

# Henrique P. Neiva

## List of Publications by Year in descending order

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Version: 2024-02-01

104  
papers

1,547  
citations

471509

17  
h-index

395702

33  
g-index

126  
all docs

126  
docs citations

126  
times ranked

1486  
citing authors

#	ARTICLE	IF	CITATIONS
1	Inflammatory Effects of High and Moderate Intensity Exercise—A Systematic Review. <i>Frontiers in Physiology</i> , 2019, 10, 1550.	2.8	235
2	Effects of Warm-Up, Post-Warm-Up, and Re-Warm-Up Strategies on Explosive Efforts in Team Sports: A Systematic Review. <i>Sports Medicine</i> , 2018, 48, 2285-2299.	6.5	95
3	Warm-Up and Performance in Competitive Swimming. <i>Sports Medicine</i> , 2014, 44, 319-330.	6.5	82
4	Can Interpersonal Behavior Influence the Persistence and Adherence to Physical Exercise Practice in Adults? A Systematic Review. <i>Frontiers in Psychology</i> , 2018, 9, 2141.	2.1	72
5	The bright and dark sides of motivation as predictors of enjoyment, intention, and exercise persistence. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020, 30, 787-800.	2.9	71
6	Associations Between Dry Land Strength and Power Measurements with Swimming Performance in Elite Athletes: a Pilot Study. <i>Journal of Human Kinetics</i> , 2011, 29A, 105-112.	1.5	63
7	Relative Contribution of Arms and Legs in 30s Fully Tethered Front Crawl Swimming. <i>BioMed Research International</i> , 2015, 2015, 1-6.	1.9	46
8	Does Warm-Up Have a Beneficial Effect on 100-m Freestyle?. <i>International Journal of Sports Physiology and Performance</i> , 2014, 9, 145-150.	2.3	40
9	Concurrent Training and Detraining: brief Review on the Effect of Exercise Intensities. <i>International Journal of Sports Medicine</i> , 2019, 40, 747-755.	1.7	40
10	The Effects of Different Warm-up Volumes on the 100-m Swimming Performance. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 3026-3036.	2.1	34
11	The Basic Psychological Need Satisfaction and Frustration Scale in Exercise (BPNSFS-E): Validity, Reliability, and Gender Invariance in Portuguese Exercisers. <i>Perceptual and Motor Skills</i> , 2019, 126, 949-972.	1.3	32
12	Understanding Exercise Adherence: The Predictability of Past Experience and Motivational Determinants. <i>Brain Sciences</i> , 2020, 10, 98.	2.3	27
13	Concurrent Training in Prepubescent Children: The Effects of 8 Weeks of Strength and Aerobic Training on Explosive Strength and $\dot{V}O_2$ max. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 2019-2032.	2.1	26
14	Energetics, Biomechanics, and Performance in Masters' Swimmers: A Systematic Review. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 2069-2081.	2.1	23
15	Effects of 10min vs. 20min passive rest after warm-up on 100m freestyle time-trial performance: A randomized crossover study. <i>Journal of Science and Medicine in Sport</i> , 2017, 20, 81-86.	1.3	23
16	Warm-up for Sprint Swimming: Race-Pace or Aerobic Stimulation? A Randomized Study. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 2423-2431.	2.1	22
17	Initial validation of the Portuguese version of the Interpersonal Behavior Questionnaire (IBQ & Tj ETQq1 1 0.784314 rgBT /Overl Psychology, 2021, 40, 4040-4051.	2.8	19
18	Current Approaches on Warming up for Sports Performance: A Critical Review. <i>Strength and Conditioning Journal</i> , 2019, 41, 70-79.	1.4	19

