

Morten Bredsgaard Randers

List of Publications by Citations

Source:

<https://exaly.com/author-pdf/2487145/morten-bredsgaard-randers-publications-by-citations.pdf>

Version: 2024-04-17

This document has been generated based on the publications and citations recorded by exaly.com. For the latest version of this publication list, visit the link given above.

The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

218
papers

12,393
citations

53
h-index

107
g-index

235
ext. papers

14,519
ext. citations

3.9
avg, IF

6.41
L-index

#	Paper	IF	Citations
218	Match performance of high-standard soccer players with special reference to development of fatigue. <i>Journal of Sports Sciences</i> , 2003 , 21, 519-28	3.6	1085
217	The yo-yo intermittent recovery test: physiological response, reliability, and validity. <i>Medicine and Science in Sports and Exercise</i> , 2003 , 35, 697-705	1.2	708
216	The Yo-Yo intermittent recovery test : a useful tool for evaluation of physical performance in intermittent sports. <i>Sports Medicine</i> , 2008 , 38, 37-51	10.6	700
215	Physical and metabolic demands of training and match-play in the elite football player. <i>Journal of Sports Sciences</i> , 2006 , 24, 665-74	3.6	532
214	High-intensity running in English FA Premier League soccer matches. <i>Journal of Sports Sciences</i> , 2009 , 27, 159-68	3.6	458
213	Muscle and blood metabolites during a soccer game: implications for sprint performance. <i>Medicine and Science in Sports and Exercise</i> , 2006 , 38, 1165-74	1.2	411
212	Fatigue in soccer: a brief review. <i>Journal of Sports Sciences</i> , 2005 , 23, 593-9	3.6	334
211	Physical demands during an elite female soccer game: importance of training status. <i>Medicine and Science in Sports and Exercise</i> , 2005 , 37, 1242-8	1.2	333
210	High-intensity training versus traditional exercise interventions for promoting health. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 1951-8	1.2	246
209	The Yo-Yo IR2 test: physiological response, reliability, and application to elite soccer. <i>Medicine and Science in Sports and Exercise</i> , 2006 , 38, 1666-73	1.2	235
208	Physiological demands of top-class soccer refereeing in relation to physical capacity: effect of intense intermittent exercise training. <i>Journal of Sports Sciences</i> , 2001 , 19, 881-91	3.6	233
207	Match activities of elite women soccer players at different performance levels. <i>Journal of Strength and Conditioning Research</i> , 2008 , 22, 341-9	3.2	201
206	Slow component of VO ₂ kinetics: mechanistic bases and practical applications. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 2046-62	1.2	191
205	The slow component of oxygen uptake during intense, sub-maximal exercise in man is associated with additional fibre recruitment. <i>Pflugers Archiv European Journal of Physiology</i> , 2004 , 447, 855-66	4.6	182
204	Application of four different football match analysis systems: a comparative study. <i>Journal of Sports Sciences</i> , 2010 , 28, 171-82	3.6	181
203	The effect of playing formation on high-intensity running and technical profiles in English FA Premier League soccer matches. <i>Journal of Sports Sciences</i> , 2011 , 29, 821-30	3.6	179
202	Metabolic response and fatigue in soccer. <i>International Journal of Sports Physiology and Performance</i> , 2007 , 2, 111-27	3.5	171

