Biomechanical features of running with special emphasis on load characteristics and mechanical efficiency. "Biomechanical Aspects of Sport Shoes and Playing Surfaces" (ed. B.M. Nigg, B.A. Kerr) 123-134, The University of Calgary.
15. **Komi, P.V.** (1983) Elastic potentiation of muscles and its influence on sport performance. "Biomechanik und sportliche Leistung" (ed. W. Baumann) 59-70, Schorndorf, Verlag Karl Hofmann.

16. **Komi, P.V.** (1983) Electromyographic, mechanical and metabolic changes during static and dynamic fatigue. "Biochemistry of Exercise" (ed. H.G. Knuttgen, J.A. Vogel, J. Poortmans) 197-215, Champaign, Ill., Human Kinetics Publishers.
17. **Komi, P.V.** (1983) Genetic and environmental factors influencing physical performance. "Collected papers on Sports Biomechanics" (ed. G.A. Wood) 47-61, University of Western Australia.
18. **Komi, P.V.** (1983) The influence of muscle fiber composition on mechanical aspects of muscle function. "Collected papers on Sports Biomechanics" (ed. G.A. Wood) 22-46, University of Western Australia.
19. **Komi, P.V.** (1984) Physiological and biomechanical correlates of muscle function: Effects of muscle structure and stretch-shortening cycle on force and speed. *Exercise and Sports Sciences Reviews/ACSM*, Vol. 12 81-121.
20. **Komi, P.V.** (1984) Fatigue and recovery of neuromuscular function. *Med. Sport Sci.* 17(3):187-201.
21. **Komi, P.V.** (1985) Ground reaction forces in cross-country skiing. *International series on Biomechanics, Volume VB. Biomechanics IX B.* D.A. Winter, R.W. Norman, R.P. Wells, K.C. Hayes and A.E. Patla (eds.). Human Kinetic Publishers Inc., Champaign, Illinois.
22. **Komi, P.V.** (1985) Dehnungs-Verkürzungs-Zyklus bei Bewegungen mit sportlicher Leistung. "Grundlagen des Maximal- und Schnellkrafttrainings" (ed. M. Bührle) *Schriftenreihe des Bundesinstituts für Sportwissenschaft, Band 56.* 254-270, Schorndorf, Verlag Karl Hofmann.
23. **Komi, P.V.** (1986) How important is neural drive for strength and power development in human skeletal muscle. B. Saltin (ed.) *Biochemistry of Exercise VI, Int. Series on Sport Sciences, Vol. 16* pp. 515-529. Human Kinetics Publishers, Champaign, Illinois.
24. **Komi, P.V.** (1986) The stretch-shortening cycle and human power output. *Human Muscle Power* (ed. N.L. Jones, N. McCartney, A.J. McComas) pp. 27-39. Human Kinetics Publishers, Champaign, Ill.
25. **Komi, P.V.** (1987) Neuromuscular factors related to physical performance. *Medicine Sport Sci.* (26) 48-66. Karger, Basel.
26. **Komi, P.V., Gollhofer, A.** (1987) Fatigue during stretch-shortening cycle exercise. *Medicine and Sport Science*, (26) 119-127. Karger, Basel.
27. **Komi, P.V.** (1988) The musculoskeletal system. *The Encyclopaedia of Sports Medicine, Volume I.* (eds. A. Dirix, H.G. Knuttgen & K. Tittel) "The Olympic Book of Sports Medicine" 15-39.
28. **Komi, P.V. and Häkkinen, K.** (1988) Strength and power training. *The Encyclopedia of Sports Medicine, Volume I.* (eds. A. Dirix, H.G. Knuttgen & K. Tittel) "The Olympic Book of Sports Medicine" 181-193.
29. **Komi, P.V.** (1989) Future directions in biomechanics research: Neuromuscular performance. (eds. Skinner, Cerbin, Landers, Martin & Wells) pp. 115-137, Human Kinetics.
30. **Komi, P.V.** (1992) *Stretch-Shortening Cycle. Strength & Power in Sports* (**Komi P.V.** ed). Blackwell Scientific Publications, Oxford, GB, 169-172.
31. **Komi, P.V., Nicol, C., Marconnet, P.** (1992) Neuromuscular Fatigue during Repeated Stretch-Shortening Cycle Exercises. *Med Sport Sci*, Basel, Karger, 192(34), 172-181.
32. **Komi, P.V.** (1996) EMG Research in the Department of Biology of Physical Activity, Finland. *Seniam, European Activities on Surface Electromyography.* Ed. H. Hermens, R. Merletti, B. Freriks, Biomedical and Health Research Program, Roessingh Research and Development, 43-45.
