

Antonino Bianco

List of Publications by Citations

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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.

187
papers

2,895
citations

27
h-index

45
g-index

220
ext. papers

3,990
ext. citations

3.2
avg. IF

5.54
L-index

#	Paper	IF	Citations
187	Effects of eight weeks of time-restricted feeding (16/8) on basal metabolism, maximal strength, body composition, inflammation, and cardiovascular risk factors in resistance-trained males. <i>Journal of Translational Medicine</i> , 2016 , 14, 290	8.5	255
186	Ketogenic diet in neuromuscular and neurodegenerative diseases. <i>BioMed Research International</i> , 2014 , 2014, 474296	3	119
185	Long term successful weight loss with a combination biphasic ketogenic Mediterranean diet and Mediterranean diet maintenance protocol. <i>Nutrients</i> , 2013 , 5, 5205-17	6.7	103
184	The Influence of Meal Frequency and Timing on Health in Humans: The Role of Fasting. <i>Nutrients</i> , 2019 , 11,	6.7	101
183	Ketogenic diet does not affect strength performance in elite artistic gymnasts. <i>Journal of the International Society of Sports Nutrition</i> , 2012 , 9, 34	4.5	96
182	Effects of high-intensity circuit training, low-intensity circuit training and endurance training on blood pressure and lipoproteins in middle-aged overweight men. <i>Lipids in Health and Disease</i> , 2013 , 12, 131	4.4	85
181	Ketogenic Diet and Microbiota: Friends or Enemies?. <i>Genes</i> , 2019 , 10,	4.2	78
180	Nutrition and acne: therapeutic potential of ketogenic diets. <i>Skin Pharmacology and Physiology</i> , 2012 , 25, 111-7	3	76
179	High-Intensity Interval Resistance Training (HIRT) influences resting energy expenditure and respiratory ratio in non-dieting individuals. <i>Journal of Translational Medicine</i> , 2012 , 10, 237	8.5	59
178	Improving Children's Coordinative Skills and Executive Functions: The Effects of a Football Exercise Program. <i>Perceptual and Motor Skills</i> , 2016 , 122, 27-46	2.2	52
177	Effects of a ketogenic diet in overweight women with polycystic ovary syndrome. <i>Journal of Translational Medicine</i> , 2020 , 18, 104	8.5	51
176	The Ketogenic Diet and Sport: A Possible Marriage?. <i>Exercise and Sport Sciences Reviews</i> , 2015 , 43, 153-67	6.7	51
175	EMG amplitude of the biceps femoris during jumping compared to landing movements. <i>SpringerPlus</i> , 2013 , 2, 520		49
174	A systematic review to determine reliability and usefulness of the field-based test batteries for the assessment of physical fitness in adolescents - The ASSO Project. <i>International Journal of Occupational Medicine and Environmental Health</i> , 2015 , 28, 445-78	1.5	49
173	Effects of n-3 polyunsaturated fatty acids (EPA) supplementation on some cardiovascular risk factors with a ketogenic Mediterranean diet. <i>Marine Drugs</i> , 2015 , 13, 996-1009	6	46
172	Maintaining everyday life praxis in the time of COVID-19 pandemic measures (ELP-COVID-19 survey). <i>European Journal of Public Health</i> , 2020 , 30, 1181-1186	2.1	46
171	Protein supplementation in strength and conditioning adepts: knowledge, dietary behavior and practice in Palermo, Italy. <i>Journal of the International Society of Sports Nutrition</i> , 2011 , 8, 25	4.5	45

