

# Luca Paolo Ardig

## List of Publications by Year in Descending Order

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

121 papers	1,724 citations	21 h-index	37 g-index
140 ext. papers	2,094 ext. citations	3.7 avg, IF	4.97 L-index

#	Paper	IF	Citations
121	Wearable Inertial Measurement Unit to Measure External Load: A Full-Season Study in Professional Soccer Players. <i>Applied Sciences (Switzerland)</i> , <b>2022</b> , 12, 1140	2.6	1
120	Body Composition Symmetry in Aircraft Pilots. <i>Symmetry</i> , <b>2022</b> , 14, 356	2.7	0
119	Effects of Gradient and Speed on Uphill Running Gait Variability.. <i>Sports Health</i> , <b>2022</b> , 19417381211067721	2.7	0
118	Reliability and validity of the multi-point method and the 2-point method for variations of estimating the one-repetition maximum for deadlift and back squat exercises.. <i>PeerJ</i> , <b>2022</b> , 10, e13013	3.1	0
117	Bilateral deficit magnitude increases with velocity during a half-squat exercise.. <i>Journal of Sports Sciences</i> , <b>2022</b> , 1-8	3.6	0
116	Technical-tactical analysis of small combat games in male kickboxers: effects of varied number of opponents and area size.. <i>BMC Sports Science, Medicine and Rehabilitation</i> , <b>2021</b> , 13, 158	2.4	1
115	Shoulder Kinematics and Symmetry at Different Load Intensities during Bench Press Exercise. <i>Symmetry</i> , <b>2021</b> , 13, 1859	2.7	1
114	Fluctuations of Training Load Variables in Elite Soccer Players U-14 throughout the Competition Season. <i>Healthcare (Switzerland)</i> , <b>2021</b> , 9,	3.4	1
113	Weekly Variations in the Workload of Turkish National Youth Wrestlers: A Season of Complete Preparation. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	5
112	Association between Training Load and Well-Being Measures in Young Soccer Players during a Season. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	7
111	Effects of Adding Small Combat Games to Regular Taekwondo Training on Physiological and Performance Outcomes in Male Young Athletes. <i>Frontiers in Physiology</i> , <b>2021</b> , 12, 646666	4.6	4
110	Effect of Acute Ramadan Fasting on Muscle Function and Buffering System of Male Athletes. <i>Healthcare (Switzerland)</i> , <b>2021</b> , 9,	3.4	3
109	Intra- and Inter-week Variations of Well-Being Across a Season: A Cohort Study in Elite Youth Male Soccer Players. <i>Frontiers in Psychology</i> , <b>2021</b> , 12, 671072	3.4	9
108	Variations of Training Workload in Micro- and Meso-Cycles Based on Position in Elite Young Soccer Players: A Competition Season Study. <i>Frontiers in Physiology</i> , <b>2021</b> , 12, 668145	4.6	16
107	Somatotype, Accumulated Workload, and Fitness Parameters in Elite Youth Players: Associations with Playing Position. <i>Children</i> , <b>2021</b> , 8,	2.8	7
106	Marathon shoes vs. track spikes: a crossover pilot study on metabolic demand at different speeds in experienced runners. <i>Research in Sports Medicine</i> , <b>2021</b> , 1-8	3.8	1
105	Comparison of Official and Friendly Matches through Acceleration, Deceleration and Metabolic Power Measures: A Full-Season Study in Professional Soccer Players. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	7