33. **Komi, P.V., Nicol, C., Avela, J.** (1996) Fatigue effects of exhaustive SSC exercise on stretch reflex response. *Seniam, European Activities on Surface Electromyography.* Ed. H. Hermens, R. Merletti, B. Freriks, Biomedical and Health Research Program, Roessingh Research and Development, 175-177.

34. **Komi, P.V.**, Knuttgen H.G. (1996) Sport Science and Modern Training. ICSSPE Sport Science Studies: Current Issues of Sport Science vol 8, Verlag Karl Hofmann, Schorndorf, pp. 44-62.
35. **Komi, P.V.**, Virnavirta, M. (1997) Skijumping take-off performance: determining factors and methodological advances. Science and Skiing (eds. E. Müller et al.) pp. 3-36, Chapman & Hall, Cambridge University Press, Cambridge.
36. **Komi, P.V.**, Nicol, C. (2000) Stretch-shortening cycle fatigue. IMechanics & Biology of Movement (eds. Nigg, McIntosh & Mester), Human Kinetics.
37. **Komi, P.V.**, Nicol, C. (2000) Stretch-shortening cycle of muscle function. Biomechanics of Sport (ed. V. Zatsiorsky), Blackwell, Oxford.
38. **Komi, P.V.** & Virnavirta M. (2000) Determinants of successful ski jumping performance. Biomechanics in Sport (ed. V. Zatsiorsky), Cambridge, Blackwell Science.
39. **Komi, P.V.** (2003) Stretch-Shortening Cycle. Strength and Power in Sports, 2nd edition (ed. P.V. Komi), Blackwell Publishing, Oxford, UK.
40. **Komi, P.V.**, Ishikawa M. (2006) In-vivo interaction of fascicles and tendons as measured by the optic fiber and ultrasonographic techniques. Rainoldi A, Minetto MA, Merletti R (eds). Biomedical Engineering in Exercise and Sports. Edizioni Minerva Medica, Torino, Italy, pp. 3-15. ISBN: 88-7111-530-0.
41. **Komi, P.V.**, Nicol C. (2006) Neuromuscular fatigue of exhaustive stretch-shortening cycle exercise. A chapter prepared for an advanced level text and reference book, in the area of human and applied physiology: "Physiological Bases of Human Performance During Work and Exercise".(Editors: Nigel Taylor, Herb Groeller and Peter McLennan) Elsevier Publishers. ISBN: 978-0-443-10271-4.
42. **Komi, P.V.**, Ishikawa, M. (2007) In vivo function of human Achilles and Patella tendons during normal locomotion. "Tendinopathy in Athletes" (Ed.) Woo SLY, Per S and Steven AP. Blackwell publishing, Massachusetts, USA, pp 101-122, ISBN-13: 978-1-4051-5670-7.
43. **Komi, P.V.**, Ishikawa, M. Muscles: producing force and movement. "Olympic textbook of science in sport". (Ed.) Maughan R, Blackwell publishing, Massachusetts, USA. ISBN: 978-1-4051-5638-7.
44. **Komi, P.V.** & Nicol, C. Neuromuscular adaptation to exercise. A chapter prepared for an advanced level text and reference book, in the area of human and applied physiology: "Physiological Bases of Human Performance During Work and Exercise".(Editors: Nigel Taylor, Herb Groeller and Peter McLennan) Elsevier Publishers. ISBN: 978-0-443-10271-4.
45. **Komi, P.V.**, Ishikawa M. (2007) In vivo function of human Achilles and Patella tendons during normal locomotion. A chapter prepared for "Tendinopathy in Athletes" (Ed.) Woo SLY and Per S. Blackwell publisher. pp 101-122, ISBN-13: 978-1-4051-5670-7.
46. **Komi, P.V.**, Ishikawa M. (2009). Muscles: producing force and movement. "Olympic textbook of science in sport". (Ed.) Maughan RJ, Wiley-Blackwell, Massachusetts, USA, pp 7-24, ISBN 978-1-4051-5638-7.

Co-Author

1. Jonsson, B. & **Komi, P.V.** (1973) Reproducibility problems when using wire electrodes in electromyographic kinesiology. New Developments in Electromyography and Clinical Neurophysiology (ed. J.E. Desmedt), Vol. 1 540-546, Basel, Karger.
2. Karvinen, E. & **Komi, P.V.** (1974) Neuromuscular performance. "Fitness, Health and Work Capacity" (ed. L.Larson), New York, McMillan Publ. Co, 73-98.
