

Alexander Ferrauti

List of Publications by Year in descending order

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83
papers

2,634
citations

185998

28
h-index

214527

47
g-index

89
all docs

89
docs citations

89
times ranked

2166
citing authors

#	ARTICLE	IF	CITATIONS
1	Recovery during and after a simulated multi-day tennis tournament: Combining active recovery, stretching, cold-water immersion, and massage interventions. <i>European Journal of Sport Science</i> , 2022, 22, 973-984.	1.4	1
2	Physical determinants, intercorrelations, and relevance of movement speed components in elite junior tennis players. <i>European Journal of Sport Science</i> , 2022, 22, 1805-1815.	1.4	4
3	Portable polysomnography for sleep monitoring in elite youth rowing: An athlete's gain or the sleep's thief?. <i>Translational Sports Medicine</i> , 2021, 4, 289-296.	0.5	7
4	Diagnostik und Training der Ausdauer. , 2021, , 79-90.		0
5	Does Cold-Water Immersion After Strength Training Attenuate Training Adaptation?. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 304-310.	1.1	11
6	Effects of in-play cooling during simulated tennis match play in the heat on performance, physiological and perceptual measures. <i>Journal of Sports Medicine and Physical Fitness</i> , 2021, 61, 372-379.	0.4	5
7	Recovery-Stress Response of Blood-Based Biomarkers. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 5776.	1.2	13
8	Performance Changes and Recovery Time in U20 and Older Handball Players after a High-Intensity Sprint Exercise. <i>Applied Sciences (Switzerland)</i> , 2021, 11, 5301.	1.3	1
9	Age- and Sex-Related Differences in Recovery From High-Intensity and Endurance Exercise: A Brief Review. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 752-762.	1.1	8
10	Kinematic characteristics of the tennis serve from the ad and deuce court service positions in elite junior players. <i>PLoS ONE</i> , 2021, 16, e0252650.	1.1	8
11	Repeatability of the Individual Response to the Use of Active Recovery the Day After High-Intensity Interval Training: A Double-Crossover Trial. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 1160-1168.	1.1	2
12	Recovery From Eccentric Squat Exercise in Resistance-Trained Young and Master Athletes With Similar Maximum Strength: Combining Cold Water Immersion and Compression. <i>Frontiers in Physiology</i> , 2021, 12, 665204.	1.3	1
13	Utilizing Heart Rate Variability for Coaching Athletes During and After Viral Infection: A Case Report in an Elite Endurance Athlete. <i>Frontiers in Sports and Active Living</i> , 2021, 3, 612782.	0.9	7
14	Assessment of sleep quality and daytime sleepiness in German national ice hockey players preparing for the world championship. <i>German Journal of Exercise and Sport Research</i> , 2021, 51, 94-101.	1.0	4
15	Impact of Physical Performance and Anthropometric Characteristics on Serve Velocity in Elite Junior Tennis Players. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 192-202.	1.0	49
16	Portable PSG for sleep stage monitoring in sports: Assessment of SOMNOWatch plus EEG. <i>European Journal of Sport Science</i> , 2020, 20, 713-721.	1.4	10
17	Acute Effects of Mental Recovery Strategies After a Mentally Fatiguing Task. <i>Frontiers in Psychology</i> , 2020, 11, 558856.	1.1	20
18	Effects of Postexercise Sauna Bathing on Recovery of Swim Performance. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 934-940.	1.1	8

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19	Monitoring training and recovery responses with heart rate measures during standardized warm-up in elite badminton players. PLoS ONE, 2020, 15, e0244412.	1.1	12
20	Ausdauertraining. , 2020, , 345-404.		3
21	Training im mittleren und hÄrteren. , 2020, , 547-578.		0
22	Grundlagenwissen zum sportlichen Training. , 2020, , 21-65.		4
23	Training im. , 2020, , 507-546.		0
24	Leistungssteuerung. , 2020, , 67-186.		0
25	Trainingswissenschaft in ausgewÄhlten Sportarten. , 2020, , 579-659.		2
26	Individualized Monitoring of Muscle Recovery in Elite Badminton. Frontiers in Physiology, 2019, 10, 778.	1.3	15
27	Activity profiles and physiological responses during match play in four popular racquet sports. German Journal of Exercise and Sport Research, 2019, 49, 221-231.	1.0	5
28	Resting the mind â€“ A novel topic with scarce insights. Considering potential mental recovery strategies for short rest periods in sports. Performance Enhancement and Health, 2019, 6, 148-155.	0.8	22
29	Heart Rate Variability Monitoring During Strength and High-Intensity Interval Training Overload Microcycles. Frontiers in Physiology, 2019, 10, 582.	1.3	37
30	A Meta-Analysis of the Effects of Foam Rolling on Performance and Recovery. Frontiers in Physiology, 2019, 10, 376.	1.3	142
31	Modification and Applicability of Questionnaires to Assess the Recovery-Stress State Among Adolescent and Child Athletes. Frontiers in Physiology, 2019, 10, 1414.	1.3	4
32	Effects of different exercise intensities in the morning on football performance components in the afternoon. German Journal of Exercise and Sport Research, 2018, 48, 235-244.	1.0	4
33	Effects of different recovery strategies following a half-marathon on fatigue markers in recreational runners. PLoS ONE, 2018, 13, e0207313.	1.1	36
34	Assessment of Physical Performance for Individualized Training Prescription in Tennis. , 2018, , 167-188.		10
35	Relation Between Training Load and Recovery-Stress State in High-Performance Swimming. Frontiers in Physiology, 2018, 9, 845.	1.3	25
36	Active Recovery After High-Intensity Interval-Training Does Not Attenuate Training Adaptation. Frontiers in Physiology, 2018, 9, 415.	1.3	14

