

# Krystian Wochna

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/2041205/publications.pdf>

Version: 2024-02-01

9  
papers

52  
citations

2258059

3  
h-index

2053705

5  
g-index

9  
all docs

9  
docs citations

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times ranked

37  
citing authors

#	ARTICLE	IF	CITATIONS
1	Bone Mineral Density and Bone Turnover Markers in Postmenopausal Women Subjected to an Aqua Fitness Training Program. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 2505.	2.6	21
2	Protective Effects of Exercise Become Especially Important for the Aging Immune System in The Covid-19 Era. , 2022, 13, 129.		11
3	Nordic Walking Rather Than High Intensity Interval Training Reduced Myostatin Concentration More Effectively in Elderly Subjects and the Range of This Drop Was Modified by Metabolites of Vitamin D. <i>Nutrients</i> , 2021, 13, 4393.	4.1	9
4	The Effects of Nordic Walking With Poles With an Integrated Resistance Shock Absorber on Cognitive Abilities and Cardiopulmonary Efficiency in Postmenopausal Women. <i>Frontiers in Aging Neuroscience</i> , 2020, 12, 586286.	3.4	6
5	Changes in Selected Parameters of Swimming Technique in the Back Crawl and the Front Crawl in Young Novice Swimmers. <i>Journal of Human Kinetics</i> , 2013, 37, 161-171.	1.5	3
6	Seasonal variation of 25-Hydroxyvitamin D and indices of carbohydrate and lipid metabolism in postmenopausal women. <i>PeerJ</i> , 2021, 9, e11341.	2.0	2
7	erum 25-hydroxyvitamin D concentrations and selected diet components in postmenopausal women. <i>Acta Scientiarum Polonorum, Technologia Alimentaria</i> , 2017, 16, 443-49.	0.3	0
8	Serum 25-hydroxyvitamin D concentrations and selected diet components in postmenopausal women [pdf]. <i>Acta Scientiarum Polonorum, Technologia Alimentaria</i> , 2017, 16, 443-49.	0.3	0
9	Influence of Nordic walking with poles with an integrated resistance shock absorber on carbohydrate and lipid metabolic indices and white blood cell subpopulations in postmenopausal women. <i>PeerJ</i> , 0, 10, e13643.	2.0	0