3. Bosco, C., Luhtanen, P., **Komi, P.V.** (1976) Kinetics and kinematics of take off in long jump. "Biomechanics VB" (ed. P.V. Komi) 174-180, Baltimore, University Park Press.
4. Armstrong, R.B., Faulkner, J.A., **Komi, P.V.**, Terjung, R., Buskirk, E.R. (1977) Structure and function of skeletal muscle. The Physician and Sportsmedicine. 34-48.

5. Luhtanen, P., **Komi, P.V.** (1978) Mechanical factors influencing running speed. "Biomechanics VIB" (ed. E. Asmussen, K. Jörgensen) 23-29, Baltimore, University Park Press.
6. Viitasalo, J., **Komi, P.V.** (1978) Isometric endurance, EMG power spectrum, and fiber composition in human quadriceps muscle. "Biomechanics VIA" (ed. E. Asmussen, K. Jörgensen) 244-250, Baltimore, University Park Press.
7. Keskinen, K., Eriksson, E., **Komi, P.V.** (1980) Die sportspezifische Überlastung am Beispiel des Brustschwimmer-Knies. "Die Belastungstoleranz des Bewegungsapparates" 204-212, Stuttgart- New York, Georg Thieme Verlag.
8. Bosco, C., **Komi, P.V.** (1981) Influence of countermovement amplitude in potentiation of muscular performance. "Biomechanics VIIA" (ed. A. Morecki, K. Fidelus, K. Kedzior, A. Wit) 129-135, Warszawa, Poland, DSP.
9. Viitasalo, J., **Komi, P.V.** (1981) Rate of force development, muscle structure and fatigue. "Biomechanics VIIA" (ed. A. Morecki, K. Fidelus, K. Kedzior, A. Wit) 136-141, Warszawa, Poland, DSP.
10. Bosco, C., **Komi, P.V.** (1982) Muscle elasticity in athletes. "Exercise and Sport Biology" (ed. P.V. Komi) 109-117, Champaign, Ill., Human Kinetics Publishers.
11. Viitasalo, J., **Komi, P.V.**, Jacobs, I., Karlsson, J. (1982) Effects of prolonged cross-country skiing on neuromuscular performance. "Exercise and Sport Biology" (ed. P.V. Komi) 191-198, Champaign, Ill., Human Kinetics Publishers.
12. Viitasalo, J., **Komi, P.V.**, Bosco, C. (1984) Muscle structure. A determinant of explosive force production? "Neural and mechanical control of movement" (ed. M. Kumamoto) 124-134, Kyoto, Yamaguchi Shoten.
13. Ilmarinen, J., Nygard, C-H., **Komi, P.V.**, Karlsson, J. (1984) Heart Rate Blood Lactate Level of 8-12-Years-old Boys and Girls During Cross-country Ski-Competitions. (Eds. Ilmarinen, J., Välimäki, I.) Children and Sport, Springer-Verlag Berlin Heidelberg.
14. Gollhofer, A., **Komi, P.V.** (1987) Measurement of man-shoe-surface interaction during locomotion. *Medicine Sport Sci.* 26 187-199. Karger, Basel.
15. Häkkinen, K., Kauhanen, H., Pakarinen, A. and **Komi, P.V.** (1987) Neuromuscular adaptations and serum hormones during one year training of elite junior weightlifters. *Biomechanics XI-B* (eds. G. Groot, A. Hollander, P. Huijing and G. Schenau) 889-894.
16. Häkkinen, K., **Komi, P.V.** and Kauhanen, H. (1987) Scientific evaluation of specific loading of the knee extensors with variable resistance, "isokinetic" and barbell exercises. *Medicine and Sport Science* 26:224-237.
17. Kauhanen, H., Häkkinen, K. and **Komi, P.V.** (1987) Changes in biomechanics of weightlifting and neuromuscular performance during one year training of elite weightlifters. *Biomechanics XI-B* (eds. G. Groot, A. Hollander, P. Huijing and G. Schenau) 895-900.
18. Kyröläinen, H., Avela, J., **Komi, P.V.** and Gollhofer, A. (1987) The function of the neuromuscular system during two last steps in the long jump. *Biomechanics XI-B* (eds. G. Groot, A. Hollander, P. Huijing and G. Schenau) 557-560.
19. Luhtanen, P., Pulli, M., **Komi, P.V.** (1987) A relative model of human movement with special reference to ski jumping. B. Jonsson (ed.) *International Series on Biomechanics, Biomechanics XB* 1145-1149. Human Kinetics Publishers, Inc. Champaign, Illinois.