170	Effects of Pilates exercise programs in people with chronic low back pain: a systematic review. <i>Medicine (United States)</i> , 2015 , 94, e383	1.8	42
169	Validation and reproducibility of dietary assessment methods in adolescents: a systematic literature review. <i>Public Health Nutrition</i> , 2014 , 17, 2700-14	3.3	39
168	Using concept mapping in the development of the EU-PAD framework (EUropean-Physical Activity Determinants across the life course): a DEDIPAC-study. <i>BMC Public Health</i> , 2016 , 16, 1145	4.1	37
167	Resistance Training with Single vs. Multi-joint Exercises at Equal Total Load Volume: Effects on Body Composition, Cardiorespiratory Fitness, and Muscle Strength. <i>Frontiers in Physiology</i> , 2017 , 8, 11054.6	4.6	37
166	Increased cx43 and angiogenesis in exercised mouse hearts. <i>International Journal of Sports Medicine</i> , 2007 , 28, 749-55	3.6	32
165	Spatially modulated structural colour in bird feathers. <i>Scientific Reports</i> , 2015 , 5, 18317	4.9	30
164	School-Based Intervention Programs for Preventing Obesity and Promoting Physical Activity and Fitness: A Systematic Review. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	29
163	Postural adaptations in preadolescent karate athletes due to a one week karate training cAMP. <i>Journal of Human Kinetics</i> , 2013 , 38, 45-52	2.6	28
162	Lift weights to fight overweight. <i>Clinical Physiology and Functional Imaging</i> , 2015 , 35, 1-6	2.4	27
161	A Review of Countermovement and Squat Jump Testing Methods in the Context of Public Health Examination in Adolescence: Reliability and Feasibility of Current Testing Procedures. <i>Frontiers in Physiology</i> , 2019 , 10, 1384	4.6	27
160	The involvement of MMP-2 and MMP-9 in heart exercise-related angiogenesis. <i>Journal of Translational Medicine</i> , 2013 , 11, 283	8.5	27
159	A meta-analysis of the validity of FFQ targeted to adolescents. <i>Public Health Nutrition</i> , 2016 , 19, 1168-833.3	3.3	26
158	The Relation Between Stretching Typology and Stretching Duration: The Effects on Range of Motion. <i>International Journal of Sports Medicine</i> , 2018 , 39, 243-254	3.6	25
157	Comparative validity of the ASSO-Food Frequency Questionnaire for the web-based assessment of food and nutrients intake in adolescents. <i>Food and Nutrition Research</i> , 2015 , 59, 26216	3.1	25
156	Not all exercises are created equal. <i>American Journal of Cardiology</i> , 2012 , 109, 305	3	25
155	Effects of an adapted physical activity program on psychophysical health in elderly women. <i>Clinical Interventions in Aging</i> , 2016 , 11, 1009-15	4	25
154	Pain Perception and Stabilometric Parameters in People With Chronic Low Back Pain After a Pilates Exercise Program: A Randomized Controlled Trial. <i>Medicine (United States)</i> , 2016 , 95, e2414	1.8	22
153	Motor and cognitive growth following a Football Training Program. <i>Frontiers in Psychology</i> , 2015 , 6, 16273.4	3.4	22

152	Session-RPE for quantifying load of different youth taekwondo training sessions. <i>Journal of Sports Medicine and Physical Fitness</i> , 2017 , 57, 189-194	1.4	20
151	The sit up test to exhaustion as a test for muscular endurance evaluation. <i>SpringerPlus</i> , 2015 , 4, 309		20
150	A Cross-Country Examination on the Fear of COVID-19 and the Sense of Loneliness during the First Wave of COVID-19 Outbreak. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	20
149	Changes in spinal range of motion after a flexibility training program in elderly women. <i>Clinical Interventions in Aging</i> , 2014 , 9, 653-60	4	19
148	Improved postural control after dynamic balance training in older overweight women. <i>Aging Clinical and Experimental Research</i> , 2011 , 23, 378-85	4.8	19
147	The efficacy of muscle energy techniques in symptomatic and asymptomatic subjects: a systematic review. <i>Chiropractic & Manual Therapies</i> , 2019 , 27, 35	1.8	17
146	Time-restricted eating effects on performance, immune function, and body composition in elite cyclists: a randomized controlled trial. <i>Journal of the International Society of Sports Nutrition</i> , 2020 , 17, 65	4.5	17
145	Anthropometric and physical characteristics allow differentiation of young female volleyball players according to playing position and level of expertise. <i>Biology of Sport</i> , 2017 , 34, 19-26	4.3	17
144	Medium term effects of a ketogenic diet and a Mediterranean diet on resting energy expenditure and respiratory ratio. <i>BMC Proceedings</i> , 2012 , 6,	2.3	17
143	Evaluation of fitness levels of children with a diagnosis of acute leukemia and lymphoma after completion of chemotherapy and autologous hematopoietic stem cell transplantation. <i>Cancer Medicine</i> , 2014 , 3, 385-9	4.8	17
142	The web-based ASSO-food frequency questionnaire for adolescents: relative and absolute reproducibility assessment. <i>Nutrition Journal</i> , 2014 , 13, 119	4.3	17
141	Resistance Training Safety during and after the SARS-Cov-2 Outbreak: Practical Recommendations. <i>BioMed Research International</i> , 2020 , 2020, 3292916	3	17
140	Effects of Rapid Weight Loss on Judo Athletes: A Systematic Review. <i>Nutrients</i> , 2020 , 12,	6.7	16
139	Importance of the Motivational Climate in Goal, Enjoyment, and the Causes of Success in Handball Players. <i>Frontiers in Psychology</i> , 2017 , 8, 2081	3.4	16
138	Effects of a dynamic balance training protocol on podalic support in older women. Pilot Study. <i>Aging Clinical and Experimental Research</i> , 2010 , 22, 406-11	4.8	16
137	Motor and cognitive development: the role of karate. <i>Muscles, Ligaments and Tendons Journal</i> , 2014 , 4, 114-20	1.9	16
136	Decreased postural control in people with moderate hearing loss. <i>Medicine (United States)</i> , 2018 , 97, e0244	1.8	15
135	Profiles of Physical Fitness Risk Behaviours in School Adolescents from the ASSO Project: A Latent Class Analysis. <i>International Journal of Environmental Research and Public Health</i> , 2018 , 15,	4.6	15

