

Rita A Santos-Rocha

List of Publications by Year in descending order

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Version: 2024-02-01

47
papers

377
citations

840776

11
h-index

888059

17
g-index

50
all docs

50
docs citations

50
times ranked

454
citing authors

#	ARTICLE	IF	CITATIONS
1	Effect of exercise on phase angle in cancer patients: a systematic review. <i>Journal of Sports Medicine and Physical Fitness</i> , 2022, 62, .	0.7	6
2	Active Pregnancy: A Physical Exercise Program Promoting Fitness and Health during Pregnancy – Development and Validation of a Complex Intervention. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 4902.	2.6	9
3	Can Group Exercise Programs Improve Health Outcomes in Pregnant Women? An Updated Systematic Review. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 4875.	2.6	8
4	Tendências do Fitness em Portugal para 2021. <i>Cuadernos De Psicologia Del Deporte</i> , 2021, 21, 242-258.	0.4	2
5	Comparison of the accuracy of a free 3D camera system with the Ariel performance system. <i>Computer Methods in Biomechanics and Biomedical Engineering: Imaging and Visualization</i> , 2021, 9, 670-677.	1.9	3
6	Phase angle cutoff value as a marker of the health status and functional capacity in breast cancer survivors. <i>Physiology and Behavior</i> , 2021, 235, 113400.	2.1	18
7	Relationship between Heart Rate Variability and Functional Fitness in Breast Cancer Survivors: A Cross-Sectional Study. <i>Healthcare (Switzerland)</i> , 2021, 9, 1205.	2.0	3
8	How to HIIT while pregnant? The protocol characteristics and effects of high intensity interval training implemented during pregnancy – A systematic review. <i>Baltic Journal of Health and Physical Activity</i> , 2021, 14, Article-1.	0.5	8
9	Development and validation of a complex intervention: A physical exercise programme aimed at delaying the functional decline in frail older adults. <i>Nursing Open</i> , 2020, 7, 274-284.	2.4	1
10	Responsiveness of the Calf-Raise Senior test in community-dwelling older adults undergoing an exercise intervention program. <i>PLoS ONE</i> , 2020, 15, e0231556.	2.5	3
11	Effectiveness of a Combined Intervention on Psychological and Physical Capacities of Frail Older Adults: A Cluster Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 3125.	2.6	13
12	Osteoarthritis, Exercise, and Tissue Engineering: A Stimulating Triad for Health Professionals. <i>Journal of Aging Research</i> , 2019, 2019, 1-6.	0.9	8
13	Exercise Testing and Prescription for Pregnant Women. , 2019, , 183-230.		2
14	An <sc>mh</sc> health intervention programme to promote healthy behaviours and prevent adolescent obesity (TeenPower): A study protocol. <i>Journal of Advanced Nursing</i> , 2019, 75, 683-691.	3.3	15
15	Physical Activity, Exercise, and Health Promotion for the Pregnant Exerciser and the Pregnant Athlete. , 2019, , 1-17.		3
16	Biomechanical Adaptations of Gait in Pregnancy: Implications for Physical Activity and Exercise. , 2019, , 95-134.		2
17	Evidence-Based and Practice-Oriented Guidelines for Exercising During Pregnancy. , 2019, , 157-181.		2
18	Effect of 6-month community-based exercise interventions on gait and functional fitness of an older population: a quasi-experimental study. <i>Clinical Interventions in Aging</i> , 2018, Volume 13, 595-606.	2.9	13