20. Aura, O. and **Komi, P.V.** (1988) The mechanical efficiency of human locomotion in different work intensity levels. *Biomechanics XI-A* (eds. G. Groot, A. Hollander, P. Huijing and G. Schenau) 48-51. Free University Press, Amsterdam.
21. Keskinen, K.L. & **Komi, P.V.** (1988) Interaction between aerobic/anaerobic loading and biomechanical performance in freestyle swimming. B.E. Ungerechts, K. Wilke & K. Reischle (eds.) *Swimming Science V*, 285-293. Human Kinetics Publishers Inc., Champaign, Illinois.
22. Keskinen, K.L. and **Komi, P.V.** (1988) The stroking characteristics in four different exercises in free style swimming. *Biomechanics XI-B* (eds. G. Groot, A. Hollander, P. Huijing and G. Schenau) 839-843.

23. Keskinen, K., **Komi, P.V.** (1992) Effect of leg action on stroke performance in swimming. *Swimming Science VI, Biom. & Med. in Swimming*, E & FN Spons, London pp. 251-256.
24. Knuttgen H.G., **Komi, P.V.** (1992) Basic definitions for exercise. *Strength & Power in Sports* (**Komi, P.V.** ed). Blackwell Scientific Publication, Oxford, GB, 169-172.
25. Haag, H., Grupe, O., Kirsch, A., (Eds), **Komi, P.V.**, (1992) Forewords. *Sport Science in Germany. An Interdisciplinary Anthology*. Springer-Verlag Berlin Heidelberg New York. ISBN 3-540-55657-5.
26. Virnavirta M. & **Komi, P.V.** (2001) Factors influencing the "explosiveness" of ski jumping take-off. *Science and skiing II* (eds. E. Müller et al.) pp. 14 - 29, *Schriften zur Sportwissenschaft, Band 26*, Verlag Dr. Kovac, Hamburg, Germany.
27. Knuttgen H.G. & **Komi, P.V.** (2003) Basic Considerations for Exercise. *Strength and Power in Sports*, 2nd edition (ed. P.V. Komi), Blackwell Publishing, Oxford, UK.
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195. Bottas, R., Linnamo, V., Nicol, C., **Komi, P.V.** (2003) Exercise induced muscle damage disturbs motor control of rhythmic movement. 8th Annual Congress of the European College of Sport Science, July 9-12. Salzburg, Austria
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210. Ishikawa, M., **Komi, P.V.**, Finni, T., Kuitunen, S. (2004) Prestretch and concentric phase intensities influence the fascicle and tendinous tissue interaction during stretch-shortening cycle exercise. 9th Annual Congress of European College of Sport Science, Clermont-Ferrand, France, July 3-9.
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212. Kanervo, M., Avela, J., Kallio, J., Linnamo, V., Selänne, H., **Komi, P.V.** (2004) Reflex sensitivity of soleus muscle in active young and elderly men. 9th Annual Congress of European College of Sport Science, Clermont-Ferrand, France, July 3-9.
213. Kuitunen, S., Ogiso, K., **Komi, P.V.** (2004) Activity modulation of ankle and knee extensor muscles at different hopping intensities. 9th Annual Congress of European College of Sport Science, Clermont-Ferrand, France, July 3-9.
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different muscle actions. 4th International Conference of Strength Training, Serres, Greece, September 3-7.

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216. Miettunen, K., Linnamo, V., Bottas, R., **Komi, P.V.** (2004) Elbow flexor force production at different muscle lengths after damaging eccentric exercise. 9th Annual Congress of European College of Sport Science, Clermont-Ferrand, France, July 3-9.
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219. Bottas, R., Linnamo, V., Nicol, C., **Komi, P.V.** (2005) Activity pattern of rhythmic movement after fatiguing eccentric actions. 10th Annual Congress of the European College of Sports Science, July 13-16. Belgrade, Serbia Montenegro, Belgrade.
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221. Hoffrén, M., Ishikawa, M., **Komi, P.V.** (2005) Measurement of muscle cross-sectional area using ultrasonography. Intensive course: Biology of muscle and tendon in health, disease and exercise. December 8-10. Jyväskylä, Finland.
222. Ishikawa, M., Niemelä, E. and **Komi, P.V.** (2005) Fascicle and tendinous tissue behavior in stretch-shortening cycle exercise performed with varying prestretch intensities. 52nd Annual meeting of the American college of sports medicine (ACSM). June 1-4. Nashville, Tennessee, USA.