201	Match performance and physical capacity of players in the top three competitive standards of English professional soccer. <i>Human Movement Science</i> , 2013 , 32, 808-21	2.4	167
200	Recreational soccer is an effective health-promoting activity for untrained men. <i>British Journal of Sports Medicine</i> , 2009 , 43, 825-31	10.3	164
199	Effect of high-intensity intermittent training on lactate and H ⁺ release from human skeletal muscle. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2004 , 286, E245-51	6	157
198	Effect of two different intense training regimens on skeletal muscle ion transport proteins and fatigue development. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2007 , 292, R1594-602	3.2	140
197	Elite football on artificial turf versus natural grass: movement patterns, technical standards, and player impressions. <i>Journal of Sports Sciences</i> , 2008 , 26, 113-22	3.6	139
196	Dietary nitrate supplementation improves team sport-specific intense intermittent exercise performance. <i>European Journal of Applied Physiology</i> , 2013 , 113, 1673-84	3.4	137
195	Elite female soccer players perform more high-intensity running when playing in international games compared with domestic league games. <i>Journal of Strength and Conditioning Research</i> , 2010 , 24, 912-9	3.2	120
194	Muscle damage, inflammatory, immune and performance responses to three football games in 1 week in competitive male players. <i>European Journal of Applied Physiology</i> , 2016 , 116, 179-93	3.4	108
193	Game-induced fatigue patterns in elite female soccer. <i>Journal of Strength and Conditioning Research</i> , 2010 , 24, 437-41	3.2	105
192	Activity profile and physiological response to football training for untrained males and females, elderly and youngsters: influence of the number of players. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2010 , 20 Suppl 1, 14-23	4.6	102
191	Positive performance and health effects of a football training program over 12 weeks can be maintained over a 1-year period with reduced training frequency. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2010 , 20 Suppl 1, 80-9	4.6	101
190	Activity profile and physiological demands of top-class soccer assistant refereeing in relation to training status. <i>Journal of Sports Sciences</i> , 2002 , 20, 861-71	3.6	99
189	Mechanical muscle function, morphology, and fiber type in lifelong trained elderly. <i>Medicine and Science in Sports and Exercise</i> , 2007 , 39, 1989-96	1.2	95
188	Maximal voluntary contraction force, SR function and glycogen resynthesis during the first 72 h after a high-level competitive soccer game. <i>European Journal of Applied Physiology</i> , 2011 , 111, 2987-95	3.4	90
187	Beneficial effects of recreational football on the cardiovascular risk profile in untrained premenopausal women. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2010 , 20 Suppl 1, 40-9	4.6	89
186	Muscle adaptations and performance enhancements of soccer training for untrained men. <i>European Journal of Applied Physiology</i> , 2010 , 108, 1247-58	3.4	88
185	Activity profile and physical demands of football referees and assistant referees in international games. <i>Journal of Sports Sciences</i> , 2009 , 27, 1167-76	3.6	86
184	Recreational football for disease prevention and treatment in untrained men: a narrative review examining cardiovascular health, lipid profile, body composition, muscle strength and functional capacity. <i>British Journal of Sports Medicine</i> , 2015 , 49, 568-76	10.3	85

183	Sub-maximal and maximal Yo-Yo intermittent endurance test level 2: heart rate response, reproducibility and application to elite soccer. <i>European Journal of Applied Physiology</i> , 2011 , 111, 969-78 ^{3,4}		85
182	Performance enhancements and muscular adaptations of a 16-week recreational football intervention for untrained women. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2010 , 20 Suppl 1, 24-30	4.6	85
181	Reduced volume but increased training intensity elevates muscle Na ⁺ -K ⁺ pump alpha1-subunit and NHE1 expression as well as short-term work capacity in humans. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2008 , 294, R966-74	3.2	76
180	Muscle heat production and anaerobic energy turnover during repeated intense dynamic exercise in humans. <i>Journal of Physiology</i> , 2001 , 536, 947-56	3.9	76
179	Examination of fatigue development in elite soccer in a hot environment: a multi-experimental approach. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2010 , 20 Suppl 3, 125-32	4.6	72
178	Recreational football training decreases risk factors for bone fractures in untrained premenopausal women. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2010 , 20 Suppl 1, 31-9	4.6	67
177	Is Recreational Soccer Effective for Improving VO ₂ max A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2015 , 45, 1339-1353	10.6	66
176	Soccer improves fitness and attenuates cardiovascular risk factors in hypertensive men. <i>Medicine and Science in Sports and Exercise</i> , 2013 , 45, 553-60	1.2	66
175	The effect of strength training, recreational soccer and running exercise on stretch-shortening cycle muscle performance during countermovement jumping. <i>Human Movement Science</i> , 2012 , 31, 970-86 ^{2,4}		63
174	Long-term musculoskeletal and cardiac health effects of recreational football and running for premenopausal women. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2010 , 20 Suppl 1, 58-71	4.6	63
173	The Copenhagen Consensus Conference 2016: children, youth, and physical activity in schools and during leisure time. <i>British Journal of Sports Medicine</i> , 2016 , 50, 1177-8	10.3	63
172	The effect of recreational soccer training and running on postural balance in untrained men. <i>European Journal of Applied Physiology</i> , 2011 , 111, 521-30	3.4	59
171	Recruitment of fibre types and quadriceps muscle portions during repeated, intense knee-extensor exercise in humans. <i>Pflugers Archiv European Journal of Physiology</i> , 2004 , 449, 56-65	4.6	59
170	VO ₂ kinetics and performance in soccer players after intense training and inactivity. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 1716-24	1.2	57
169	Muscle function and postural balance in lifelong trained male footballers compared with sedentary elderly men and youngsters. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2010 , 20 Suppl 1, 90-7	4.6	56
168	Physical match performance of youth football players in relation to physical capacity. <i>European Journal of Sport Science</i> , 2014 , 14 Suppl 1, S148-56	3.9	55
167	High injury incidence in adolescent female soccer. <i>American Journal of Sports Medicine</i> , 2014 , 42, 2487-94 ⁸		53
166	Short-term street soccer improves fitness and cardiovascular health status of homeless men. <i>European Journal of Applied Physiology</i> , 2012 , 112, 2097-106	3.4	53

