

# Antonino Bianco

## 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.

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	Disturbing Weight Cutting Behaviors in Young Combat Sports Athletes: A Cause for Concern.. <i>Frontiers in Nutrition</i> , <b>2022</b> , 9, 842262	6.2	1
186	Higher Muscle Damage Triggered by Shorter Inter-Set Rest Periods in Volume-Equated Resistance Exercise.. <i>Frontiers in Physiology</i> , <b>2022</b> , 13, 827847	4.6	1
185	The differences of Slovenian and Italian daily practices experienced in the first wave of covid-19 pandemic.. <i>BMC Public Health</i> , <b>2022</b> , 22, 326	4.1	0
184	Competition, Gender Equality, and Doping in Sports in the Red Queen Effect Perspective. <i>Sustainability</i> , <b>2022</b> , 14, 2490	3.6	2
183	Rapid Weight Loss Coupled with Sport-Specific Training Impairs Heart Rate Recovery in Greco-Roman Wrestlers. <i>Applied Sciences (Switzerland)</i> , <b>2022</b> , 12, 3286	2.6	
182	Psychological Distress in Elite Sambo and Recreational Athletes.. <i>Frontiers in Psychology</i> , <b>2022</b> , 13, 7818804	3.4	
181	Effects of training on plasmatic cortisol and testosterone in football female referees.. <i>Physiological Reports</i> , <b>2022</b> , 10, e15291	2.6	1
180	Perfectionism, Resilience and Different Ways of Experiencing Sport during COVID-19 Confinement. <i>International Journal of Environmental Research and Public Health</i> , <b>2022</b> , 19, 5994	4.6	0
179	Weight cycling in combat sports: revisiting 25 years of scientific evidence.. <i>BMC Sports Science, Medicine and Rehabilitation</i> , <b>2021</b> , 13, 154	2.4	5
178	Health Implications of Judo Training. <i>Sustainability</i> , <b>2021</b> , 13, 11403	3.6	1
177	Ageing reduces skin wetness sensitivity across the body. <i>Experimental Physiology</i> , <b>2021</b> , 106, 2434-2444	2.4	0
176	Individualized analysis of skin thermosensory thresholds and sensitivity in heat-sensitive people with multiple sclerosis. <i>Temperature</i> , <b>2021</b> , 8, 21-29	5.2	0
175	Rapid Weight Loss Habits before a Competition in Sambo Athletes. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	6
174	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> , <b>2021</b> , 10, 67-71	1.7	3
173	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> , <b>2021</b> , 18,	4.6	20
172	Differences in the Psychological Profiles of Elite and Non-elite Athletes. <i>Frontiers in Psychology</i> , <b>2021</b> , 12, 635651	3.4	3
171	Upper body strength endurance evaluation: A comparison between the handgrip strength and three body weight tests. <i>Isokinetics and Exercise Science</i> , <b>2021</b> , 29, 185-191	0.6	0

170	Cardiorespiratory Fitness in Volleyball Athletes Following a COVID-19 Infection: A Cross-Sectional Study. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	6
169	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> , <b>2021</b> , 221, 108553	4.9	3
168	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> , <b>2021</b> , 33, 2941-2952	4.8	4
167	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> , <b>2021</b> , 18,	4.6	1
166	Behind the mask: Rethinking the use of face masks while exercising. <i>Science and Sports</i> , <b>2021</b> , 36, 430-438	3.8	2
165	Patterns of rapid weight loss in elite sambo athletes. <i>BMC Sports Science, Medicine and Rehabilitation</i> , <b>2021</b> , 13, 39	2.4	10
164	Living in the "Bubble": Athletes' Psychological Profile During the Sambo World Championship. <i>Frontiers in Psychology</i> , <b>2021</b> , 12, 657652	3.4	2
163	Time spent on the smartphone does not relate to manual dexterity in young adults. <i>BMC Neuroscience</i> , <b>2021</b> , 22, 34	3.2	0
162	Effects of Rapid Weight Loss on Kidney Function in Combat Sport Athletes. <i>Medicina (Lithuania)</i> , <b>2021</b> , 57,	3.1	9
161	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> , <b>2021</b> , 18, 43	4.5	4
160	Isokinetic Profile of Elite Serbian Female Judoists. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	3
159	Happiness in Physical Activity: A Longitudinal Examination of Children Motivation and Negative Affect in Physical Activity. <i>Journal of Happiness Studies</i> , <b>2021</b> , 22, 1643-1655	3.7	2
158	A teacher-led motor programme to enhance pre-literacy and motor skills in kindergarten children. <i>European Journal of Developmental Psychology</i> , <b>2021</b> , 18, 367-381	1.5	0
157	Cardiac response to Nage no Kata in judo. <i>Science and Sports</i> , <b>2021</b> , 36, 244-246	0.8	
156	Aerobic capacity and respiratory patterns are better in recreational basketball-engaged university students than age-matched untrained males. <i>Biomedical Human Kinetics</i> , <b>2021</b> , 13, 111-120	0.8	
155	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> , <b>2021</b> , 13,	6.7	13
154	Cardiovascular Responses to Muscle Stretching: A Systematic Review and Meta-analysis. <i>International Journal of Sports Medicine</i> , <b>2021</b> , 42, 481-493	3.6	7
153	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> , <b>2021</b> , 10,	5.1	11

