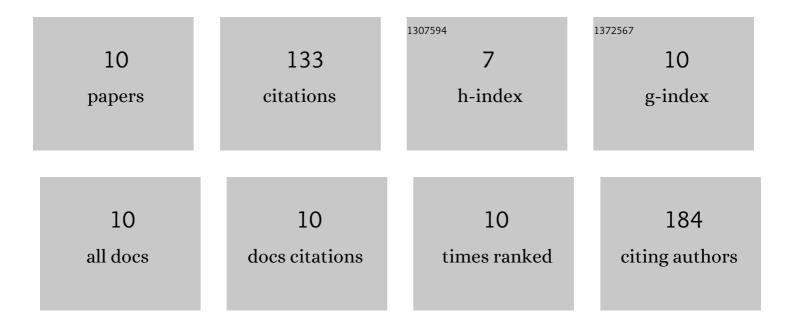
## Marta KozÅ,owska

List of Publications by Year in descending order

Source: https://exaly.com/author-pdf/222878/publications.pdf Version: 2024-02-01



#	Article	IF	CITATIONS
1	Habitually inactive physically – a proposed procedure of counteracting cognitive decline in women with diminished insulin sensitivity through a high-intensity circuit training program. Physiology and Behavior, 2021, 229, 113235.	2.1	9
2	Beneficial effects of whole-body cryotherapy on glucose homeostasis and amino acid profile are associated with a reduced myostatin serum concentration. Scientific Reports, 2021, 11, 7097.	3.3	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. Nutrients, 2021, 13, 4393.	4.1	9
4	Short-Term Resistance Training Supported by Whole-Body Cryostimulation Induced a Decrease in Myostatin Concentration and an Increase in Isokinetic Muscle Strength. International Journal of Environmental Research and Public Health, 2020, 17, 5496.	2.6	11
5	Iron Status in Elderly Women Impacts Myostatin, Adiponectin and Osteocalcin Levels Induced by Nordic Walking Training. Nutrients, 2020, 12, 1129.	4.1	8
6	The beneficial effects of 15 units of high-intensity circuit training in women is modified by age, baseline insulin resistance and physical capacity. Diabetes Research and Clinical Practice, 2019, 152, 156-165.	2.8	26
7	Acute Postexercise Change in Circulating Irisin Is Related to More Favorable Lipid Profile in Pregnant Women Attending a Structured Exercise Program and to Less Favorable Lipid Profile in Controls: An Experimental Study with Two Groups. International Journal of Endocrinology, 2019, 2019, 1-11.	1.5	9
8	Immunological Response and Match Performance of Professional Tennis Players of Different Age Groups During a Competitive Season. Journal of Strength and Conditioning Research, 2019, Publish Ahead of Print, 2255-2262.	2.1	4
9	A 2-Week Specific Volleyball Training Supported by the Whole Body Cryostimulation Protocol Induced an Increase of Growth Factors and Counteracted Deterioration of Physical Performance. Frontiers in Physiology, 2018, 9, 1711.	2.8	20
10	The impact of a single bout of high intensity circuit training on myokines' concentrations and cognitive functions in women of different age. Physiology and Behavior, 2017, 179, 290-297.	2.1	26