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37	Heart Rate Monitoring in Team Sports—A Conceptual Framework for Contextualizing Heart Rate Measures for Training and Recovery Prescription. <i>Frontiers in Physiology</i> , 2018, 9, 639.	1.3	109
38	Acute effects of psychological relaxation techniques between two physical tasks. <i>Journal of Sports Sciences</i> , 2017, 35, 216-223.	1.0	42
39	Individual Patterns in Blood-Borne Indicators of Fatigue—Trait or Chance. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 608-619.	1.0	20
40	Development of two short measures for recovery and stress in sport. <i>European Journal of Sport Science</i> , 2017, 17, 894-903.	1.4	58
41	Psychological tools used for monitoring training responses of athletes. <i>Performance Enhancement and Health</i> , 2017, 5, 125-133.	0.8	27
42	Can Cold Water Immersion Enhance Recovery in Elite Olympic Weightlifters? An Individualized Perspective. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 1569-1576.	1.0	13
43	Athletic performance, training characteristics, and orthopedic indications in junior tennis Davis Cup players. <i>International Journal of Sports Science and Coaching</i> , 2017, 12, 119-129.	0.7	14
44	How Does a Short, Interrupted Recovery Break Affect Performance and How Is It Assessed? A Study on Acute Effects. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, S2-114-S2-121.	1.1	6
45	The effect of westward travel across five time zones on sleep and subjective jet-lag ratings in athletes before and during the 2015—World Rowing Junior Championships. <i>Journal of Sports Sciences</i> , 2017, 35, 2240-2248.	1.0	22
46	A New Method to Individualize Monitoring of Muscle Recovery in Athletes. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, 1137-1142.	1.1	48
47	Responses of low and high compression during recovery after repeated sprint training in well-trained handball players. <i>European Journal of Sport Science</i> , 2017, 17, 1304-1310.	1.4	12
48	Evaluation of psychological measures for the assessment of recovery and stress during a shock-microcycle in strength and high-intensity interval training. <i>Performance Enhancement and Health</i> , 2017, 5, 147-157.	0.8	29
49	Tensiomyographic Markers Are Not Sensitive for Monitoring Muscle Fatigue in Elite Youth Athletes: A Pilot Study. <i>Frontiers in Physiology</i> , 2017, 8, 406.	1.3	30
50	Relaxation techniques in sports: A systematic review on acute effects on performance. <i>Performance Enhancement and Health</i> , 2016, 5, 47-59.	0.8	25
51	Muscle mechanical properties of strength and endurance athletes and changes after one week of intensive training. <i>Journal of Electromyography and Kinesiology</i> , 2016, 30, 73-80.	0.7	68
52	miRNAs and sports: tracking training status and potentially confounding diagnoses. <i>Journal of Translational Medicine</i> , 2016, 14, 219.	1.8	31
53	Can the Lamberts and Lambert Submaximal Cycle Test Indicate Fatigue and Recovery in Trained Cyclists?. <i>International Journal of Sports Physiology and Performance</i> , 2016, 11, 328-336.	1.1	29
54	Effect of Repeated Active Recovery During a High-Intensity Interval-Training Shock Microcycle on Markers of Fatigue. <i>International Journal of Sports Physiology and Performance</i> , 2016, 11, 1060-1066.	1.1	24