165	Broad-spectrum physical fitness benefits of recreational football: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2019 , 53, 926-939	10.3	53
164	Heart rate response and fitness effects of various types of physical education for 8- to 9-year-old schoolchildren. <i>European Journal of Sport Science</i> , 2014 , 14, 861-9	3.9	52
163	Potassium kinetics in human muscle interstitium during repeated intense exercise in relation to fatigue. <i>Pflugers Archiv European Journal of Physiology</i> , 2004 , 448, 452-6	4.6	52
162	Yo-Yo IR2 testing of elite and sub-elite soccer players: performance, heart rate response and correlations to other interval tests. <i>Journal of Sports Sciences</i> , 2012 , 30, 1337-45	3.6	50
161	Physiological demands of elite team handball with special reference to playing position. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 430-42	3.2	48
160	Soccer training improves cardiac function in men with type 2 diabetes. <i>Medicine and Science in Sports and Exercise</i> , 2013 , 45, 2223-33	1.2	48
159	Football as a treatment for hypertension in untrained 30-55-year-old men: a prospective randomized study. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2010 , 20 Suppl 1, 98-102	4.6	47
158	Soccer and Zumba as health-promoting activities among female hospital employees: a 40-weeks cluster randomised intervention study. <i>Journal of Sports Sciences</i> , 2014 , 32, 1539-49	3.6	45
157	Extensive monitoring through multiple blood samples in professional soccer players. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 1260-71	3.2	45
156	The Copenhagen Soccer Test: physiological response and fatigue development. <i>Medicine and Science in Sports and Exercise</i> , 2012 , 44, 1595-603	1.2	43
155	Injuries in Portuguese youth soccer players during training and match play. <i>Journal of Athletic Training</i> , 2012 , 47, 191-7	4	43
154	Return to elite football after the COVID-19 lockdown. <i>Managing Sport and Leisure</i> , 2020 , 1-9	2.9	42
153	Physiological response and activity profile in recreational small-sided football: no effect of the number of players. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2014 , 24 Suppl 1, 130-7	4.6	41
152	High-intensity intermittent swimming improves cardiovascular health status for women with mild hypertension. <i>BioMed Research International</i> , 2014 , 2014, 728289	3	40
151	Recreational soccer can improve the reflex response to sudden trunk loading among untrained women. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 2621-6	3.2	40
150	Effects of soccer vs swim training on bone formation in sedentary middle-aged women. <i>European Journal of Applied Physiology</i> , 2015 , 115, 2671-9	3.4	39
149	Structural and functional cardiac adaptations to a 10-week school-based football intervention for 9-10-year-old children. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2014 , 24 Suppl 1, 4-9	4.6	39
148	A preliminary study: effects of football training on glucose control, body composition, and performance in men with type 2 diabetes. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2014 , 24 Suppl 1, 43-56	4.6	39