104	Effect of Physical Guidance on Learning a Tracking Task in Children with Cerebral Palsy. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	2
103	Variations of Accelerometer and Metabolic Power Global Positioning System Variables across a Soccer Season: A Within-Group Study for Starters and Non-Starters. <i>Applied Sciences (Switzerland)</i> , <b>2021</b> , 11, 6747	2.6	2
102	Height-based model for the categorization of athletes in combat sports. <i>European Journal of Sport Science</i> , <b>2021</b> , 21, 471-480	3.9	4
101	Psycho-physiological aspects of small combats in taekwondo: impact of area size and within-round sparring partners. <i>Biology of Sport</i> , <b>2021</b> , 38, 157-164	4.3	3
100	Comparison of Running Distance Variables and Body Load in Competitions Based on Their Results: A Full-Season Study of Professional Soccer Players. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	10
99	Peak running speed can be used to monitor neuromuscular fatigue from a standardized running test in team sport athletes. <i>Research in Sports Medicine</i> , <b>2021</b> , 1-12	3.8	0
98	Unilateral versus Bilateral Landing after Spike Jumps in Male and Female Volleyball: A Systematic Review. <i>Symmetry</i> , <b>2021</b> , 13, 1505	2.7	0
97	Weekly Variations of Short-Duration Maximal Jumping Performance in Soccer Players: Exploring Relationships With Accumulated Training Load and Match Demands. <i>Frontiers in Physiology</i> , <b>2021</b> , 12, 690353	4.6	2
96	Validity and Reliability of a Light-Based Electronic Target for Testing Response Time in Fencers. <i>Journal of Strength and Conditioning Research</i> , <b>2021</b> , 35, 2636-2644	3.2	1
95	Playing Non-Professional Football in COVID-19 Time: A Narrative Review of Recommendations, Considerations, and Best Practices. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	5
94	Validity and Reliability of Isometric-Bench for Knee Isometric Assessment. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	4
93	The Psychophysiological Effects of Different Tempo Music on Endurance Versus High-Intensity Performances. <i>Frontiers in Psychology</i> , <b>2020</b> , 11, 74	3.4	9
92	Bioenergetics and Biomechanics of Handcycling at Submaximal Speeds in Athletes with a Spinal Cord Injury. <i>Sports</i> , <b>2020</b> , 8,	3	4
91	Match metabolic power over different playing phases in a young professional soccer team. <i>Journal of Sports Medicine and Physical Fitness</i> , <b>2020</b> , 60, 1170-1171	1.4	2
90	External Responsiveness of the SuperOp Device to Assess Recovery After Exercise: A Pilot Study. <i>Frontiers in Sports and Active Living</i> , <b>2020</b> , 2, 67	2.3	2
89	Ski Skating Race Technique-Effect of Long Distance Cross-Country Ski Racing on Choice of Skating Technique in Moderate Uphill Terrain. <i>Frontiers in Sports and Active Living</i> , <b>2020</b> , 2, 89	2.3	2
88	Sedentary Behaviors and Physical Activity Habits Independently Affect Fat Oxidation in Fasting Conditions and Capillary Glucose Levels After Standardized Glucose-Rich Meal in Healthy Females. <i>Frontiers in Physiology</i> , <b>2020</b> , 11, 710	4.6	0
87	Anthropometric and Functional Profile of Selected vs. Non-Selected 13-to-17-Year-Old Soccer Players. <i>Sports</i> , <b>2020</b> , 8,	3	2

