

Ricardo Viana

List of Publications by Year in descending order

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Version: 2024-02-01

81
papers

892
citations

586496

16
h-index

651938

25
g-index

82
all docs

82
docs citations

82
times ranked

1104
citing authors

#	ARTICLE	IF	CITATIONS
1	Acute effects of exergame-based calisthenics versus traditional calisthenics on state-anxiety levels in young adult men: a randomized trial. <i>Sport Sciences for Health</i> , 2022, 18, 715-723.	0.4	2
2	Blood Flow Restricted Exercise and Discomfort: A Review. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 871-879.	1.0	39
3	Effect of both dance exergame and a traditional exercise on state anxiety and enjoyment in women. <i>Journal of Sports Medicine and Physical Fitness</i> , 2022, 62, .	0.4	7
4	The Effect of Blood Flow Restriction Therapy on Recovery After Experimentally Induced Muscle Weakness and Pain. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 1147-1152.	1.0	3
5	Effects of Detraining on Muscle Strength and Hypertrophy Induced by Resistance Training: A Systematic Review. , 2022, 1, 1-15.		4
6	Are exergames an option to cope with sleep disorders during the COVID-19 outbreak?. <i>Sleep Science</i> , 2022, 15, 393-397.	0.4	1
7	YouTube as a Source of Information About Physical Exercise During COVID-19 Outbreak. <i>International Journal of Sport Studies for Health</i> , 2022, 4, .	0.3	13
8	EXERCISE SCIENCE IN HIGH SCHOOL BIOLOGY TEXTBOOKS. <i>Revista Brasileira De Medicina Do Esporte</i> , 2022, 28, 352-357.	0.1	0
9	Postactivation Potentiation Improves Performance in a Resistance Training Session in Trained Men. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 3296-3299.	1.0	9
10	Blood Flow Restriction Exercise: Effects of Sex, Cuff Width, and Cuff Pressure on Perceived Lower Body Discomfort. <i>Perceptual and Motor Skills</i> , 2021, 128, 353-374.	0.6	12
11	The usage of, and confidence in, social media as study sources among undergraduate students: A cross-sectional survey comparing it with traditional study sources. <i>Education and Information Technologies</i> , 2021, 26, 2233-2252.	3.5	5
12	Home-Based Kettlebell Exercise and Coronavirus Outbreak: Practical Suggestions. <i>Strength and Conditioning Journal</i> , 2021, 43, 115-120.	0.7	4
13	COVID-19: It's still time for health professionals, physical activity enthusiasts and sportive leagues not to let guard down. <i>Sports Medicine and Health Science</i> , 2021, 3, 49-53.	0.7	2
14	Can Lip Strength Be Used as a Surrogate Measure of Handgrip Strength? A Pilot Test. <i>Journal of the American Medical Directors Association</i> , 2021, 22, 878-880.	1.2	2
15	The effects of exergames on muscle strength: A systematic review and meta-analysis. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 1592-1611.	1.3	22
16	Comment on: Problematic online gaming and the COVID-19 pandemic – The role of exergames. <i>Journal of Behavioral Addictions</i> , 2021, 10, 1-3.	1.9	8
17	Physical exercise and COVID-19 pandemic in PubMed: Two months of dynamics and one year of original scientific production. <i>Sports Medicine and Health Science</i> , 2021, 3, 80-92.	0.7	21
18	Knowledge of healthcare professionals about poliomyelitis and postpoliomyelitis: a cross-sectional study. <i>Sao Paulo Medical Journal</i> , 2021, 139, 464-475.	0.4	1