223. Ishikawa, M., Pakaslahti, J. and **Komi, P.V.** (2005) Fascicle modulation during different elastic behaviour of human jogging and walking. 10th Annual Congress of the European College of Sports Science, July 13-16. Belgrade, Serbia Montenegro, Belgrade.
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228. Kuitunen, S., Ishikawa, M. and **Komi, P.V.** (2005) Fascicle behaviour of the soleus and gastrocnemius muscles in hopping. 10th Annual Congress of the European College of Sports Science, July 13-16. Belgrade, Serbia Montenegro, Belgrade.
229. Kuitunen, S., Ishikawa, M., **Komi, P.V.** (2005) Behaviour of the triceps surae muscle in hopping. XXth Congress of the International Society of Biomechanics and 29th Annual Meeting of the American Society of Biomechanics, July 31th - August 5th.

230. Kyröläinen, H., Kivelä, R., Piitulainen, H., Selänne, H. and **Komi, P.V.** (2005) Muscle damage induced by stretch-shortening cycle exercise in humans. 10th Annual Congress of the European College of Sports Science, July 13-16. Belgrade, Serbia Montenegro, Belgrade.
231. Nicol, C., Regueme, S., Dousset, E., Avela, J. and **Komi, P.V.** (2005) Markers of neuromuscular strategies to reveal short-term overloading of intensive SSC exercise. 10th Annual Congress of the European College of Sports Science, July 13-16. Belgrade, Serbia Montenegro, Belgrade. (Invited)
232. Ogiso, K., Kuitunen, S., Avela, J. and **Komi, P.V.** (2005) Mechanical responses elicited by a mechanical and electrical stimulation after different muscle activities. 10th Annual Congress of the European College of Sports Science, July 13-16. Belgrade, Serbia Montenegro, Belgrade.
233. Peltonen, J., Rothstén, Linnamo, V., **Komi, P.V.** and Avela, J. (2005) Different recovery patterns of stretch induced mechanical reflex response after exhaustive stretch-shortening cycle exercises. 10th Annual Congress of the European College of Sports Science, July 13-16. Belgrade, Serbia Montenegro, Belgrade.
234. Piitulainen, H., Kyröläinen, H., Kivelä, R, and **Komi, P.V.** (2005) Molecular adaptations of voltage-gated sodium channel (NaCh), α -syntrophin and dystrophin after fatiguing stretch-shortening cycle exercise. 10th Annual Congress of the European College of Sports Science, July 13-16, Belgrade, Serbia Montenegro, Belgrade.
235. Avela, J., Ishikawa, M., Nicol, C., Chavet, P., Peltonen, J., **Komi, P.V.** (2006) Neuromuscular control in extreme high impact loads. 5th World congress of Biomechanics, Munich, Germany, July 29th - August 4th. (Invited)
236. Avela, J., Peltonen, J., Kanervo, M., **Komi, P.V.** (2006) Time course of mechanical and neural changes of the triceps surae muscle group during 1 hour SSC exercise 11th Annual Congress of the European College of Sport Science. Lausanne, Switzerland July 5-8.
237. Hoffrén, M., Ishikawa, M., **Komi, P. V.** (2006) Neuromuscular function during dynamic movements associated with aging. 11th Annual Congress of the European College of Sport Science. Lausanne, Switzerland. July 5-8.
238. Hoffrén, M., Ishikawa, M., **Komi, P.V.** (2006) Neuromuscular function during dynamic movements associated with aging. TULES-GS Meeting 2006 "Biology of bone, cartilage, muscle & tendon in health, disease and exercise". October 19-20. Tampere, Finland. (poster presentation)
239. Ishikawa, M., Vincent, M., Kanervo, M., Peltonen, J., Nicol, C., Chavet, P., **Komi, P.V.** (2006) Repetitive hopping exercise alters the skeletal muscle architecture and the fascicle and tendon interaction. 11th Annual Congress of the European College of Sport Science, Lausanne, Switzerland, July 5 - 8.
240. Ishikawa, M, **Komi, P.V.** (2006) In vivo muscle behavior during human locomotion. 5th World congress of Biomechanics, Munich, Germany, July 29th - August 4th. (Invited)
241. Ishikawa, M. and **Komi, P.V.** (2006) Muscle-tendon interaction in connection with performance enhancement. The 19th Annual Meeting of Japanese Society of Biomechanics. September 13-15th (Invited)
242. Ito, A., Ishikawa, M., Isolehto, J., **Komi, P.V.** (2006) Changes in the step width, step length, and step frequency of the world's top sprinters during a 100 m race. 11th Annual Congress of the European College of Sport Science, Lausanne, Switzerland, July 5 - 8 July.