134	Selective Activation of Shoulder, Trunk, and Arm Muscles: A Comparative Analysis of Different Push-Up Variants. <i>Journal of Athletic Training</i> , 2015 , 50, 1126-32	4	14
133	High intensity interval resistance training (HIIRT) in older adults: Effects on body composition, strength, anabolic hormones and blood lipids. <i>Experimental Gerontology</i> , 2017 , 98, 91-98	4.5	14
132	Is karate effective in improving postural control?. <i>Archives of Budo</i> , 8 , 203-206		14
131	Postural control and balance in a cohort of healthy people living in Europe: An observational study. <i>Medicine (United States)</i> , 2018 , 97, e13835	1.8	14
130	Protein supplementation increases postexercise plasma myostatin concentration after 8 weeks of resistance training in young physically active subjects. <i>Journal of Medicinal Food</i> , 2015 , 18, 137-43	2.8	13
129	Evaluation of knee joint proprioception and balance of young female volleyball players: a pilot study. <i>Journal of Physical Therapy Science</i> , 2015 , 27, 437-40	1	13
128	Postural stability in subjects with whiplash injury symptoms: results of a pilot study. <i>Acta Oto-Laryngologica</i> , 2014 , 134, 947-51	1.6	13
127	What Is Fitness Training? Definitions and Implications: A Systematic Review Article. <i>Iranian Journal of Public Health</i> , 2015 , 44, 602-14	0.7	13
126	Effects of Two Months of Very Low Carbohydrate Ketogenic Diet on Body Composition, Muscle Strength, Muscle Area, and Blood Parameters in Competitive Natural Body Builders. <i>Nutrients</i> , 2021 , 13,	6.7	13
125	The effects of physical training without equipment on pain perception and balance in the elderly: A randomized controlled trial. <i>Work</i> , 2017 , 57, 23-30	1.6	12
124	Thermosensory mapping of skin wetness sensitivity across the body of young males and females at rest and following maximal incremental running. <i>Journal of Physiology</i> , 2019 , 597, 3315-3332	3.9	12
123	Expression Pattern of Angiogenic Factors in Healthy Heart in Response to Physical Exercise Intensity. <i>Frontiers in Physiology</i> , 2019 , 10, 238	4.6	12
122	Time Trials Versus Time-to-Exhaustion Tests: Effects on Critical Power, W', and Oxygen-Uptake Kinetics. <i>International Journal of Sports Physiology and Performance</i> , 2018 , 13, 183-188	3.5	12
121	Group fitness activities for the elderly: an innovative approach to reduce falls and injuries. <i>Aging Clinical and Experimental Research</i> , 2014 , 26, 147-52	4.8	12
120	Field-Based Tests for the Assessment of Physical Fitness in Children and Adolescents Practicing Sport: A Systematic Review within the ESA Program. <i>Sustainability</i> , 2019 , 11, 7187	3.6	12
119	A Prospective Analysis of the Injury Incidence of Young Male Professional Football Players on Artificial Turf. <i>Asian Journal of Sports Medicine</i> , 2016 , 7, e28425	1.4	12
118	Resting sympatho-vagal balance is related to 10 km running performance in master endurance athletes. <i>European Journal of Translational Myology</i> , 2018 , 28, 7051	2.1	12
117	Liquid-liquid phase separation morphologies in ultra-white beetle scales and a synthetic equivalent. <i>Communications Chemistry</i> , 2019 , 2,	6.3	11