86	Relationship between Perceived Training Load, Well-Being Indices, Recovery State and Physical Enjoyment during Judo-Specific Training. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	5
85	Changes in Perceived Exertion, Well-Being, and Recovery During Specific Judo Training: Impact of Training Period and Exercise Modality. <i>Frontiers in Physiology</i> , <b>2020</b> , 11, 931	4.6	6
84	The Effect of Balance and Sand Training on Postural Control in Elite Beach Volleyball Players. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	2
83	Acute Effect of Toe Cap Choice on Toe Deviation Angle and Perceived Pain in Female Professional Ballet Dancers. <i>BioMed Research International</i> , <b>2019</b> , 2019, 9515079	3	4
82	The ball kicking speed: A new, efficient performance indicator in youth soccer. <i>PLoS ONE</i> , <b>2019</b> , 14, e0213701	3.7	11
81	The Effect of Physical Activity on Cognitive Performance in an Italian Elementary School: Insights From a Pilot Study Using Structural Equation Modeling. <i>Frontiers in Physiology</i> , <b>2019</b> , 10, 202	4.6	13
80	Development and factorial validity of the Psychological Skills Inventory for Sports, Youth Version - Short Form: Assessment of the psychometric properties. <i>PLoS ONE</i> , <b>2019</b> , 14, e0220930	3.7	8
79	The acute effect of the tongue position in the mouth on knee isokinetic test performance: a highly surprising pilot study. <i>Muscles, Ligaments and Tendons Journal</i> , <b>2019</b> , 03, 318	1.9	14
78	Validity and Reliability of a New Specific Parkour Test: Physiological and Performance Responses. <i>Frontiers in Physiology</i> , <b>2019</b> , 10, 1362	4.6	4
77	Running Stride Length And Rate Are Changed And Mechanical Efficiency Is Preserved After Cycling In Middle-Level Triathletes. <i>Scientific Reports</i> , <b>2019</b> , 9, 18422	4.9	1
76	Validity and reliability of a standalone low-end 50-Hz GNSS receiver during running. <i>Biology of Sport</i> , <b>2019</b> , 36, 75-80	4.3	5
75	The Effect of Heart Rate on Jump-Shot Accuracy of Adolescent Basketball Players. <i>Frontiers in Physiology</i> , <b>2018</b> , 9, 1065	4.6	5
74	Effect of Heart rate on Basketball Three-Point Shot Accuracy. <i>Frontiers in Physiology</i> , <b>2018</b> , 9, 75	4.6	7
73	Relative age effect and second-tiers: No second chance for later-born players. <i>PLoS ONE</i> , <b>2018</b> , 13, e0201795	3.7	28
72	An Exploratory Study on the Acute Effects of Proprioceptive Exercise and/or Neuromuscular Taping on Balance Performance. <i>Asian Journal of Sports Medicine</i> , <b>2018</b> , 9,	1.4	5
71	Vibration effect on ball score test in international vs. national level table tennis. <i>Biology of Sport</i> , <b>2018</b> , 35, 329-334	4.3	4
70	Comment #2 on "Differences in Ventilatory Threshold for Exercise Prescription in Outpatient Diabetic and Sarcopenic Obese Subjects". <i>International Journal of Endocrinology</i> , <b>2018</b> , 2018, 4026463	2.7	1
69	Cardio-respiratory values during recovery from exercise in soccer Spanish leagues. <i>Physiological Measurement</i> , <b>2018</b> , 39, 105003	2.9	0