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55	Neuromuscular Fatigue and Physiological Responses After Five Dynamic Squat Exercise Protocols. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 953-965.	1.0	31
56	Impact of Fitness Characteristics on Tennis Performance in Elite Junior Tennis Players. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 989-998.	1.0	117
57	Assessment of Fatigue and Recovery in Male and Female Athletes After 6 Days of Intensified Strength Training. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 3412-3427.	1.0	64
58	Massage and Performance Recovery: A Meta-Analytical Review. <i>Sports Medicine</i> , 2016, 46, 183-204.	3.1	104
59	The longer the better: Sleep-wake patterns during preparation of the World Rowing Junior Championships. <i>Chronobiology International</i> , 2016, 33, 73-84.	0.9	68
60	Comparing Subjective With Objective Sleep Parameters Via Multisensory Actigraphy in German Physical Education Students. <i>Behavioral Sleep Medicine</i> , 2016, 14, 389-405.	1.1	25
61	Sleep monitoring of a six-day microcycle in strength and high-intensity training. <i>European Journal of Sport Science</i> , 2016, 16, 507-515.	1.4	43
62	Blood-Borne Markers of Fatigue in Competitive Athletes – Results from Simulated Training Camps. <i>PLoS ONE</i> , 2016, 11, e0148810.	1.1	57
63	Acute responses and muscle damage in different high-intensity interval running protocols. <i>Journal of Sports Medicine and Physical Fitness</i> , 2016, 56, 606-15.	0.4	17
64	Effects of Active and Passive Recovery on Blood Lactate and Blood pH After a Repeated Sprint Protocol in Children and Adults. <i>Pediatric Exercise Science</i> , 2015, 27, 77-84.	0.5	25
65	Effects of Six Weeks of Medicine Ball Training on Throwing Velocity, Throwing Precision, and Isokinetic Strength of Shoulder Rotators in Female Handball Players. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 1904-1914.	1.0	50
66	Assessment of Neuromuscular Function After Different Strength Training Protocols Using Tensiomyography. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 1339-1348.	1.0	81
67	Markers for Routine Assessment of Fatigue and Recovery in Male and Female Team Sport Athletes during High-Intensity Interval Training. <i>PLoS ONE</i> , 2015, 10, e0139801.	1.1	84
68	Effects of Training-Induced Fatigue on Pacing Patterns in 40-km Cycling Time Trials. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 593-600.	0.2	21
69	Validity of the Acute Recovery and Stress Scale: Training Monitoring of the German Junior National Field Hockey Team. <i>International Journal of Sports Science and Coaching</i> , 2015, 10, 529-542.	0.7	51
70	Tensiomyography reliability and prediction of changes in muscle force following heavy eccentric strength exercise using muscle mechanical properties. <i>Sports Technology</i> , 2015, 8, 58-66.	0.4	24
71	Reliability and External Validity of Tensiomyography Measurements Following Strength Exercise. , 2015, , .		0
72	Fitness testing of tennis players: How valuable is it?. <i>British Journal of Sports Medicine</i> , 2014, 48, i22-i31.	3.1	103

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73	Conception for Fitness Testing and individualized training programs in the German Tennis Federation. Sports Orthopaedics and Traumatology, 2013, 29, 180-192.	0.1	26
74	Diagnostic of footwork characteristics and running speed demands in tennis on different ground surfaces. Sports Orthopaedics and Traumatology, 2013, 29, 172-179.	0.1	17
75	Evaluation of a Specific Reaction and Action Speed Test for the Soccer Goalkeeper. Journal of Strength and Conditioning Research, 2013, 27, 2141-2148.	1.0	33
76	High-Intensity Interval Training vs. Repeated-Sprint Training in Tennis. Journal of Strength and Conditioning Research, 2012, 26, 53-62.	1.0	75
77	The Hit & Turn Tennis Test: An acoustically controlled endurance test for tennis players. Journal of Sports Sciences, 2011, 29, 485-494.	1.0	60
78	The Physiological Demands of Hitting and Running in Tennis on Different Surfaces. Journal of Strength and Conditioning Research, 2010, 24, 3255-3264.	1.0	45
79	Effects of a Concurrent Strength and Endurance Training on Running Performance and Running Economy in Recreational Marathon Runners. Journal of Strength and Conditioning Research, 2010, 24, 2770-2778.	1.0	62
80	Short-term effects of light and heavy load interventions on service velocity and precision in elite young tennis players. British Journal of Sports Medicine, 2007, 41, 750-753.	3.1	21
81	The effects of creatine supplementation: A review with special regards to ballgames. European Journal of Sport Science, 2003, 3, 1-27.	1.4	6
82	The effect of recovery duration on running speed and stroke quality during intermittent training drills in elite tennis players. Journal of Sports Sciences, 2001, 19, 235-242.	1.0	76
83	Physiological responses in tennis and running with similar oxygen uptake. European Journal of Applied Physiology, 2001, 85, 27-33.	1.2	89