243. Kallio, J., Linnamo, V. Sjøgaard K. and **Komi, P.V.** (2006) Age-related differences in the Soleus motor unit firing in dynamic contractions. 11th Annual Congress of the European College of Sport Science. Lausanne, Switzerland July 5-8.
244. Kanervo, M., Peltonen, J., Avela, J., **Komi, P.V.** (2006) Soleus H-Reflex modulation during passive sinusoidal ankle movement in young and elderly men. 11th Annual Congress of the European College of Sport Science. Lausanne, Switzerland. July 5-8.

245. Kivelä, R., **Komi, P.V.**, Vihko, V. and Kyröläinen, H. (2006) mRNA Expression of VEGFs and Angiogenic ECM Genes in Human Skeletal Muscle after Jumping Exercise. American College of Sport Medicine May 31 - June 3, Denver, USA.
246. Linnamo, V., Kallio, J., Sjøgaard, K., **Komi, P.V.** (2006) Single motor unit identification in high activation level using a new selective multi-wire electrode. 11th Annual Congress of the European College of Sport Science, Lausanne, Switzerland, July 5 - 8.
247. Martin, V., Ishikawa, M., Rantalainen, T.J., Hoffrén, M., **Komi, P.V.** (2006) Neural factors accounting for the acute adaptation to repeated damaging stretch-shortening cycle exercises. 11th Annual Congress of the European College of Sport Science, Lausanne, Switzerland, July 5 - 8.
248. Mikkonen, P., **Komi, P.V.**, Linnamo, V. (2006) The use of accelerometers in the measurement of ski-jumping take-off velocity. International Congress on Science and Nordic Skiing. June 18-20, Vuokatti, Finland. Congress Proceedings p.54
249. Murakami, M., Tanabe, S., Ishikawa, M., Isolehto, J., **Komi, P.V.**, Ito, A. (2006) Biomechanical analysis of the javelin throwing at 11th IAAF. 11th Annual Congress of the European College of Sport Science, Lausanne, Switzerland, July 5 - 8.
250. Nicol, C., Ishikawa, M., Cronin, N., Avela, J., **Komi, P.V.** (2006) Influence of exhaustive fatigue on stretch response of the muscle-tendon unit. 11th Annual Congress of the European College of Sport Science. Lausanne, Switzerland. July 5-8. (Invited)
251. Nicol, C. & **Komi, P.V.** (2006). Qualités neuromusculaires du sportif vieillissant. 9^{ème} rencontres de traumatologie du sport : spécificité du sportif après 40 ans, Marseille, March 11-13. France.
252. Peltonen, J., Kanervo, M., **Komi, P.V.**, Avela, J. (2006) Soleus muscle spindle sensitivity after 1 hour of electrically evoked eccentric exercise. 11th Annual Congress of the European College of Sport Science. Lausanne, Switzerland. July 5-8.
253. Piitulainen, H., **Komi, P.V.**, Avela, J. (2006) Sarcolemmal excitability after eccentric exercise in man. 11th Annual Congress of the European College of Sport Science. Lausanne, Switzerland July 5-8.
254. Rantalainen, T.J., Heinonen, A., Linnamo, V., Kyröläinen, H., Sievänen, H., **Komi, P.V.** (2006) Tibial safety factor in extreme impact loading among physically active males and females. 11th Annual Congress of the European College of Sport Science. Lausanne, Switzerland July 5-8.
255. Sousa, F., Ishikawa, M., Vilas-Boas, J.P., **Komi, P.V.** (2006) Fascicle behavior of the synergistic muscle group, medial gastrocnemius and soleus, during different intensity drop jumps. 11th Annual Congress of the European College of Sport Science. Lausanne, Switzerland July 5-8.
256. Turunen, J., **Komi, P.V.**, Linnamo, V. (2006) Measurements of pole forces during classical skiing. International Congress on Science and Nordic Skiing. June 18-20, Vuokatti, Finland. Congress Proceedings. p.53.
257. Avela, J., Nicol, C., Linnamo, V., **Komi, P.V.** (2007) Reflex adaptation and increased muscle compliance during stretch-shortening cycle (SSC) exercise. 12th Annual Congress of the European College of Sport Science, Jyväskylä, Finland, July 11 - 14. (Invited)
258. Chavet, P., Barthelemy, J., Nicol, C., Gautrand, E., Ishikawa, M., Avela, J., **Komi, P.V.** (2007) Modulation of centrally programmed activation in (crash type) landing. 12th Annual Congress of the European College of Sport Science, Jyväskylä, Finland, July 11 - 14.