68	Leg Press vs. Smith Machine: Quadriceps Activation and Overall Perceived Effort Profiles. <i>Frontiers in Physiology</i> , <b>2018</b> , 9, 1481	4.6	4
67	The age of peak performance in women and men duathletes - The paradigm of short and long versions in "Powerman Zofingen". <i>Open Access Journal of Sports Medicine</i> , <b>2018</b> , 9, 125-130	2.9	1
66	Nordic walking versus natural walking: an easy approach to comparing metabolic demands. <i>International Journal of Performance Analysis in Sport</i> , <b>2018</b> , 18, 686-692	1.8	0
65	Can a Repeated Sprint Ability Test Help Clear a Previously Injured Soccer Player for Fully Functional Return to Activity? A Pilot Study. <i>Clinical Journal of Sport Medicine</i> , <b>2017</b> , 27, 361-368	3.2	10
64	Lower Limb Force, Velocity, Power Capabilities during Leg Press and Squat Movements. <i>International Journal of Sports Medicine</i> , <b>2017</b> , 38, 1083-1089	3.6	17
63	Anthropometric and physical characteristics allow differentiation of young female volleyball players according to playing position and level of expertise. <i>Biology of Sport</i> , <b>2017</b> , 34, 19-26	4.3	17
62	Performance and Metabolic Demand of a New Repeated-Sprint Ability Test in Basketball Players: Does the Number of Changes of Direction Matter?. <i>Journal of Strength and Conditioning Research</i> , <b>2017</b> , 31, 2438-2446	3.2	17
61	Development and Testing of a Novel Arm Cranking-Powered Watercraft. <i>Frontiers in Physiology</i> , <b>2017</b> , 8, 635	4.6	1
60	Intra-Positional and Inter-Positional Differences in Somatotype Components and Proportions of Particular Somatotype Categories in Youth Volleyball Players. <i>Annals of Applied Sport Science</i> , <b>2017</b> , 5, 37-49	0.4	2
59	Comment on Iodice P, Cesinaro S, Romani GL, Pezzulo G: More gain less pain: balance control learning shifts the activation patterns of leg and neck muscles and increases muscular parsimony. <i>Experimental Brain Research</i> , <b>2016</b> , 234, 1781-2	2.3	0
58	The effect of slope on repeated sprint ability in young soccer players. <i>Research in Sports Medicine</i> , <b>2016</b> , 24, 320-330	3.8	11
57	Letter to the Editor concerning "Validity and reliability of photographic measures to evaluate waistline asymmetry in idiopathic scoliosis" by Matamalas A, Bagci D, Agata E, Pellis EF (2016) Eur Spine J. 2016 Mar 14 [Epub ahead of print]. <i>European Spine Journal</i> , <b>2016</b> , 25, 3017-8	2.7	1
56	Neuromuscular and technical abilities related to age in water-polo players. <i>Journal of Sports Sciences</i> , <b>2016</b> , 34, 1466-72	3.6	9
55	Letter to the Editor concerning "The validity and reliability of "Spinal Mouse" assessment of spinal curvatures in the frontal plane in pediatric adolescent idiopathic thoraco-lumbar curves" by Livanelioglu A, Kaya F, Nabiye V, Demirkiran G, Fırat T (2015) Eur Spine J Apr 22 [Epub ahead of print]. <i>European Spine Journal</i> , <b>2016</b> , 25, 483-4	2.7	7
54	Electromyographic analysis of riding posture during the bicycling start moment. <i>Motriz Revista De Educacao Fisica</i> , <b>2016</b> , 22, 237-242	0.9	1
53	Lower Arm Muscle Activation during Indirect-Localized Vibration: The Influence of Skill Levels When Applying Different Acceleration Loads. <i>Frontiers in Physiology</i> , <b>2016</b> , 7, 242	4.6	11
52	Effect of Small-Sided Games and Repeated Shuffle Sprint Training on Physical Performance in Elite Handball Players. <i>Journal of Strength and Conditioning Research</i> , <b>2016</b> , 30, 830-40	3.2	33
51	Infodemiological data of Ironman Triathlon in the study period 2004-2013. <i>Data in Brief</i> , <b>2016</b> , 9, 123-7	1.2	5