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19	Knowledge and Prevalence of Supplements Used by Brazilian Resistance Training Practitioners Before Coronavirus Outbreak. <i>Open Access Journal of Sports Medicine</i> , 2021, Volume 12, 139-146.	0.6	1
20	State Anxiety after Exergame Beach Volleyball Did Not Differ between the Single and Multiplayer Modes in Adult Men. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 10957.	1.2	4
21	Effects of unpleasant emotional exposure on the state anxiety and heart rate in healthy women: a pilot study. <i>Research, Society and Development</i> , 2021, 10, e505101624153.	0.0	0
22	IMPACT OF FAT-FREE ADIPOSE TISSUE ON THE PREVALENCE OF LOW MUSCLE MASS ESTIMATED USING CALF CIRCUMFERENCE IN MIDDLE-AGED AND OLDER ADULTS. <i>Journal of Frailty & Aging,the</i> , 2020, 9, 1-4.	0.8	1
23	Impact of Acute Fluid Retention on Ultrasound Echo Intensity. <i>Journal of Clinical Densitometry</i> , 2020, 23, 149-150.	0.5	7
24	Improvements in health parameters of a diabetic and hypertensive patient with only 40â€™minutes of exercise per week: a case study. <i>Disability and Rehabilitation</i> , 2020, 42, 3119-3125.	0.9	9
25	Assessing differential responders and mean changes in muscle size, strength, and the crossover effect to 2 distinct resistance training protocols. <i>Applied Physiology, Nutrition and Metabolism</i> , 2020, 45, 463-470.	0.9	32
26	The contraction history of the muscle and strength change: lessons learned from unilateral training models. <i>Physiological Measurement</i> , 2020, 41, 01TR01.	1.2	7
27	Exercise induced changes in echo intensity within the muscle: a brief review. <i>Journal of Ultrasound</i> , 2020, 23, 457-472.	0.7	41
28	The position of the cuff bladder has a large impact on the pressure needed for blood flow restriction. <i>Physiological Measurement</i> , 2020, 41, 01NT01.	1.2	16
29	Impact of Gastric Bypass Surgery on Fat-Free Mass and Fat Mass Ratio of Adipose Tissue: A Brief Review. <i>Bariatric Surgical Patient Care</i> , 2020, 15, 11-14.	0.1	2
30	Skeletal muscle mass in female athletes: The average and the extremes. <i>American Journal of Human Biology</i> , 2020, 32, e23333.	0.8	10
31	Assessing True Variability And Mean Changes To Two Distinct Resistance Training Protocols. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 210-210.	0.2	0
32	Physical Activity and Sociodemographic Profile of Brazilian People during COVID-19 Outbreak: An Online and Cross-Sectional Survey. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 7964.	1.2	22
33	Postactivation performance enhancement: Does conditioning one arm augment performance in the other?. <i>Clinical Physiology and Functional Imaging</i> , 2020, 40, 407-414.	0.5	10
34	Exergames as Coping Strategies for Anxiety Disorders During the COVID-19 Quarantine Period. <i>Games for Health Journal</i> , 2020, 9, 147-149.	1.1	88
35	The effects of one session of roller massage on recovery from exercise-induced muscle damage: A randomized controlled trial. <i>Journal of Exercise Science and Fitness</i> , 2020, 18, 148-154.	0.8	3
36	Does resistance training increase aponeurosis width? The current results and future tasks. <i>European Journal of Applied Physiology</i> , 2020, 120, 1489-1494.	1.2	4