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19	A systematic review on dry-land strength and conditioning training on swimming performance. <i>Science and Sports</i> , 2019, 34, e1-e14.	0.5	19
20	Propulsive forces in human competitive swimming: a systematic review on direct assessment methods. <i>Sports Biomechanics</i> , 2021, , 1-21.	1.6	19
21	Comparison of the Start, Turn and Finish Performance of Elite Swimmers in 100 m and 200 m Races. <i>Journal of Sports Science and Medicine</i> , 2020, 19, 397-407.	1.6	19
22	Effects of different protocols of physical exercise on fibromyalgia syndrome treatment: systematic review and meta-analysis of randomized controlled trials. <i>Rheumatology International</i> , 2022, 42, 1893-1908.	3.0	19
23	Stability of pace and turn parameters of elite long-distance swimmers. <i>Human Movement Science</i> , 2019, 63, 108-119.	1.4	18
24	The effect of 12 weeks of water-aerobics on health status and physical fitness: An ecological approach. <i>PLoS ONE</i> , 2018, 13, e0198319.	2.5	17
25	Benefits of aquatic exercise in adults with and without chronic disease—A systematic review with meta-analysis. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2022, 32, 465-486.	2.9	17
26	The Effect Of Warm-up on Tethered Front Crawl Swimming Forces. <i>Journal of Human Kinetics</i> , 2011, 29A, 113-119.	1.5	15
27	Concurrent Training Followed by Detraining: Does the Resistance Training Intensity Matter?. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 632-642.	2.1	15
28	Neuromuscular Jumping Performance and Upper-Body Horizontal Power of Volleyball Players. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 2236-2241.	2.1	15
29	The effects of dry-land strength training on competitive sprinter swimmers. <i>Journal of Exercise Science and Fitness</i> , 2021, 19, 32-39.	2.2	15
30	A Comparison of Experimental and Analytical Procedures to Measure Passive Drag in Human Swimming. <i>PLoS ONE</i> , 2015, 10, e0130868.	2.5	14
31	Anaerobic Critical Velocity in Four Swimming Techniques. <i>International Journal of Sports Medicine</i> , 2011, 32, 195-198.	1.7	13
32	Effect of Gender, Energetics, and Biomechanics on Swimming Masters Performance. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 1948-1955.	2.1	13
33	The Effect of Ballistic Exercise as Pre-Activation for 100 m Sprints. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 1850.	2.6	13
34	The Influence of Warm-Up on Body Temperature and Strength Performance in Brazilian National-Level Paralympic Powerlifting Athletes. <i>Medicina (Lithuania)</i> , 2020, 56, 538.	2.0	13
35	The Co-Occurrence of Satisfaction and Frustration of Basic Psychological Needs and Its Relationship with Exercisers's™ Motivation. <i>Journal of Psychology: Interdisciplinary and Applied</i> , 2021, 155, 165-185.	1.6	13
36	Acute effects of low and high-volume resistance training on hemodynamic, metabolic and neuromuscular parameters in older adults. <i>Experimental Gerontology</i> , 2019, 125, 110685.	2.8	12