50	Placebo or Cost of Changing Speed?. <i>International Journal of Sports Physiology and Performance</i> , <b>2016</b> , 11, 3	3.5	0
49	Modifications in activation of lower limb muscles as a function of initial foot position in cycling. <i>Journal of Electromyography and Kinesiology</i> , <b>2015</b> , 25, 648-52	2.5	8
48	Letter to the Editor concerning "Video raster stereography back shape reconstruction: a reliability study for sagittal, frontal, and transversal plane parameters" by Schroeder J, Reer R, Braumann KM (2015) Eur Spine J 24(2):262-269. <i>European Spine Journal</i> , <b>2015</b> , 24, 2100-1	2.7	2
47	A low-cost method for estimating energy expenditure during soccer refereeing. <i>Journal of Sports Sciences</i> , <b>2015</b> , 33, 1853-8	3.6	7
46	Repeated sprint ability related to recovery time in young soccer players. <i>Research in Sports Medicine</i> , <b>2015</b> , 23, 412-23	3.8	23
45	Physiological Performance Determinants of a 22-km Handbiking Time Trial. <i>International Journal of Sports Physiology and Performance</i> , <b>2015</b> , 10, 965-71	3.5	18
44	Need for scientific rigor in the evaluation of minimally invasive alternative procedures. <i>BioMed Research International</i> , <b>2015</b> , 2015, 876496	3	0
43	Metabolic optimisation of the basketball free throw. <i>Journal of Sports Sciences</i> , <b>2015</b> , 33, 1454-8	3.6	26
42	The Impact of Jumping during Recovery on Repeated Sprint Ability in Young Soccer Players. <i>Research in Sports Medicine</i> , <b>2015</b> , 23, 240-52	3.8	14
41	Formetric rasterstereography: a new perspective. <i>Osteoporosis International</i> , <b>2014</b> , 25, 1651-2	5.3	7
40	Signal or noise, a statistical perspective. <i>Proceedings of the National Academy of Sciences of the United States of America</i> , <b>2014</b> , 111, E1160	11.5	15
39	Letter to the Editor concerning "Is the 4 mm height of the vertebral artery groove really a limitation of C1 pedicle screw insertion?" (by Da-Geng Huang, Si-Min He, Jun-Wei Pan, et al. Eur Spine J, 2014, 23(5):1109-1114). <i>European Spine Journal</i> , <b>2014</b> , 23, 2009-10	2.7	1
38	Letter to the editor concerning "range of motion of thoracic spine in sagittal plane". <i>European Spine Journal</i> , <b>2014</b> , 23, 1576-7	2.7	2
37	Letter to the Editor concerning "Calculation of corrected body height in idiopathic scoliosis: comparison of four methods" by M. Tyrakowski et al. (Eur Spine J, doi:10.1007/s00586-014-3275-1). <i>European Spine Journal</i> , <b>2014</b> , 23, 2000-1	2.7	2
36	Formetric 4D rasterstereography. <i>BioMed Research International</i> , <b>2014</b> , 2014, 315041	3	12
35	Evaluating BCI devices: a statistical perspective. <i>Ergonomics</i> , <b>2014</b> , 57, 282-3	2.9	6
34	An exploratory study of respiratory muscle endurance training in high lesion level paraplegic handbike athletes. <i>Clinical Journal of Sport Medicine</i> , <b>2014</b> , 24, 69-75	3.2	20
33	Vertebral rotation in adolescent idiopathic scoliosis calculated by radiograph and back surface analysis-based methods: correlation between the Raimondi method and rasterstereography. Eur Spine J;22:2336-2337 : Statistical perspectives part II. <i>European Spine Journal</i> , <b>2014</b> , 23, 922-3	2.7	10

32	Concentric and eccentric: muscle contraction or exercise? New perspective. <i>Muscles, Ligaments and Tendons Journal</i> , <b>2014</b> , 4, 158	1.9	2
31	Walking and running on treadmill: the standard criteria for kinematics studies. <i>Muscles, Ligaments and Tendons Journal</i> , <b>2014</b> , 4, 159-62	1.9	25
30	Concentric and eccentric exercise. <i>Journal of Pain</i> , <b>2013</b> , 14, 1531-2	5.2	4
29	Letter to the Editor concerning "Vertebral rotation in adolescent idiopathic scoliosis calculated by radiograph and back surface analysis-based methods: correlation between the Raimondi method and rasterstereography". <i>European Spine Journal</i> , <b>2013</b> , 22, 2336-7	2.7	16
28	Concentric and eccentric: muscle contraction or exercise?. <i>Journal of Human Kinetics</i> , <b>2013</b> , 37, 5-6	2.6	29
27	A paradigm of uphill running. <i>PLoS ONE</i> , <b>2013</b> , 8, e69006	3.7	48
26	Anatomically asymmetrical runners move more asymmetrically at the same metabolic cost. <i>PLoS ONE</i> , <b>2013</b> , 8, e74134	3.7	26
25	The acute effect of the tongue position in the mouth on knee isokinetic test performance: a highly surprising pilot study. <i>Muscles, Ligaments and Tendons Journal</i> , <b>2013</b> , 3, 318-23	1.9	12
24	Energy expenditure during the LANY Footrace 2011 - a case study. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2012</b> , 37, 1247-50	3	4
23	Physiological adaptation of a mature adult walking the Alps. <i>Wilderness and Environmental Medicine</i> , <b>2011</b> , 22, 236-41	1.4	3
22	Measured and predicted mechanical internal work in human locomotion. <i>Human Movement Science</i> , <b>2011</b> , 30, 90-104	2.4	31
21	Low-cost match analysis of Italian sixth and seventh division soccer refereeing. <i>Journal of Strength and Conditioning Research</i> , <b>2010</b> , 24, 2532-8	3.2	16
20	Energy cost and mechanical efficiency of riding a human-powered recumbent bicycle. <i>Ergonomics</i> , <b>2008</b> , 51, 1565-75	2.9	8
19	Keystroke dynamics and timing: accuracy, precision and difference between hands in pianist performance. <i>Journal of Biomechanics</i> , <b>2007</b> , 40, 3738-43	2.9	14
18	Gastrocnemius muscle-tendon behaviour during walking in young and older adults. <i>Acta Physiologica</i> , <b>2007</b> , 189, 57-65	5.6	66
17	Effect of a 12-month physical conditioning programme on the metabolic cost of walking in healthy older adults. <i>European Journal of Applied Physiology</i> , <b>2007</b> , 100, 499-505	3.4	46
16	Himalayan porter specialization: metabolic power, economy, efficiency and skill. <i>Proceedings of the Royal Society B: Biological Sciences</i> , <b>2006</b> , 273, 2791-7	4.4	32
15	Metabolic cost, mechanical work, and efficiency during walking in young and older men. <i>Acta Physiologica</i> , <b>2006</b> , 186, 127-39	5.6	233