152	Analysis of the Relationship between Tobacco Smoking and Physical Activity in Adolescence: A Gender Specific Study. <i>Medicina (Lithuania)</i> , <b>2021</b> , 57,	3.1	2
151	Peripheral Nerve Responses to Muscle Stretching: A Systematic Review. <i>Journal of Sports Science and Medicine</i> , <b>2021</b> , 20, 258-267	2.7	0
150	Technological advancements in the analysis of human motion and posture management through digital devices. <i>World Journal of Orthopedics</i> , <b>2021</b> , 12, 467-484	2.2	1
149	Clinical Characteristics, Exercise Capacity and Pulmonary Function in Post-COVID-19 Competitive Athletes. <i>Journal of Clinical Medicine</i> , <b>2021</b> , 10,	5.1	3
148	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> , <b>2021</b> , 53, 2577-2585	1.2	2
147	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> , <b>2021</b> , 18,	4.6	5
146	The Impact of Physical Exercise on the Circulating Levels of BDNF and NT 4/5: A Review. <i>International Journal of Molecular Sciences</i> , <b>2021</b> , 22,	6.3	4
145	Effects of Functional Strength Training on Functional Movement and Balance in Middle-Aged Adults. <i>Sustainability</i> , <b>2021</b> , 13, 1074	3.6	1
144	The execution of the Grooved Pegboard test in a Dual-Task situation: A pilot study. <i>Heliyon</i> , <b>2020</b> , 6, e04678	4.78	5
143	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> , <b>2020</b> , 17, 65	4.5	17
142	Effects of Rapid Weight Loss on Judo Athletes: A Systematic Review. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	16
141	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> , <b>2020</b> , 17,	4.6	8
140	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> , <b>2020</b> , 17,	4.6	8
139	Prosocial and Aggressive Behavior Occurrence in Young Athletes: Field Research Results in Six European Countries. <i>Sustainability</i> , <b>2020</b> , 12, 5085	3.6	2
138	Effects of a ketogenic diet in overweight women with polycystic ovary syndrome. <i>Journal of Translational Medicine</i> , <b>2020</b> , 18, 104	8.5	51
137	Evaluation of Podalic Support and Monitoring of Balance Control in Children with and without Dyslexia: A Pilot Study. <i>Sustainability</i> , <b>2020</b> , 12, 1191	3.6	1
136	The Effect of an Enriched Sport Program on Children's Executive Functions: The ESA Program. <i>Frontiers in Psychology</i> , <b>2020</b> , 11, 657	3.4	5
135	Effects of the Enriched Sports Activities-Program on Executive Functions in Italian Children. <i>Journal of Functional Morphology and Kinesiology</i> , <b>2020</b> , 5,	2.4	4

