Nikolaos Zaras

List of Publications by Year
in descending order

19	367	933410 10	794568 19
papers	citations	h-index	g-index

19	19	19	429
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	Muscle Fiber Conduction Velocity, Muscle Fiber Composition, and Power Performance. Medicine and Science in Sports and Exercise, 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. Journal of Strength and Conditioning Research, 2015, 29, 2559-2569.	2.1	45
3	Fiber Type Composition and Rate of Force Development in Endurance- and Resistance-Trained Individuals. Journal of Strength and Conditioning Research, 2019, 33, 2388-2397.	2.1	41
4	Rate of Force Development and Muscle Architecture after Fast and Slow Velocity Eccentric Training. Sports, 2019, 7, 41.	1.7	39
5	Effects of Strength vs. Ballistic-Power Training on Throwing Performance. Journal of Sports Science and Medicine, 2013, 12, 130-7.	1.6	32
6	Effect of Concurrent Power Training and High-Intensity Interval Cycling on Muscle Morphology and Performance. Journal of Strength and Conditioning Research, 2021, 35, 2464-2471.	2.1	21
7	Rate of Force Development, Muscle Architecture, and Performance in Elite Weightlifters. International Journal of Sports Physiology and Performance, 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. Journal of Functional Morphology and Kinesiology, 2018, 3, 43.	2.4	19
9	Changes in Muscle Power and Muscle Morphology with Different Volumes of Fast Eccentric Half-Squats. Sports, 2019, 7, 164.	1.7	16
10	Intramuscular fiber conduction velocity, isometric force and explosive performance. Journal of Human Kinetics, 2016, 51, 93-101.	1.5	12
11	Lean Body Mass, Muscle Architecture, and Performance in Well-Trained Female Weightlifters. Sports, 2020, 8, 67.	1.7	11
12	Triceps Brachii Muscle Strength and Architectural Adaptations with Resistance Training Exercises at Short or Long Fascicle Length. Journal of Functional Morphology and Kinesiology, 2018, 3, 28.	2.4	10
13	Biological Determinants of Track and Field Throwing Performance. Journal of Functional Morphology and Kinesiology, 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. Applied Sciences (Switzerland), 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. Journal of Strength and Conditioning Research, 2021, 35, 2728-2736.	2.1	7
16	Intramuscular fibre conduction velocity and muscle fascicle length in human vastus lateralis. Applied Physiology, Nutrition and Metabolism, 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. Sports, 2022, 10, 52.	1.7	4
18	Preconditioning Strategies Before Maximum Clean Performance in Female Weigthlifters. Journal of Strength and Conditioning Research, 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