147	Football training in men with prostate cancer undergoing androgen deprivation therapy: activity profile and short-term skeletal and postural balance adaptations. <i>European Journal of Applied Physiology</i> , 2016 , 116, 471-80	3.4	38
146	Differences in strength and speed demands between 4v4 and 8v8 small-sided football games. <i>Journal of Sports Sciences</i> , 2016 , 34, 2246-2254	3.6	37
145	Sodium bicarbonate intake improves high-intensity intermittent exercise performance in trained young men. <i>Journal of the International Society of Sports Nutrition</i> , 2015 , 12, 25	4.5	36
144	Relationships between field performance tests in high-level soccer players. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 942-9	3.2	35
143	Muscle strength and soccer practice as major determinants of bone mineral density in adolescents. <i>Joint Bone Spine</i> , 2012 , 79, 403-8	2.9	34
142	The influence of the playing surface on the exercise intensity of small-sided recreational soccer games. <i>Human Movement Science</i> , 2012 , 31, 946-56	2.4	34
141	Effect of football or strength training on functional ability and physical performance in untrained old men. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2014 , 24 Suppl 1, 76-85	4.6	32
140	Half-time re-warm up increases performance capacity in male elite soccer players. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2014 , 25, e40	4.6	31
139	Analysis of High-Intensity Skating in Top-Class Ice Hockey Match-Play in Relation to Training Status and Muscle Damage. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 1303-1310	3.2	31
138	Methods to collect and interpret external training load using microtechnology incorporating GPS in professional football: a systematic review. <i>Research in Sports Medicine</i> , 2020 , 28, 437-458	3.8	31
137	Effects of recreational football on women's fitness and health: adaptations and mechanisms. <i>European Journal of Applied Physiology</i> , 2018 , 118, 11-32	3.4	31
136	Structural and functional cardiac adaptations to 6 months of football training in untrained hypertensive men. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2014 , 24 Suppl 1, 27-35	4.6	29
135	Yo-Yo intermittent recovery test performances within an entire football league during a full season. <i>Journal of Sports Sciences</i> , 2014 , 32, 315-27	3.6	29
134	Effects of the Workplace Health Promotion Activities Soccer and Zumba on Muscle Pain, Work Ability and Perceived Physical Exertion among Female Hospital Employees. <i>PLoS ONE</i> , 2014 , 9, e115059	3.7	28
133	Analysis of fatigue development during elite male handball matches. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 2640-8	3.2	27
132	Community-based recreational football: a novel approach to promote physical activity and quality of life in prostate cancer survivors. <i>International Journal of Environmental Research and Public Health</i> , 2014 , 11, 5567-85	4.6	27
131	Effect of game format on heart rate, activity profile, and player involvement in elite and recreational youth players. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2014 , 24 Suppl 1, 17-26	4.6	27
130	Musculoskeletal health profile for elite female footballers versus untrained young women before and after 16 weeks of football training. <i>Journal of Sports Sciences</i> , 2013 , 31, 1468-74	3.6	27