134	Preliminary evaluation of a short version questionnaire for Executive Functioning Self-Report (EF-SR). <i>Current Psychology</i> , <b>2020</b> , 1	1.4	1
133	Rapid Weight Loss Adversely Affects Muscle Damage Markers In Elite Judo Athletes. <i>Medicine and Science in Sports and Exercise</i> , <b>2020</b> , 52, 1070-1070	1.2	
132	Effects Of 4 Weeksof Time Restricted Feeding On Performance, Metabolism And Blood Outcomes In Elite Cyclists.. <i>Medicine and Science in Sports and Exercise</i> , <b>2020</b> , 52, 845-845	1.2	
131	Percentile values of the standing broad jump in children and adolescents aged 6-18 years old. <i>European Journal of Translational Myology</i> , <b>2020</b> , 30, 9050	2.1	1
130	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> , <b>2020</b> , 75, 77-83	2.6	3
129	A single bout of physical exercise does not affect young adults' executive functions. <i>Biomedical Human Kinetics</i> , <b>2020</b> , 12, 226-235	0.8	
128	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> , <b>2020</b> , 17,	4.6	29
127	Resistance Training Safety during and after the SARS-Cov-2 Outbreak: Practical Recommendations. <i>BioMed Research International</i> , <b>2020</b> , 2020, 3292916	3	17
126	Percentile values of the standing broad jump in children and adolescence aged 6-18 years old. <i>European Journal of Translational Myology</i> , <b>2020</b> , 30, 240-246	2.1	5
125	Independent and interactive effects of thermal stress and mental fatigue on manual dexterity. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , <b>2020</b> , 319, R703-R711	3.2	1
124	The Influence of an Enriched Sport Program on Children's Sport Motivation in the School Context: The ESA PROGRAM. <i>Frontiers in Psychology</i> , <b>2020</b> , 11, 601000	3.4	2
123	Make Fitness Fun: Could Novelty Be the Key Determinant for Physical Activity Adherence?. <i>Frontiers in Psychology</i> , <b>2020</b> , 11, 577522	3.4	7
122	Maintaining everyday life praxis in the time of COVID-19 pandemic measures (ELP-COVID-19 survey). <i>European Journal of Public Health</i> , <b>2020</b> , 30, 1181-1186	2.1	46
121	Is bodyweight affecting plantar pressure distribution in children?: An observational study. <i>Medicine (United States)</i> , <b>2020</b> , 99, e21968	1.8	4
120	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> , <b>2020</b> , 17,	4.6	5
119	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> , <b>2020</b> , 17,	4.6	3
118	Home is the new gym: exergame as a potential tool to maintain adequate fitness levels also during quarantine. <i>Human Movement</i> , <b>2020</b> , 21, 79-87	0.8	5
117	Parental and Familial Factors Influencing Physical Activity Levels in Early Adolescence: A Prospective Study. <i>Healthcare (Switzerland)</i> , <b>2020</b> , 8,	3.4	6

116	Single joint exercises do not provide benefits in performance and anthropometric changes in recreational bodybuilders. <i>European Journal of Sport Science</i> , <b>2020</b> , 20, 72-79	3.9	3
115	The effects of rapid weight loss on skeletal muscle in judo athletes. <i>Journal of Translational Medicine</i> , <b>2020</b> , 18, 142	8.5	10
114	Dual-Task Conditions on Static Postural Control in Older Adults: A Systematic Review and Meta-Analysis. <i>Journal of Aging and Physical Activity</i> , <b>2020</b> , 29, 162-177	1.6	1
113	Relationship Between the Critical Power Test and a 20-min Functional Threshold Power Test in Cycling. <i>Frontiers in Physiology</i> , <b>2020</b> , 11, 613151	4.6	7
112	The efficacy of muscle energy techniques in symptomatic and asymptomatic subjects: a systematic review. <i>Chiropractic &amp; Manual Therapies</i> , <b>2019</b> , 27, 35	1.8	17
111	Liquid-liquid phase separation morphologies in ultra-white beetle scales and a synthetic equivalent. <i>Communications Chemistry</i> , <b>2019</b> , 2,	6.3	11
110	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> , <b>2019</b> , 16, 25	4.5	9
109	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> , <b>2019</b> , 597, 3315-3332	3.9	12
108	Expression Pattern of Angiogenic Factors in Healthy Heart in Response to Physical Exercise Intensity. <i>Frontiers in Physiology</i> , <b>2019</b> , 10, 238	4.6	12
107	Protein supplement consumption is linked to time spent exercising and high-protein content foods: A multicentric observational study. <i>Heliyon</i> , <b>2019</b> , 5, e01508	3.6	2
106	The Influence of Meal Frequency and Timing on Health in Humans: The Role of Fasting. <i>Nutrients</i> , <b>2019</b> , 11,	6.7	101
105	Combined effect of different factors on weight status and cardiometabolic risk in Italian adolescents. <i>Italian Journal of Pediatrics</i> , <b>2019</b> , 45, 32	3.2	1
104	Ketogenic Diet and Microbiota: Friends or Enemies?. <i>Genes</i> , <b>2019</b> , 10,	4.2	78
103	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> , <b>2019</b> , 8, 188	3	7
102	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> , <b>2019</b> , 4,	2.4	5
101	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> , <b>2019</b> , 10, 1384	4.6	27
100	Factors associated with the subjective health complaints among adolescents: Results from the ASSO Project. <i>Journal of Human Sport and Exercise</i> , <b>2019</b> , 14,	1.5	3
99	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> , <b>2019</b> , 05, 12	1.9	4