14	Human locomotion on snow: determinants of economy and speed of skiing across the ages. <i>Proceedings of the Royal Society B: Biological Sciences</i> , <b>2005</b> , 272, 1561-9	4.4	18
13	Biomechanics and energetics of basketball wheelchairs evolution. <i>International Journal of Sports Medicine</i> , <b>2005</b> , 26, 388-96	3.6	9
12	The optimal locomotion on gradients: walking, running or cycling?. <i>European Journal of Applied Physiology</i> , <b>2003</b> , 90, 365-71	3.4	42
11	Halteres used in ancient Olympic long jump. <i>Nature</i> , <b>2002</b> , 420, 141-2	50.4	32
10	The transmission efficiency of backward walking at different gradients. <i>Pflugers Archiv European Journal of Physiology</i> , <b>2001</b> , 442, 542-6	4.6	17
9	Energetics and Mechanics of Human Walking at Oscillating Speeds <sup>1</sup> . <i>American Zoologist</i> , <b>2001</b> , 41, 205-210		9
8	Energetics and Mechanics of Human Walking at Oscillating Speeds. <i>American Zoologist</i> , <b>2001</b> , 41, 205-210		14
7	Mechanical and metabolic profile of locomotion in adults with childhood-onset GH deficiency. <i>European Journal of Endocrinology</i> , <b>2000</b> , 142, 35-41	6.5	24
6	Using leg muscles as shock absorbers: theoretical predictions and experimental results of drop landing performance. <i>Ergonomics</i> , <b>1998</b> , 41, 1771-91	2.9	31
5	Metabolic and mechanical aspects of foot landing type, forefoot and rearfoot strike, in human running. <i>Acta Physiologica Scandinavica</i> , <b>1995</b> , 155, 17-22		62
4	Pygmy locomotion. <i>European Journal of Applied Physiology and Occupational Physiology</i> , <b>1994</b> , 68, 285-90		43
3	The transition between walking and running in humans: metabolic and mechanical aspects at different gradients. <i>Acta Physiologica Scandinavica</i> , <b>1994</b> , 150, 315-23		132
2	Mechanical determinants of gradient walking energetics in man. <i>Journal of Physiology</i> , <b>1993</b> , 472, 725-35	3.9	104
1	Walking and running on treadmill: the standard criteria for kinematics studies. <i>Muscles, Ligaments and Tendons Journal</i> ,	1.9	8