259. Cronin, N., Ishikawa, M., Nicol, C., **Komi, P.V.**, Avela, J. (2007) Passive stretch-induced fascicle behaviour in the human soleus muscle. 12th Annual Congress of the European College of Sport Science, Jyväskylä, Finland, July 11 - 14. p. 218.
260. Hoffrén, M., Ishikawa, M., **Komi, P.V.** (2007) Age-related neuromuscular function during drop jumps. XII Brazilian Congress of Biomechanics, Sao Pedro, Pao Paulo, Brazil, May 30-June 2. (oral presentation)

261. Hoffrén, M., Ishikawa, M., **Komi, P.V.** (2007) Utilization of tendinous tissue elasticity in elderly during drop jumps. 12th Annual Congress of the European College of Sport Science, Jyväskylä, Finland, 11 - 14 July. (poster presentation)
262. Hoffrén, M., Ishikawa, M., **Komi, P.V.** (2007) Tendon elastic utilization in elderly during drop jumps. 12th Annual Congress of the European College of Sport Science, Jyväskylä, Finland, July 11-14. p. 578.
263. Ishikawa, M., **Komi, P.V.** (2007). Achilles tendon and fascicle interaction during human running. 12th Annual Congress of the European College of Sport Science, Jyväskylä, Finland, July 11-14. pp316.
264. Ishikawa, M., Rinta-Pollari, J., Avela, J., **Komi, P.V.** (2007) Achilles tendon behaviour during human jumping. 12th Annual Congress of the European College of Sport Science, Jyväskylä, Finland, July 11 - 14.
265. Ishikawa, M., Rinta-Pollari, J., Avela, J., **Komi, P.V.** (2007) In vivo Achilles tendon responses during drop jumps. XXI Congress of the International Society of Biomechanics, Taipei, Taiwan, July 1-5.
266. Martin, V., Ishikawa, M., Rantalainen, T., Hoffrén, M., **Komi, P.V.** (2007) Acute adaptation of muscle-tendon unit stiffness following repeated damaging exercise bouts. 12th Annual Congress of the European College of Sport Science, Jyväskylä, Finland, July 11-14. pp327.
267. Nicol, C., **Komi, P.V.** (2007). Muscle et Sport. 17ème Congrès de la Société Française de Traumatologie du Sport. Toulouse, March 29-31, France.
268. Nicol, C., Avela, J., Ishikawa, M., **Komi, P.V.** (2007) Neuromuscular fatigue caused by exhaustive SSC exercise. 12th Annual Congress of the European College of Sport Science, Jyväskylä, Finland, July 11 - 14. (Invited)
269. Piitulainen, H., Rantalainen, T., Linnamo, V., **Komi, P.V.**, Avela, J. (2007) Shift in innervation zone location with different levels of isometric contractions in biceps brachii muscle. 12th Annual Congress of the European College of Sport Science, Jyväskylä, Finland, July 11 - 14.
270. Sogaard, K., Kallio, J., Olsen, H., **Komi, P.V.**, Linnamo, V., Motor unit activation in dynamic conditions. 12th Annual Congress of the European College of Sport Science, Jyväskylä, Finland, July 11 - 14. p. 10
271. Rantalainen, T., Piitulainen, H., Linnamo, V., Heinonen, A., **Komi, P.V.**, Avela, J. (2007) Repeatability of motor evoked potentials with navigated and non-navigated motor cortical transcranial magnetic stimulation. 12th Annual Congress of the European College of Sport Science, Jyväskylä, Finland, July 11 - 14.
272. Ishikawa, M., **Komi, P.V.** (2007). Achilles tendon and fascicle interaction during human running. 12th Annual Congress of the European College of Sport Science, Jyväskylä, Finland, July 11-14. p. 316.
273. Vähäsöyrinki, P., **Komi, P.V.**, Ishikawa, M., Salmi, J.A., Linnamo, V. (2007) Effects of skiing speed on ski forces in diagonal skiing. 4th International congress on science and skiing, St. Christoph, Austria, December 14-20th. p. 183.
274. Ishikawa, M., Vähäsöyrinki, P., **Komi, P.V.**, Kolehmainen, V., Salmi, J.A., Linnamo, V. (2007) Effects of grip waxing on ski and pole forces in diagonal skiing. 4th International congress on science and skiing, St. Christoph, Austria, December 14-20th. p. 89.