129	Cardiovascular effects of 3 months of football training in overweight children examined by comprehensive echocardiography: a pilot study. <i>Journal of Sports Sciences</i> , 2013 , 31, 1432-40	3.6	27
128	Positive effects on bone mineralisation and muscular fitness after 10 months of intense school-based physical training for children aged 8-10 years: the FIT FIRST randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2018 , 52, 254-260	10.3	26
127	Caffeine supplementation does not affect match activities and fatigue resistance during match play in young football players. <i>Journal of Sports Sciences</i> , 2014 , 32, 1958-1965	3.6	26
126	Walking football as sustainable exercise for older adults - A pilot investigation. <i>European Journal of Sport Science</i> , 2017 , 17, 638-645	3.9	25
125	Cardiovascular function is better in veteran football players than age-matched untrained elderly healthy men. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2015 , 25, 61-9	4.6	25
124	Fitness and health benefits of team handball training for young untrained women-A cross-disciplinary RCT on physiological adaptations and motivational aspects. <i>Journal of Sport and Health Science</i> , 2018 , 7, 139-148	8.2	24
123	Effects of 3 months of full-court and half-court street basketball training on health profile in untrained men. <i>Journal of Sport and Health Science</i> , 2018 , 7, 132-138	8.2	22
122	Reliability and validity of Yo-Yo tests in 9- to 16-year-old football players and matched non-sports active schoolboys. <i>European Journal of Sport Science</i> , 2016 , 16, 755-63	3.9	22
121	The Yo-Yo IE2 test: physiological response for untrained men versus trained soccer players. <i>Medicine and Science in Sports and Exercise</i> , 2015 , 47, 100-8	1.2	22
120	The Effects of 52 Weeks of Soccer or Resistance Training on Body Composition and Muscle Function in +65-Year-Old Healthy Males--A Randomized Controlled Trial. <i>PLoS ONE</i> , 2016 , 11, e0148236	3.7	22
119	Positive effects of 1-year football and strength training on mechanical muscle function and functional capacity in elderly men. <i>European Journal of Applied Physiology</i> , 2016 , 116, 1127-38	3.4	22
118	Skeletal muscle and performance adaptations to high-intensity training in elite male soccer players: speed endurance runs versus small-sided game training. <i>European Journal of Applied Physiology</i> , 2018 , 118, 111-121	3.4	22
117	Health-Related Physical Fitness in Healthy Untrained Men: Effects on VO2max, Jump Performance and Flexibility of Soccer and Moderate-Intensity Continuous Running. <i>PLoS ONE</i> , 2015 , 10, e0135319	3.7	21
116	Skeletal muscle glycogen content and particle size of distinct subcellular localizations in the recovery period after a high-level soccer match. <i>European Journal of Applied Physiology</i> , 2012 , 112, 3559-67	3.4	21
115	Reliability and Construct Validity of Yo-Yo Tests in Untrained and Soccer-Trained Schoolgirls Aged 9-16. <i>Pediatric Exercise Science</i> , 2016 , 28, 321-330	2	21
114	Effects on muscle strength, maximal jump height, flexibility and postural sway after soccer and Zumba exercise among female hospital employees: a 9-month randomised controlled trial. <i>Journal of Sports Sciences</i> , 2016 , 34, 1849-58	3.6	20
113	Performance effects of 6 weeks of aerobic production training in junior elite soccer players. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 1861-7	3.2	20
112	Heat Stress Impairs Repeated Jump Ability After Competitive Elite Soccer Games. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 683-689	3.2	20