98	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> , <b>2019</b> , 11, 7187	3.6	12
97	Adolescence Surveillance System for Obesity Prevention (ASSO) in Europe <b>2019</b> , 2088-2113		
96	Adolescence Surveillance System for Obesity Prevention (ASSO) in Europe <b>2019</b> , 603-629		
95	Different Amounts Of Protein Intake Influence Body Composition And Performance In Elite Cyclists. <i>Medicine and Science in Sports and Exercise</i> , <b>2019</b> , 51, 544-544	1.2	
94	How do sports affect static baropodometry? An observational study among women living in southern Italy. <i>Human Movement</i> , <b>2019</b> , 20, 9-16	0.8	2
93	Training session intensity affects plasma redox status in amateur rhythmic gymnasts. <i>Journal of Sport and Health Science</i> , <b>2019</b> , 8, 561-566	8.2	2
92	Race Profiles of Rowers During the 2014 Youth Olympic Games. <i>Journal of Strength and Conditioning Research</i> , <b>2018</b> , 32, 2055-2060	3.2	2
91	The Relation Between Stretching Typology and Stretching Duration: The Effects on Range of Motion. <i>International Journal of Sports Medicine</i> , <b>2018</b> , 39, 243-254	3.6	25
90	Decreased postural control in people with moderate hearing loss. <i>Medicine (United States)</i> , <b>2018</b> , 97, e0244	1.8	15
89	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> , <b>2018</b> , 13, 183-188	3.5	12
88	An Exploratory Analysis of Factors Associated with Health-Related Physical Fitness in Adolescents. The ASSO Project. <i>Sustainability</i> , <b>2018</b> , 10, 1847	3.6	1
87	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> , <b>2018</b> , 15,	4.6	7
86	Relationship between velocity and muscular endurance of the upper body. <i>Human Movement Science</i> , <b>2018</b> , 60, 175-182	2.4	4
85	Postural control and balance in a cohort of healthy people living in Europe: An observational study. <i>Medicine (United States)</i> , <b>2018</b> , 97, e13835	1.8	14
84	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> , <b>2018</b> , 97, e12737	1.8	11
83	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> , <b>2018</b> , 28, 7827	2.1	7
82	Resting sympatho-vagal balance is related to 10 km running performance in master endurance athletes. <i>European Journal of Translational Myology</i> , <b>2018</b> , 28, 7051	2.1	12
81	An innovative way to highlight the power of each polymorphism on elite athletes phenotype expression. <i>European Journal of Translational Myology</i> , <b>2018</b> , 28, 7186	2.1	5