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37	Force production and muscle activation during partial vs. full range of motion in Paralympic Powerlifting. PLoS ONE, 2021, 16, e0257810.	2.5	12
38	Does Intrasession Concurrent Strength and Aerobic Training Order Influence Training-Induced Explosive Strength and $V_{\dot{V}O_2 \max}$ in Prepubescent Children?. Journal of Strength and Conditioning Research, 2016, 30, 3267-3277.	2.1	11
39	An Experimental Study on the Validity and Reliability of a Smartphone Application to Acquire Temporal Variables during the Single Sit-to-Stand Test with Older Adults. Sensors, 2021, 21, 2050.	3.8	11
40	Does the Grip Width Affect the Bench Press Performance of Paralympic Powerlifters?. International Journal of Sports Physiology and Performance, 2020, 15, 1252-1259.	2.3	11
41	Effects of Backpacks on Ground Reaction Forces in Children of Different Ages When Walking, Running, and Jumping. International Journal of Environmental Research and Public Health, 2019, 16, 5154.	2.6	10
42	The Role of Specific Warm-up during Bench Press and Squat Exercises: A Novel Approach. International Journal of Environmental Research and Public Health, 2020, 17, 6882.	2.6	10
43	Novel Resistance Training Approach to Monitoring the Volume in Older Adults: The Role of Movement Velocity. International Journal of Environmental Research and Public Health, 2020, 17, 7557.	2.6	10
44	Accelerometer data from the performance of sit-to-stand test by elderly people. Data in Brief, 2020, 33, 106328.	1.0	9
45	Load-velocity relationship in the horizontal leg-press exercise in older women and men. Experimental Gerontology, 2021, 151, 111391.	2.8	9
46	Assessing Need Satisfaction and Frustration in Portuguese Exercise Instructors: scale validity, reliability and invariance between gender. Cuadernos De Psicologia Del Deporte, 2018, 19, 233-240.	0.4	9
47	Schoolbag weight carriage in Portuguese children and adolescents: a cross-sectional study comparing possible influencing factors. BMC Pediatrics, 2019, 19, 157.	1.7	8
48	The Use of Wearable Sensors in Human Movement Analysis in Non-Swimming Aquatic Activities: A Systematic Review. International Journal of Environmental Research and Public Health, 2019, 16, 5067.	2.6	8
49	The Drag Crisis Phenomenon on an Elite Road Cyclist: A Preliminary Numerical Simulations Analysis in the Aero Position at Different Speeds. International Journal of Environmental Research and Public Health, 2020, 17, 5003.	2.6	8
50	High-Intensity Interval Training upon Cognitive and Psychological Outcomes in Youth: A Systematic Review. International Journal of Environmental Research and Public Health, 2021, 18, 5344.	2.6	8
51	â€œAnaerobicâ€ critical velocity and swimming performance in young swimmers. Journal of Human Sport and Exercise, 2011, 6, 80-86.	0.4	8
52	Effects of Suspension Versus Traditional Resistance Training on Explosive Strength in Elementary School-Aged Boys. Pediatric Exercise Science, 2019, 31, 473-479.	1.0	8
53	Exploring the Relationship between Fibromyalgia-Related Fatigue, Physical Activity, and Quality of Life. International Journal of Environmental Research and Public Health, 2022, 19, 4870.	2.6	8
54	Maximum Isometric and Dynamic Strength of Mixed Martial Arts Athletes According to Weight Class and Competitive Level. International Journal of Environmental Research and Public Health, 2022, 19, 8741.	2.6	8

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55	Concurrent Training and Detraining: The Influence of Different Aerobic Intensities. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 2565-2574.	2.1	7
56	Concurrent Training Intensities: A Practical Approach for Program Design. <i>Strength and Conditioning Journal</i> , 2020, 42, 38-44.	1.4	7
57	Trainer–exerciser relationship: The congruency effect on exerciser psychological needs using response surface analysis. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 226-241.	2.9	7
58	13th FINA world championships: analysis of swimsuits used by elite male swimmers. <i>Journal of Human Sport and Exercise</i> , 2011, 6, 87-93.	0.4	7
59	Monitoring Master Swimmers'™ Performance and Active Drag Evolution along a Training Mesocycle. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 3569.	2.6	6
60	Velocity-Monitored Resistance Training in Older Adults: The Effects of Low-Velocity Loss Threshold on Strength and Functional Capacity. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 3200-3208.	2.1	6
61	The effect of the start and finish in the 50 m and 100 m freestyle performance in elite male swimmers. <i>International Journal of Performance Analysis in Sport</i> , 2021, 21, 1041-1054.	1.1	6
62	Suspension vs. Plyometric Training in Children's Explosive Strength. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 433-440.	2.1	5
63	Effects of swim training on energetic and performance in women masters'™ swimmers. <i>Journal of Human Sport and Exercise</i> , 2016, 11, .	0.4	5
64	The relationship between anthropometric characteristics and sports performance in national-level young swimmers. <i>European Journal of Human Movement</i> , 2020, 45, 12-25.	0.2	5
65	Does the inclusion of ballistic exercises during warm-up enhance short distance running performance?. <i>Journal of Sports Medicine and Physical Fitness</i> , 2020, 60, 501-509.	0.7	5
66	The Multidimensional Daily Diary of Fatigue-Fibromyalgia-17 Items (MDF-Fibro-17): Evidence from Validity, Reliability and Transcultural Invariance between Portugal and Brazil. <i>Journal of Clinical Medicine</i> , 2020, 9, 2330.	2.4	4
67	Concurrent training in prepubertal children: An update. <i>Journal of Human Sport and Exercise</i> , 2018, 13, .	0.4	4
68	Effects of order and sequence of resistance and endurance training on body fat in elementary school-aged girls. <i>Biology of Sport</i> , 2017, 34, 379-384.	3.2	3
69	Modeling Fitness Variable Responses to Training in Prepubescent Children. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 2352-2359.	2.1	3
70	β2-adrenergic agonists do not improve physical performance in healthy individuals. <i>Allergy: European Journal of Allergy and Clinical Immunology</i> , 2021, 76, 2201-2203.	5.7	3
71	Energetic and Biomechanical Contributions for Longitudinal Performance in Master Swimmers. <i>Journal of Functional Morphology and Kinesiology</i> , 2020, 5, 37.	2.4	3
72	The Effect of Warm-up Running Technique on Sprint Performance. <i>Journal of Strength and Conditioning Research</i> , 2020, Publish Ahead of Print, .	2.1	3