111	The use of Yo-Yo intermittent recovery level 1 and Andersen testing for fitness and maximal heart rate assessments of 6- to 10-year-old school children. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 1583-90	3.2	20
110	Running intensity fluctuations indicate temporary performance decrement in top-class football. <i>Science and Medicine in Football</i> , 2017 , 1, 10-17	2.7	18
109	Oxidative capacity and glycogen content increase more in arm than leg muscle in sedentary women after intense training. <i>Journal of Applied Physiology</i> , 2015 , 119, 116-23	3.7	18
108	Post-Game High Protein Intake May Improve Recovery of Football-Specific Performance during a Congested Game Fixture: Results from the PRO-FOOTBALL Study. <i>Nutrients</i> , 2018 , 10,	6.7	18
107	Test-Retest Reliability of the Yo-Yo Test: A Systematic Review. <i>Sports Medicine</i> , 2019 , 49, 1547-1557	10.6	18
106	Application of the Copenhagen Soccer Test in high-level women players - locomotor activities, physiological response and sprint performance. <i>Human Movement Science</i> , 2013 , 32, 1430-42	2.4	18
105	Street football is a feasible health-enhancing activity for homeless men: biochemical bone marker profile and balance improved. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2014 , 24 Suppl 1, 122-9	4.6	18
104	Elite futsal refereeing: activity profile and physiological demands. <i>Journal of Strength and Conditioning Research</i> , 2011 , 25, 980-7	3.2	18
103	ŠFIFA 11 for HealthŠfor Europe. II: effect on health markers and physical fitness in Danish schoolchildren aged 10-12 years. <i>British Journal of Sports Medicine</i> , 2016 , 50, 1394-1399	10.3	18
102	Effect of lifelong football training on the expression of muscle molecular markers involved in healthy longevity. <i>European Journal of Applied Physiology</i> , 2017 , 117, 721-730	3.4	17
101	The importance of cohesion and enjoyment for the fitness improvement of 8-10-year-old children participating in a team and individual sport school-based physical activity intervention. <i>European Journal of Sport Science</i> , 2017 , 17, 343-350	3.9	17
100	Physical and Physiological Demands of Recreational Team Handball for Adult Untrained Men. <i>BioMed Research International</i> , 2017 , 2017, 6204603	3	17
99	Effects of recreational soccer in men with prostate cancer undergoing androgen deprivation therapy: study protocol for the ŠFC ProstateŠrandomized controlled trial. <i>BMC Cancer</i> , 2013 , 13, 595	4.8	17
98	Effects of small-volume soccer and vibration training on body composition, aerobic fitness, and muscular PCr kinetics for inactive women aged 20-45. <i>Journal of Sport and Health Science</i> , 2014 , 3, 284-292	8.2	17
97	Movement pattern and physiological response in recreational small-sided football - effect of number of players with a fixed pitch size. <i>Journal of Sports Sciences</i> , 2018 , 36, 1549-1556	3.6	17
96	Muscle Metabolism and Fatigue during Simulated Ice Hockey Match-Play in Elite Players. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 2162-2171	1.2	16
95	Bone mineral density in lifelong trained male football players compared with young and elderly untrained men. <i>Journal of Sport and Health Science</i> , 2018 , 7, 159-168	8.2	15
94	Osteogenic impact of football training in 55- to 70-year-old women and men with prediabetes. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018 , 28 Suppl 1, 52-60	4.6	15