116	Comparison of elbow flexor isokinetic peak torque and fatigue index between men and women of different training level. <i>European Journal of Translational Myology</i> , 2017 , 27, 7070	2.1	11
115	Protein supplementation and dietary behaviours of resistance trained men and women attending commercial gyms: a comparative study between the city centre and the suburbs of Palermo, Italy. <i>Journal of the International Society of Sports Nutrition</i> , 2014 , 11, 30	4.5	11
114	The Effect of COVID-19 Lockdown Measures on Physical Activity Levels and Sedentary Behaviour in a Relatively Young Population Living in Kosovo. <i>Journal of Clinical Medicine</i> , 2021 , 10,	5.1	11
113	Gross motor proficiency and intellectual functioning: A comparison among children with Down syndrome, children with borderline intellectual functioning, and typically developing children. <i>Medicine (United States)</i> , 2018 , 97, e12737	1.8	11
112	One repetition maximum bench press performance: a new approach for its evaluation in inexperienced males and females: a pilot study. <i>Journal of Bodywork and Movement Therapies</i> , 2015 , 19, 362-9	1.6	10
111	Sudden sensorineural hearing loss: is there a relationship between routine haematological parameters and audiogram shapes?. <i>International Journal of Audiology</i> , 2017 , 56, 148-153	2.6	10
110	Patterns of rapid weight loss in elite sambo athletes. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2021 , 13, 39	2.4	10
109	The effects of rapid weight loss on skeletal muscle in judo athletes. <i>Journal of Translational Medicine</i> , 2020 , 18, 142	8.5	10
108	Control of the Porous Structure of Polystyrene Particles Obtained by Nonsolvent Induced Phase Separation. <i>Langmuir</i> , 2017 , 33, 13303-13314	4	9
107	What drives athletes toward dietary supplement use: objective knowledge or self-perceived competence? Cross-sectional analysis of professional team-sport players from Southeastern Europe during the competitive season. <i>Journal of the International Society of Sports Nutrition</i> , 2019 , 16, 25	4.5	9
106	Type 2 diabetes family histories, body composition and fasting glucose levels: a cross-section analysis in healthy sedentary male and female. <i>Iranian Journal of Public Health</i> , 2013 , 42, 681-90	0.7	9
105	Effects of Rapid Weight Loss on Kidney Function in Combat Sport Athletes. <i>Medicina (Lithuania)</i> , 2021 , 57,	3.1	9
104	The influence of the stomatognathic system on explosive strength: a pilot study. <i>Journal of Physical Therapy Science</i> , 2016 , 28, 72-5	1	9
103	Effects of 6 Weeks of Traditional Resistance Training or High Intensity Interval Resistance Training on Body Composition, Aerobic Power and Strength in Healthy Young Subjects: A Randomized Parallel Trial. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	8
102	Effects of a Physical Activity Intervention on Physical Fitness of schoolchildren: The Enriched Sport Activity Program. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	8
101	Determination of a strength index for upper body local endurance strength in sedentary individuals: a cross sectional analysis. <i>SpringerPlus</i> , 2015 , 4, 734		8
100	PPARG gene variants as predicted performance-enhancing polymorphisms in professional Italian soccer players. <i>Open Access Journal of Sports Medicine</i> , 2014 , 5, 273-8	2.9	8
99	Visuospatial attention lateralization in volleyball players and in rowers. <i>Perceptual and Motor Skills</i> , 2011 , 112, 915-25	2.2	8