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37	The effects of exergames on anxiety levels: A systematic review and meta-analysis. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020, 30, 1100-1116.	1.3	28
38	A Practical Method for Assessing Lip Compression Strengthening in Healthy Adults. <i>Cosmetics</i> , 2020, 7, 5.	1.5	3
39	Influence of sex and resistance training status on orofacial muscle strength and morphology in healthy adults between the ages of 18 and 40: A cross-sectional study. <i>American Journal of Human Biology</i> , 2020, 32, e23401.	0.8	11
40	Effects of Chewing Training on Orofacial and Cognitive Function in Healthy Individuals: A Systematic Review. <i>Cosmetics</i> , 2020, 7, 23.	1.5	3
41	Is It Time to Rethink Our Weight Loss Paradigms?. <i>Biology</i> , 2020, 9, 70.	1.3	5
42	Muscle swelling following blood flow-restricted exercise does not differ between cuff widths in the proximal or distal portions of the upper leg. <i>Clinical Physiology and Functional Imaging</i> , 2020, 40, 269-276.	0.5	3
43	Studies of Classical Ballet Dancers' Equilibrium at Different Levels of Development and Versus Non-Dancers: A Systematic Review. <i>Journal of Dance Medicine and Science</i> , 2020, 24, 33-43.	0.2	7
44	Inatividade física no lazer e na escola está associada à presença de transtornos mentais comuns na adolescência. <i>Revista De Saude Publica</i> , 2020, 54, 128.	0.7	8
45	Esportes de combate na educação física escolar: a perspectiva dos alunos do ensino médio de uma escola do município de Jataí, Goiás. <i>Itinerarius Reflectionis</i> , 2020, 16, 01-12.	0.1	0
46	Muscle Swelling Following Low Load Blood Flow Restriction Exercise Does Not Differ Between Cuff Widths In The Lower Body. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 925-925.	0.2	0
47	The Influence Of Sex And Cuff Width On Discomfort To Blood Flow Restriction In The Lower Body. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 633-633.	0.2	0
48	Is There A Cross Over Effect In Post Activation Potentiation?. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 827-828.	0.2	1
49	The influence of training variables on lingual strength and swallowing in adults with and without dysphagia. <i>JCSM Clinical Reports</i> , 2020, 5, 29-41.	0.5	5
50	Is the Energy Expenditure Provided by Exergames Valid?. <i>International Journal of Sports Medicine</i> , 2019, 40, 563-568.	0.8	7
51	Quality of Life, Depression, Anxiety Symptoms and Mood State of Wheelchair Athletes and Non-athletes: A Preliminary Study. <i>Frontiers in Psychology</i> , 2019, 10, 1848.	1.1	13
52	Interval Training Improves Depressive Symptoms But Not Anxious Symptoms in Healthy Women. <i>Frontiers in Psychiatry</i> , 2019, 10, 661.	1.3	15
53	Analysis of type 2 diabetes mellitus and arterial hypertension content in exercise physiology textbooks. <i>American Journal of Physiology - Advances in Physiology Education</i> , 2019, 43, 253-258.	0.8	3
54	Prevention of Sudden Death Related to Sport: The Science of Basic Life Support from Theory to Practice. <i>Journal of Clinical Medicine</i> , 2019, 8, 556.	1.0	7