275. Rantalainen, T., Hoffrén, M., Ishikawa, M., Heinonen, A., Linnamo, V., **Komi, P.V.** (2007) Neural control in dynamic contraction in dynamic movement and bone strength and balance in the elderly
276. Rantalainen, T., Heinonen, A., Hoffrén, M., Ishikawa, M., **Komi, P.V.**, Linnamo, V. (2008) Increase in osteogenic potential of bilateral hopping with 3month exercise intervention. 6th International Workshop for Musculoskeletal & Neuronal Interactions. Cologne, Germany. May 8-11.

277. Ishikawa, M., Hoffrén, M., Rantalainen, T.J., **Komi, P.V.** (2008) Achilles tendon responses after the short term hopping training. 55th Annual meeting of the American college of sports medicine. Indianapolis, Indiana, May 28-31st.
278. Cronin, N., Peltonen, J., Ishikawa, M., Avela, J., **Komi, P.**, Sinkjaer, T., Voigt, M. (2008) Muscle fascicle stretch velocity in relation to stretch reflex activation at different contraction levels in human triceps surae. 13th Annual Congress of the European College of Sport Science, Estoril, Portugal, July 9-12.
279. Galindo, A., Ishikawa, M., Chavet, P., Barthelemy, J., Nicol, C., Avela, A., **Komi, P.V.** (2009) Neuromuscular strategies in the case of rapid and high impact loads: impact versus task dependency? 14th Annual Congress of the European College of Sport Science, Oslo, Norway, June 24-27th.
280. Cronin, N.J., Ishikawa, M., Grey, M.J., af Klint, R., **Komi, P.V.**, Avela, J., Sinkjaer, T., Voigt, M. (2009) Effects of walking speed on human soleus stretch responses. XXII Congress of the International Society of Biomechanics, Cape Town, South Africa, July 5-9th.
281. Ishikawa, M., **Komi, P.V.** (2009) Achilles tendon strain during human running. Workshop on Multi-Scale Muscle Mechanics, Massachusetts, USA, September 18-2th.
282. Hoffrén, M., Ishikawa, M., **Komi, P.V.** (2009) Age-specific and training-induced muscle activation profiles during repetitive hopping. 14th Annual Congress of the European College of Sport Science, Oslo, Norway, June 24-27th.
283. Cronin, N.J., Ishikawa, M., af Klint, R., **Komi, P.V.**, Avela, J., Sinkjaer, T., Voigt, M. (2009) Prolonged walking increases compliance in the human soleus muscle-tendon unit: Implications for the short latency stretch reflex. 14th Annual Congress of the European College of Sport Science, Oslo, Norway, June 24-27th.
284. Kallio, J., Linnamo, V., Kanervo, M., Avela, J., Moritani, T., Ishikawa, M., Selänne, H., **Komi, P.V.** (2009) Age-related changes in the motor unit activation in dynamic movement. XXII Congress of the International Society of Biomechanics, Cape Town, South Africa, July 5-9th.
285. Ito, A., Fukuda, K., Nakai, A., Kijima, K., Ohta, Y., Kunimasa, K., Mero, A., **Komi, P.V.**, Ishikawa, M. (2010) Influence of age on the sprint running movement in masters sprint runners. 13th World sport for all congress, Jyväskylä, Finland, June 14-17th. pp68.
286. Ishikawa, M., Kunimasa, Y., Kijima, K., Ohta, Y., Fukuda, K., Nakai, A., Mero, A., **Komi, P.V.**, Ito, A. (2010) Movement reaction in masters sprint athletes. 13th World sport for all congress, Jyväskylä, Finland, June 14-17th. pp68.
287. Ishikawa, M., Sano, K., **Komi, P.V.**, Vähäsöyrinki, P., Linnamo, V. (2010). The muscle fascicle behavior during cross-country skiing. 57th Annual meeting of the American college of sports medicine. Baltimore, Maryland, pp S478, June 2-5th.
288. Kijima, K., Ohta, Y., Fukuda, K., Nakai, A., Ishikawa, M., Mero, A., **Komi, P.V.**, Ito, A. (2010) Age-specific performance factors of masters sprint start. 14th Annual Congress of the European College of Sport Science, Antalya, Turkey, 23-26th, June.
289. Fukuda, K., Kijima, K., Ohta, Y., Nakai, A., Ishikawa, M., Mero, A., **Komi, P.V.**, Ito, A. (2010) Relationships between sprint running velocity and running movements in masters sprinters. 14th Annual Congress of the European College of Sport Science, Antalya, Turkey, June 23-26th.
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