98	Motor and cognitive development: the role of karate. <i>Muscles, Ligaments and Tendons Journal</i> ,	1.9	8
97	A Fitness Index model for Italian adolescents living in Southern Italy: the ASSO project. <i>Journal of Sports Medicine and Physical Fitness</i> , 2016 , 56, 1279-1288	1.4	8
96	Prospective Analysis of the Influence of Sport and Educational Factors on the Prevalence and Initiation of Smoking in Older Adolescents from Croatia. <i>International Journal of Environmental Research and Public Health</i> , 2017 , 14,	4.6	7
95	The Effects of Different High-Protein Low-Carbohydrates Proprietary Foods on Blood Sugar in Healthy Subjects. <i>Journal of Medicinal Food</i> , 2016 , 19, 1085-1095	2.8	7
94	Identification of Factors Associated with Potential Doping Behavior in Sports: A Cross-Sectional Analysis in High-Level Competitive Swimmers. <i>International Journal of Environmental Research and Public Health</i> , 2018 , 15,	4.6	7
93	The evaluation of dual-task conditions on static postural control in the older adults: a systematic review and meta-analysis protocol. <i>Systematic Reviews</i> , 2019 , 8, 188	3	7
92	The relationship between type 2 diabetes family history, body composition and blood basal glycemia in sedentary people. <i>Acta Diabetologica</i> , 2014 , 51, 79-84	3.9	7
91	Training the Vertical Jump to Head the Ball in Soccer. <i>Strength and Conditioning Journal</i> , 2012 , 34, 80-85	2	7
90	Make Fitness Fun: Could Novelty Be the Key Determinant for Physical Activity Adherence?. <i>Frontiers in Psychology</i> , 2020 , 11, 577522	3.4	7
89	Design, Implementation, and Evaluation of the Adolescents and Surveillance System for the Obesity Prevention Project. <i>Medicine (United States)</i> , 2016 , 95, e3143	1.8	7
88	Cardiovascular Responses to Muscle Stretching: A Systematic Review and Meta-analysis. <i>International Journal of Sports Medicine</i> , 2021 , 42, 481-493	3.6	7
87	Does the addition of single joint exercises to a resistance training program improve changes in performance and anthropometric measures in untrained men?. <i>European Journal of Translational Myology</i> , 2018 , 28, 7827	2.1	7
86	Relationship Between the Critical Power Test and a 20-min Functional Threshold Power Test in Cycling. <i>Frontiers in Physiology</i> , 2020 , 11, 613151	4.6	7
85	Sports massage with ozonised oil or non-ozonised oil: Comparative effects on recovery parameters after maximal effort in cyclists. <i>Physical Therapy in Sport</i> , 2013 , 14, 240-5	3	6
84	Parental and Familial Factors Influencing Physical Activity Levels in Early Adolescence: A Prospective Study. <i>Healthcare (Switzerland)</i> , 2020 , 8,	3.4	6
83	Rapid Weight Loss Habits before a Competition in Sambo Athletes. <i>Nutrients</i> , 2021 , 13,	6.7	6
82	Cardiorespiratory Fitness in Volleyball Athletes Following a COVID-19 Infection: A Cross-Sectional Study. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	6
81	The effects of a calisthenics training intervention on posture, strength and body composition. <i>Isokinetics and Exercise Science</i> , 2017 , 25, 215-222	0.6	5