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19	Can the calf-raise senior test predict functional fitness in elderly people? A validation study using electromyography, kinematics and strength tests. <i>Physical Therapy in Sport</i> , 2018, 32, 252-259.	1.9	8
20	Community-Based Exercise Intervention for Gait and Functional Fitness Improvement in an Older Population: Study Protocol. <i>Journal of Aging and Physical Activity</i> , 2017, 25, 84-93.	1.0	5
21	Exercise training programs and detraining in older women. <i>Journal of Human Sport and Exercise</i> , 2017, 12, .	0.4	3
22	Influence of Body Composition on Gait Kinetics throughout Pregnancy and Postpartum Period. <i>Scientifica</i> , 2016, 2016, 1-12.	1.7	9
23	Calf-raise senior: a new test for assessment of plantar flexor muscle strength in older adults: protocol, validity, and reliability. <i>Clinical Interventions in Aging</i> , 2016, Volume 11, 1661-1674.	2.9	25
24	GLOBAL OPTIMIZATION METHOD APPLIED TO THE KINEMATICS OF GAIT IN PREGNANT WOMEN. <i>Journal of Mechanics in Medicine and Biology</i> , 2016, 16, 1650084.	0.7	3
25	KINETIC ANALYSIS OF GAIT IN THE SECOND AND THIRD TRIMESTERS OF PREGNANCY. <i>Journal of Mechanics in Medicine and Biology</i> , 2016, 16, 1650055.	0.7	8
26	Summary of Guidelines for Exercise in Pregnancy—are they Comprehensive Enough for Designing the Contents of a Prenatal Exercise Program?. <i>Current Women's Health Reviews</i> , 2015, 11, 3-12.	0.2	16
27	Can Group Exercise Programs Improve Health Outcomes in Pregnant Women? A Systematic Review. <i>Current Women's Health Reviews</i> , 2015, 11, 75-87.	0.2	5
28	Three-Dimensional Kinetic Adaptations of Gait throughout Pregnancy and Postpartum. <i>Scientifica</i> , 2015, 2015, 1-14.	1.7	15
29	Comparison between overweight due to pregnancy and due to added weight to simulate body mass distribution in pregnancy. <i>Gait and Posture</i> , 2015, 42, 511-517.	1.4	24
30	Editorial: Active Pregnancy - Benefits and Recommendations of Physical Activity and a Healthy Lifestyle Throughout Pregnancy and Postpartum. <i>Current Women's Health Reviews</i> , 2015, 11, 2-2.	0.2	0
31	Biomechanics of Gait during Pregnancy. <i>Scientific World Journal, The</i> , 2014, 2014, 1-5.	2.1	33
32	Validity And Reliability Of The Calf Raise Test For Seniors. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 90.	0.4	0
33	BIOMECHANICAL MODEL FOR KINETIC AND KINEMATIC DESCRIPTION OF GAIT DURING SECOND TRIMESTER OF PREGNANCY TO STUDY THE EFFECTS OF BIOMECHANICAL LOAD ON THE MUSCULOSKELETAL SYSTEM. <i>Journal of Mechanics in Medicine and Biology</i> , 2014, 14, 1450004.	0.7	8
34	Biomechanical Analysis of Gait During Second and Third Trimester of Pregnancy. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 276-277.	0.4	0
35	Kinematic Analysis of Gait in the Second and Third Trimesters of Pregnancy. <i>Journal of Pregnancy</i> , 2013, 2013, 1-9.	2.4	51
36	THE OVERLOAD INFLUENCE IN ANGULAR KINEMATICS AND JOINT MOMENTS IN LOWER LIMB AND PELVIS DURING GAIT IN SAGITTAL PLANE. <i>Journal of Biomechanics</i> , 2012, 45, S240.	2.1	0

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37	Analysis of Kinematics of the Lower Limb during Step Exercise. Perceptual and Motor Skills, 2009, 109, 851-869.	1.3	1
38	Analysis of Ground Reaction Forces in Step Exercise Depending on Step Pattern and Stepping Rate. Journal of Strength and Conditioning Research, 2009, 23, 209-224.	2.1	10
39	Peak Ground and Joint Forces in Step-Exercise Depending on Step-Pattern and Stepping-Rate. The Open Sports Sciences Journal, 2009, 2, 10-21.	0.4	3
40	Prevalence Of Musculoskeletal Disorders In Step Instructors. Medicine and Science in Sports and Exercise, 2009, 41, 273.	0.4	0
41	Comparative Study of Plantar Pressure during Step Exercise in Different Floor Conditions. Journal of Applied Biomechanics, 2007, 23, 162-168.	0.8	9
42	Analysis of Ground Reaction Forces in Step Exercise Depending on Choreography and Stepping Rate. Medicine and Science in Sports and Exercise, 2007, 39, S23.	0.4	0
43	Osteogenic index of step exercise depending on choreographic movements, session duration, and stepping rate * COMMENTARY * COMMENTARY. British Journal of Sports Medicine, 2006, 40, 860-866.	6.7	18
44	Combined Effect of Orthotics and Fatigue on Three Plantar Fasciitis Injury Factors. Medicine and Science in Sports and Exercise, 2006, 38, S122.	0.4	0
45	Step Senior Exercise Program Promotes Functionality. Medicine and Science in Sports and Exercise, 2006, 38, S336.	0.4	0
46	A Brief Review on Processes for Cartilage Repair. Applied Mechanics and Materials, 0, 890, 229-236.	0.2	3
47	Sports Biomechanics: Kinetic Analysis of Exercise using Inverse Dynamics and Pressure Insoles. , 0, , .		0