

Nikolaos Zaras

List of Publications by Year in descending order

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Version: 2024-02-01

19
papers

367
citations

933447
10
h-index

794594
19
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19
all docs

19
docs citations

19
times ranked

429
citing authors

#	ARTICLE	IF	CITATIONS
1	Muscle Fiber Conduction Velocity, Muscle Fiber Composition, and Power Performance. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 1761-1771.	0.4	63
2	Muscle Strength, Power, and Morphologic Adaptations After 6 Weeks of Compound vs. Complex Training in Healthy Men. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 2559-2569.	2.1	45
3	Fiber Type Composition and Rate of Force Development in Endurance- and Resistance-Trained Individuals. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 2388-2397.	2.1	41
4	Rate of Force Development and Muscle Architecture after Fast and Slow Velocity Eccentric Training. <i>Sports</i> , 2019, 7, 41.	1.7	39
5	Effects of Strength vs. Ballistic-Power Training on Throwing Performance. <i>Journal of Sports Science and Medicine</i> , 2013, 12, 130-7.	1.6	32
6	Effect of Concurrent Power Training and High-Intensity Interval Cycling on Muscle Morphology and Performance. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 2464-2471.	2.1	21
7	Rate of Force Development, Muscle Architecture, and Performance in Elite Weightlifters. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 216-223.	2.3	20
8	The Importance of Lean Body Mass for the Rate of Force Development in Taekwondo Athletes and Track and Field Throwers. <i>Journal of Functional Morphology and Kinesiology</i> , 2018, 3, 43.	2.4	19
9	Changes in Muscle Power and Muscle Morphology with Different Volumes of Fast Eccentric Half-Squats. <i>Sports</i> , 2019, 7, 164.	1.7	16
10	Intramuscular fiber conduction velocity, isometric force and explosive performance. <i>Journal of Human Kinetics</i> , 2016, 51, 93-101.	1.5	12
11	Lean Body Mass, Muscle Architecture, and Performance in Well-Trained Female Weightlifters. <i>Sports</i> , 2020, 8, 67.	1.7	11
12	Triceps Brachii Muscle Strength and Architectural Adaptations with Resistance Training Exercises at Short or Long Fascicle Length. <i>Journal of Functional Morphology and Kinesiology</i> , 2018, 3, 28.	2.4	10
13	Biological Determinants of Track and Field Throwing Performance. <i>Journal of Functional Morphology and Kinesiology</i> , 2021, 6, 40.	2.4	10
14	Effect of Inter-Repetition Rest vs. Traditional Strength Training on Lower Body Strength, Rate of Force Development, and Muscle Architecture. <i>Applied Sciences (Switzerland)</i> , 2021, 11, 45.	2.5	9
15	Effects of a 25-Week Periodized Training Macrocycle on Muscle Strength, Power, Muscle Architecture, and Performance in Well-Trained Track and Field Throwers. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 2728-2736.	2.1	7
16	Intramuscular fibre conduction velocity and muscle fascicle length in human vastus lateralis. <i>Applied Physiology, Nutrition and Metabolism</i> , 2019, 44, 133-138.	1.9	5
17	Comparison between Dry-Land and Swimming Priming on 50 m Crawl Performance in Well-Trained Adolescent Swimmers. <i>Sports</i> , 2022, 10, 52.	1.7	4
18	Preconditioning Strategies Before Maximum Clean Performance in Female Weightlifters. <i>Journal of Strength and Conditioning Research</i> , 2020, Publish Ahead of Print, .	2.1	2

#	ARTICLE	IF	CITATIONS
19	Effect of Inter-Repetition Rest vs. Traditional Resistance Training on the Upper Body Strength Rate of Force Development and Triceps Brachii Muscle Architecture. Journal of Human Kinetics, 2022, 81, 189-198.	1.5	1