80	The execution of the Grooved Pegboard test in a Dual-Task situation: A pilot study. <i>Heliyon</i> , 2020 , 6, e04678	4.78	5
79	The Effect of an Enriched Sport Program on Children's Executive Functions: The ESA Program. <i>Frontiers in Psychology</i> , 2020 , 11, 657	3.4	5
78	Sport Intervention Programs (SIPs) to Improve Health and Social Inclusion in People with Intellectual Disabilities: A Systematic Review. <i>Journal of Functional Morphology and Kinesiology</i> , 2019 , 4,	2.4	5
77	Weight cycling in combat sports: revisiting 25 years of scientific evidence.. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2021 , 13, 154	2.4	5
76	Percentile values of the standing broad jump in children and adolescence aged 6-18 years old. <i>European Journal of Translational Myology</i> , 2020 , 30, 240-246	2.1	5
75	Effects of Aerobic and Anaerobic Fatigue Exercises on Postural Control and Recovery Time in Female Soccer Players. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	5
74	Home is the new gym: exergame as a potential tool to maintain adequate fitness levels also during quarantine. <i>Human Movement</i> , 2020 , 21, 79-87	0.8	5
73	An innovative way to highlight the power of each polymorphism on elite athletes phenotype expression. <i>European Journal of Translational Myology</i> , 2018 , 28, 7186	2.1	5
72	One Year of COVID-19 Pandemic in Italy: Effect of Sedentary Behavior on Physical Activity Levels and Musculoskeletal Pain among University Students. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	5
71	Effects of the Enriched Sports Activities-Program on Executive Functions in Italian Children. <i>Journal of Functional Morphology and Kinesiology</i> , 2020 , 5,	2.4	4
70	Effects of different circuit training protocols on body mass, fat mass and blood parameters in overweight adults. <i>Journal of Biological Research (Italy)</i> , 2017 , 90,	3	4
69	Protein supplements consumption: a comparative study between the city centre and the suburbs of Palermo, Italy. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2014 , 6, 29	2.4	4
68	Alcohol consumption and hormonal alterations related to muscle hypertrophy: a review. <i>Nutrition and Metabolism</i> , 2014 , 11, 26	4.6	4
67	The importance of standard operating procedures in physical fitness assessment: a brief review. <i>Sport Sciences for Health</i> , 1	1.3	4
66	Identification of normal and pathological posterior inter-malleolar ligament with dedicated high-field vs low-field MRI. A pilot study. <i>Muscles, Ligaments and Tendons Journal</i> , 2019 , 05, 12	1.9	4
65	Relationship between velocity and muscular endurance of the upper body. <i>Human Movement Science</i> , 2018 , 60, 175-182	2.4	4
64	Is bodyweight affecting plantar pressure distribution in children?: An observational study. <i>Medicine (United States)</i> , 2020 , 99, e21968	1.8	4
63	The effect of resistance training programs on lean body mass in postmenopausal and elderly women: a meta-analysis of observational studies. <i>Aging Clinical and Experimental Research</i> , 2021 , 33, 2941-2952	4.8	4

62	Redox and autonomic responses to acute exercise-post recovery following Opuntia ficus-indica juice intake in physically active women. <i>Journal of the International Society of Sports Nutrition</i> , 2021 , 18, 43	4.5	4
61	The Impact of Physical Exercise on the Circulating Levels of BDNF and NT 4/5: A Review. <i>International Journal of Molecular Sciences</i> , 2021 , 22,	6.3	4
60	Factors associated with the subjective health complaints among adolescents: Results from the ASSO Project. <i>Journal of Human Sport and Exercise</i> , 2019 , 14,	1.5	3
59	Predicting the 2000-m Rowing Ergometer Performance from Anthropometric, Maximal Oxygen Uptake and 60-s Mean Power Variables in National Level Young Rowers. <i>Journal of Human Kinetics</i> , 2020 , 75, 77-83	2.6	3
58	Effects of a Nine-Month Physical Activity Intervention on Morphological Characteristics and Motor and Cognitive Skills of Preschool Children. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	3
57	Validation in Young Soccer Players of the Modified Version of the Harre Circuit Test: The Petrucci Ability Test. <i>Montenegrin Journal of Sports Science and Medicine</i> , 2021 , 10, 67-71	1.7	3
56	Differences in the Psychological Profiles of Elite and Non-elite Athletes. <i>Frontiers in Psychology</i> , 2021 , 12, 635651	3.4	3
55	Use of alcohol, drugs, inhalants, and smoking tobacco and the long-term risk of depression in men: A nationwide Swedish cohort study from 1969-2017. <i>Drug and Alcohol Dependence</i> , 2021 , 221, 108553	4.9	3
54	Isokinetic Profile of Elite Serbian Female Judoists. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	3
53	Single joint exercises do not provide benefits in performance and anthropometric changes in recreational bodybuilders. <i>European Journal of Sport Science</i> , 2020 , 20, 72-79	3.9	3
52	Clinical Characteristics, Exercise Capacity and Pulmonary Function in Post-COVID-19 Competitive Athletes. <i>Journal of Clinical Medicine</i> , 2021 , 10,	5.1	3
51	Protein supplement consumption is linked to time spent exercising and high-protein content foods: A multicentric observational study. <i>Heliyon</i> , 2019 , 5, e01508	3.6	2
50	Prosocial and Aggressive Behavior Occurrence in Young Athletes: Field Research Results in Six European Countries. <i>Sustainability</i> , 2020 , 12, 5085	3.6	2
49	Race Profiles of Rowers During the 2014 Youth Olympic Games. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 2055-2060	3.2	2
48	The Influence of an Enriched Sport Program on Children's Sport Motivation in the School Context: The ESA PROGRAM. <i>Frontiers in Psychology</i> , 2020 , 11, 601000	3.4	2
47	Behind the mask: Rethinking the use of face masks while exercising. <i>Science and Sports</i> , 2021 , 36, 430-432.	3.8	2
46	Living in the "Bubble": Athletes' Psychological Profile During the Sambo World Championship. <i>Frontiers in Psychology</i> , 2021 , 12, 657652	3.4	2
45	How do sports affect static baropodometry? An observational study among women living in southern Italy. <i>Human Movement</i> , 2019 , 20, 9-16	0.8	2