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55	The effects of Pilates vs. aerobic training on cardiorespiratory fitness, isokinetic muscular strength, body composition, and functional tasks outcomes for individuals who are overweight/obese: a clinical trial. PeerJ, 2019, 7, e6022.	0.9	30
56	Physical Fitness and Anthropometric Measures of Young Brazilian Judo and Wrestling Athletes and Its Relations to Cardiorespiratory Fitness. Sports, 2019, 7, 38.	0.7	10
57	Is interval training the magic bullet for fat loss? A systematic review and meta-analysis comparing moderate-intensity continuous training with high-intensity interval training (HIIT). British Journal of Sports Medicine, 2019, 53, 655-664.	3.1	90
58	AB0493–IMMUNOGLOBULINS AFTER ACUTE PHYSICAL EXERCISE IN PATIENTS WITH SYSTEMIC LUPUS ERYTHEMATOSUS. , 2019, , .		0
59	Assessments of Facial Muscle Thickness by Ultrasound in Younger Adults: Absolute and Relative Reliability. Cosmetics, 2019, 6, 65.	1.5	7
60	Effects Of High-intensity Interval Training Vs Sprint Interval Training On Body Composition And Aerobic Power In Healthy Young Women. Medicine and Science in Sports and Exercise, 2019, 51, 185-186.	0.2	0
61	Tabata protocol: a review of its application, variations and outcomes. Clinical Physiology and Functional Imaging, 2019, 39, 1-8.	0.5	26
62	Improving Academic Performance of Sport and Exercise Science Undergraduate Students in Gross Anatomy Using a Near–Peer Teaching Program. Anatomical Sciences Education, 2019, 12, 74-81.	2.5	22
63	O uso dos exergames nos protocolos de reabilita–≤o em diversas popula–≤es cl–nicas. Revista Brasileira De Pesquisa Em Sa–de/Brazilian Journal of Health Research, 2019, 20, 132-140.	0.0	2
64	Frequency and intensity of gastrointestinal symptoms in exercisers individuals at rest and during physical exercise: an internet-based survey. Intestinal Research, 2019, 17, 537-545.	1.0	3
65	Defining the number of bouts and oxygen uptake during the “Tabata protocol”-performed at different intensities. Physiology and Behavior, 2018, 189, 10-15.	1.0	9
66	Can We Draw General Conclusions from Interval Training Studies?. Sports Medicine, 2018, 48, 2001-2009.	3.1	41
67	Comment on: Volume for Muscle Hypertrophy and Health Outcomes: The Most Effective Variable in Resistance Training. Sports Medicine, 2018, 48, 1281-1284.	3.1	8
68	Profiling the Use of Dietary Supplements by Brazilian Physical Education Professionals. Journal of Dietary Supplements, 2018, 15, 884-892.	1.4	2
69	Effects of High-Intensity Interval Training vs. Sprint Interval Training on Anthropometric Measures and Cardiorespiratory Fitness in Healthy Young Women. Frontiers in Physiology, 2018, 9, 1738.	1.3	28
70	Profiling Rest Intervals between Sets and Associated Factors in Resistance Training Participants. Sports, 2018, 6, 134.	0.7	0
71	Identifying the predisposing factors, signs and symptoms of overreaching and overtraining in physical education professionals. PeerJ, 2018, 6, e4994.	0.9	1
72	Profiling exercise intensity during the exergame Hollywood Workout on XBOX 360 Kinect™. PeerJ, 2018, 6, e5574.	0.9	23

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73	Anxiolytic Effects of a Single Session of the Exergame Zumba® Fitness on Healthy Young Women. Games for Health Journal, 2017, 6, 365-370.	1.1	37
74	High Resistance Training Volume and Low Caloric and Protein Intake Are Associated with Detrimental Alterations in Body Composition of an Amateur Bodybuilder Using Anabolic Steroids: A Case Report. Journal of Functional Morphology and Kinesiology, 2017, 2, 37.	1.1	7
75	OS OBJETIVOS DE PRATICANTES DE MUSCULAÇÃO EM ACADEMIAS DE GINÁSTICA DA CIDADE DE INHUMAS-GO. Pensar A Prática, 2017, 20, .	0.2	1
76	PREVALÊNCIA DE SOBREPESO E OBESIDADE EM CRIANÇAS E ADOLESCENTES DE UMA ESCOLA INTEGRAL RESIDENTES EM ZONA RURAL. Revista Uniandrade, 2017, 18, .	0.1	0
77	Commentary: The Effects of High Intensity Interval Training vs Steady State Training on Aerobic and Anaerobic Capacity. Frontiers in Physiology, 2016, 7, 495.	1.3	5
78	Revisiting Tabata™s Protocol. Medicine and Science in Sports and Exercise, 2016, 48, 2070-2071.	0.2	7
79	Smartphone e folder podem ser uma alternativa para reduzir o comportamento sedentário? Estudo piloto. Revista Brasileira De Atividade Física E Saúde, 0, 26, 1-7.	0.1	1
80	CYTOKINES LEVELS IN SYSTEMIC LUPUS ERYTHEMATOSUS BEFORE E AFTER ACUTE EXERCISE. , 0, , .		0
81	Exergames: o novo testamento para a prática de exercício físico. Praxia, 0, 2, e2020002.	0.0	1