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73	Short Post-warm-up Transition Times Are Required for Optimized Explosive Performance in Team Sports. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 1134-1140.	2.1	3
74	Introductory Chapter: The Challenges of Technology in Sports. , 2018, , .		2
75	Ultimate Full Contact: Fight Outcome Characterization Concerning Their Methods, Occurrence Times and Technicalâ€”Tactical Developments. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 7094.	2.6	2
76	Sports biomechanics: monitoring health and performance. , 2021, , 1.		2
77	Î²2â€”adrenergic agonists and doping: Where do we stand?. <i>Allergy: European Journal of Allergy and Clinical Immunology</i> , 2021, 76, 2320-2321.	5.7	2
78	Learn-to-swim program in a school context for a twelve-week period enhance aquatic skills and		

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91	Specific warm-up enhances movement velocity during bench press and squat resistance training. , 2021, , .		0
92	Warming-Up for Resistance Training and Muscular Performance: A Narrative Review. , 0, , .		0
93	Functional Movement Screen® evaluation: comparison between elite and non-elite young swimmers. Cuadernos De Psicologia Del Deporte, 2021, 21, 163-173.	0.4	0
94	Evaluation of Lower Limb Arteriovenous Diameters in Indoor Soccer Athletes: Arterial Doppler Ultrasound Study. Frontiers in Physiology, 2021, 12, 687613.	2.8	0
95	Intrinsic and Extrinsic Motivation in Physical Education Class and the Differences between Two Educational Pathways. International Journal of Physical Education Fitness and Sports, 0, , 68-83.	0.2	0
96	II Congresso Internacional Interdisciplinar de Saúde, Desporto e Pedagogia do Movimento - SINERGIA II. Motricidade, 2018, 14, 1-319.	0.2	0
97	CARACTERIZAÇÃO DOS UTILIZADORES DE PISCINAS EM PORTUGAL: PRÁTICAS USUAIS E MOTIVAÇÕES. Revista De Investigação Em Actividades Acuáticas, 2019, 3, 3-7.	0.1	0
98	Impact of Overloaded School Backpacks: An Emerging Problem. The Open Sports Sciences Journal, 2021, 14, 76-81.	0.4	0
99	Introductory Chapter: Rising Interests in Sports Sciences. , 0, , .		0
100	A 30-min test applied to stand-up paddleboarding: A pilot study. , 0, , .		0
101	Student Motivation Associated With the Practice of Individual and Team Sports in Physical Education Classes. Journal of Advances in Sports and Physical Education, 2021, 4, 51-58.	0.2	0
102	A influência da prática regular de natação no desenvolvimento motor global na infância (The) Tj ETQq0 0 0 rgBT /Overlock 10 Tf 5 Retos, 2020, , 296-304.	0.3	0
103	Editorial: Musculoskeletal Adaptations to Training and Sports Performance: Connecting Theory and Practice. Frontiers in Physiology, 2022, 13, 866895.	2.8	0
104	Characterization of Warm-Up in Soccer: Report from Portuguese Elite Soccer Coaches. The Open Sports Sciences Journal, 2021, 14, 114-123.	0.4	0