80	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> , <b>2018</b> , 15,	4.6	15
79	Motor differentiation and cognitive skill in pre-scholar age. <i>Cuadernos De Psicologia Del Deporte</i> , <b>2018</b> , 19, 50-59	0.7	1
78	The effects of physical training without equipment on pain perception and balance in the elderly: A randomized controlled trial. <i>Work</i> , <b>2017</b> , 57, 23-30	1.6	12
77	Control of the Porous Structure of Polystyrene Particles Obtained by Nonsolvent Induced Phase Separation. <i>Langmuir</i> , <b>2017</b> , 33, 13303-13314	4	9
76	The effects of a calisthenics training intervention on posture, strength and body composition. <i>Isokinetics and Exercise Science</i> , <b>2017</b> , 25, 215-222	0.6	5
75	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> , <b>2017</b> , 14,	4.6	7
74	Effects of different circuit training protocols on body mass, fat mass and blood parameters in overweight adults. <i>Journal of Biological Research (Italy)</i> , <b>2017</b> , 90,	3	4
73	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> , <b>2017</b> , 27, 7070	2.1	11
72	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
71	Session-RPE for quantifying load of different youth taekwondo training sessions. <i>Journal of Sports Medicine and Physical Fitness</i> , <b>2017</b> , 57, 189-194	1.4	20
70	Heavy vs Light Load Single-Joint Exercise Performance with Different Rest Intervals. <i>Journal of Human Kinetics</i> , <b>2017</b> , 58, 197-206	2.6	1
69	High intensity interval resistance training (HIIRT) in older adults: Effects on body composition, strength, anabolic hormones and blood lipids. <i>Experimental Gerontology</i> , <b>2017</b> , 98, 91-98	4.5	14
68	Sudden sensorineural hearing loss: is there a relationship between routine haematological parameters and audiogram shapes?. <i>International Journal of Audiology</i> , <b>2017</b> , 56, 148-153	2.6	10
67	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> , <b>2017</b> , 8, 1105	4.6	37
66	Importance of the Motivational Climate in Goal, Enjoyment, and the Causes of Success in Handball Players. <i>Frontiers in Psychology</i> , <b>2017</b> , 8, 2081	3.4	16
65	Adolescence Surveillance System for Obesity Prevention (ASSO) in Europe. <i>Advances in Business Information Systems and Analytics Book Series</i> , <b>2017</b> , 83-108	0.4	
64	The Effects of Different High-Protein Low-Carbohydrates Proprietary Foods on Blood Sugar in Healthy Subjects. <i>Journal of Medicinal Food</i> , <b>2016</b> , 19, 1085-1095	2.8	7
63	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> , <b>2016</b> , 16, 1145	4.1	37



62	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> , <b>2016</b> , 95, e2414	1.8	22
61	Improving Children's Coordinative Skills and Executive Functions: The Effects of a Football Exercise Program. <i>Perceptual and Motor Skills</i> , <b>2016</b> , 122, 27-46	2.2	52
60	Effects of an adapted physical activity program on psychophysical health in elderly women. <i>Clinical Interventions in Aging</i> , <b>2016</b> , 11, 1009-15	4	25
59	A Prospective Analysis of the Injury Incidence of Young Male Professional Football Players on Artificial Turf. <i>Asian Journal of Sports Medicine</i> , <b>2016</b> , 7, e28425	1.4	12
58	Design, Implementation, and Evaluation of the Adolescents and Surveillance System for the Obesity Prevention Project. <i>Medicine (United States)</i> , <b>2016</b> , 95, e3143	1.8	7
57	The influence of the stomatognathic system on explosive strength: a pilot study. <i>Journal of Physical Therapy Science</i> , <b>2016</b> , 28, 72-5	1	9
56	A meta-analysis of the validity of FFQ targeted to adolescents. <i>Public Health Nutrition</i> , <b>2016</b> , 19, 1168-83,3		26
55	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> , <b>2016</b> , 14, 290	8.5	255
54	A Fitness Index model for Italian adolescents living in Southern Italy: the ASSO project. <i>Journal of Sports Medicine and Physical Fitness</i> , <b>2016</b> , 56, 1279-1288	1.4	8
53	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> , <b>2015</b> , 19, 362-9	1.6	10
52	Effects of n-3 polyunsaturated fatty acids (EPA) supplementation on some cardiovascular risk factors with a ketogenic Mediterranean diet. <i>Marine Drugs</i> , <b>2015</b> , 13, 996-1009	6	46
51	Effects of Pilates exercise programs in people with chronic low back pain: a systematic review. <i>Medicine (United States)</i> , <b>2015</b> , 94, e383	1.8	42
50	Selective Activation of Shoulder, Trunk, and Arm Muscles: A Comparative Analysis of Different Push-Up Variants. <i>Journal of Athletic Training</i> , <b>2015</b> , 50, 1126-32	4	14
49	Lift weights to fight overweight. <i>Clinical Physiology and Functional Imaging</i> , <b>2015</b> , 35, 1-6	2.4	27
48	Protein supplementation increases postexercise plasma myostatin concentration after 8 weeks of resistance training in young physically active subjects. <i>Journal of Medicinal Food</i> , <b>2015</b> , 18, 137-43	2.8	13
47	Spatially modulated structural colour in bird feathers. <i>Scientific Reports</i> , <b>2015</b> , 5, 18317	4.9	30
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