44	Training session intensity affects plasma redox status in amateur rhythmic gymnasts. <i>Journal of Sport and Health Science</i> , 2019 , 8, 561-566	8.2	2
43	Happiness in Physical Activity: A Longitudinal Examination of Children Motivation and Negative Affect in Physical Activity. <i>Journal of Happiness Studies</i> , 2021 , 22, 1643-1655	3.7	2
42	Analysis of the Relationship between Tobacco Smoking and Physical Activity in Adolescence: A Gender Specific Study. <i>Medicina (Lithuania)</i> , 2021 , 57,	3.1	2
41	Twelve Months of Time-restricted Eating and Resistance Training Improves Inflammatory Markers and Cardiometabolic Risk Factors. <i>Medicine and Science in Sports and Exercise</i> , 2021 , 53, 2577-2585	1.2	2
40	Competition, Gender Equality, and Doping in Sports in the Red Queen Effect Perspective. <i>Sustainability</i> , 2022 , 14, 2490	3.6	2
39	Combined effect of different factors on weight status and cardiometabolic risk in Italian adolescents. <i>Italian Journal of Pediatrics</i> , 2019 , 45, 32	3.2	1
38	Evaluation of Podalic Support and Monitoring of Balance Control in Children with and without Dyslexia: A Pilot Study. <i>Sustainability</i> , 2020 , 12, 1191	3.6	1
37	Preliminary evaluation of a short version questionnaire for Executive Functioning Self-Report (EF-SR). <i>Current Psychology</i> , 2020 , 1	1.4	1
36	An Exploratory Analysis of Factors Associated with Health-Related Physical Fitness in Adolescents. The ASSO Project. <i>Sustainability</i> , 2018 , 10, 1847	3.6	1
35	Heavy vs Light Load Single-Joint Exercise Performance with Different Rest Intervals. <i>Journal of Human Kinetics</i> , 2017 , 58, 197-206	2.6	1
34	The role and working conditions of Movement Science students employed in sport and recreational facilities: An Italian multicenter study. <i>Work</i> , 2015 , 52, 385-92	1.6	1
33	Knowledge, risk perception and behaviours in swimming pool users of Palermo city, Sicily. <i>European Journal of Sport Science</i> , 2014 , 14 Suppl 1, S51-6	3.9	1
32	Disturbing Weight Cutting Behaviors in Young Combat Sports Athletes: A Cause for Concern.. <i>Frontiers in Nutrition</i> , 2022 , 9, 842262	6.2	1
31	Percentile values of the standing broad jump in children and adolescents aged 6-18 years old. <i>European Journal of Translational Myology</i> , 2020 , 30, 9050	2.1	1
30	Health Implications of Judo Training. <i>Sustainability</i> , 2021 , 13, 11403	3.6	1
29	Independent and interactive effects of thermal stress and mental fatigue on manual dexterity. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2020 , 319, R703-R711	3.2	1
28	Effect of an Endurance and Strength Mixed Circuit Training on Regional Fat Thickness: The Quest for the "Spot Reduction". <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	1
27	Dual-Task Conditions on Static Postural Control in Older Adults: A Systematic Review and Meta-Analysis. <i>Journal of Aging and Physical Activity</i> , 2020 , 29, 162-177	1.6	1

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