93	Reliability, sensitivity and validity of the assistant referee intermittent endurance test (ARIET) - a modified Yo-Yo IE2 test for elite soccer assistant referees. <i>Journal of Sports Sciences</i> , 2012 , 30, 767-75	3.6	15
92	Comparison between two types of anaerobic speed endurance training in competitive soccer players. <i>Journal of Human Kinetics</i> , 2016 , 51, 183-192	2.6	15
91	Effects of Small-Sided Soccer Games on Physical Fitness, Physiological Responses, and Health Indices in Untrained Individuals and Clinical Populations: A Systematic Review. <i>Sports Medicine</i> , 2020 , 50, 987-1007	10.6	14
90	Influence of opponent standard on activity profile and fatigue development during preseasonal friendly soccer matches: a team study. <i>Research in Sports Medicine</i> , 2018 , 26, 413-424	3.8	14
89	Effects of long-term football training on the expression profile of genes involved in muscle oxidative metabolism. <i>Molecular and Cellular Probes</i> , 2015 , 29, 43-7	3.3	14
88	Evaluating a Nationwide Recreational Football Intervention: Recruitment, Attendance, Adherence, Exercise Intensity, and Health Effects. <i>BioMed Research International</i> , 2016 , 2016, 7231545	3	14
87	Effectiveness of community-based football compared to usual care in men with prostate cancer: Protocol for a randomised, controlled, parallel group, multicenter superiority trial (The FC Prostate Community Trial). <i>BMC Cancer</i> , 2016 , 16, 767	4.8	14
86	Broad-spectrum health improvements with one year of soccer training in inactive mildly hypertensive middle-aged women. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2017 , 27, 1893-1901	4.6	13
85	Effects of soccer training on health-related physical fitness measures in male adolescents. <i>Journal of Sport and Health Science</i> , 2018 , 7, 169-175	8.2	13
84	Fitness Effects of 10-Month Frequent Low-Volume Ball Game Training or Interval Running for 8-10-Year-Old School Children. <i>BioMed Research International</i> , 2017 , 2017, 2719752	3	13
83	Physical Demands in Competitive Ultimate Frisbee. <i>Journal of Strength and Conditioning Research</i> , 2015 , 29, 3386-91	3.2	13
82	Effects of a Short-Term Recreational Team Handball-Based Programme on Physical Fitness and Cardiovascular and Metabolic Health of 33-55-Year-Old Men: A Pilot Study. <i>BioMed Research International</i> , 2018 , 2018, 4109796	3	13
81	Maximal heart rate assessment in recreational football players: A study involving a multiple testing approach. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2019 , 29, 1537-1545	4.6	12
80	Ergogenic effects of caffeine and sodium bicarbonate supplementation on intermittent exercise performance preceded by intense arm cranking exercise. <i>Journal of the International Society of Sports Nutrition</i> , 2015 , 12, 13	4.5	11
79	Fatigue Responses in Various Muscle Groups in Well-Trained Competitive Male Players after a Simulated Soccer Game. <i>Journal of Human Kinetics</i> , 2018 , 61, 85-97	2.6	11
78	The maximal and sub-maximal versions of the Yo-Yo intermittent endurance test level 2 are simply reproducible, sensitive and valid. <i>European Journal of Applied Physiology</i> , 2012 , 112, 1973-5	3.4	11
77	Maximal Strength, Sprint, and Jump Performance in High-Level Female Football Players Are Maintained With a Customized Training Program During the COVID-19 Lockdown. <i>Frontiers in Physiology</i> , 2021 , 12, 623885	4.6	11
76	FFIFA 11 for HealthSfor Europe. 1: effect on health knowledge and well-being of 10- to 12-year-old Danish school children. <i>British Journal of Sports Medicine</i> , 2017 , 51, 1483-1488	10.3	10

75	Physical Fitness and Body Composition in 8-10-Year-Old Danish Children Are Associated With Sports Club Participation. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 3425-3434	3.2	10
74	Is regular physical activity a key to mental health? Commentary on "Association between physical exercise and mental health in 1.2 million individuals in the USA between 2011 and 2015: A cross-sectional study", by Chekroud et al., published in. <i>Journal of Sport and Health Science</i> , 2019 , 8, 6-7	8.2	10
73	Acute high-intensity football games can improve children's inhibitory control and neurophysiological measures of attention. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2019 , 29, 1546-1562	4.6	10
72	Kicking Velocity and Effect on Match Performance When using a Smaller, Lighter Ball in Women's Football. <i>International Journal of Sports Medicine</i> , 2016 , 37, 966-972	3.6	10
71	Cardiovascular health profile of elite female football players compared to untrained controls before and after short-term football training. <i>Journal of Sports Sciences</i> , 2013 , 31, 1421-31	3.6	10
70	Training load and submaximal heart rate testing throughout a competitive period in a top-level male football team. <i>Journal of Sports Sciences</i> , 2020 , 38, 1408-1415	3.6	9
69	The inter-individual relationship between training status and activity pattern during small-sided and full-sized games in professional male football players. <i>Science and Medicine in Football</i> , 2018 , 2, 115-122	2.7	9
68	Physical Fitness and Body Composition in 10-12-Year-Old Danish Children in Relation to Leisure-Time Club-Based Sporting Activities. <i>BioMed Research International</i> , 2018 , 2018, 9807569	3	9
67	Could sport be part of pediatric obesity prevention and treatment? Expert conclusions from the 28th European Childhood Obesity Group Congress. <i>Journal of Sport and Health Science</i> , 2019 , 8, 350-352	8.2	8
66	Relative pitch area plays an important role in movement pattern and intensity in recreational male football. <i>Biology of Sport</i> , 2019 , 36, 119-124	4.3	8
65	Cardiovascular adaptations after 10 months of intense school-based physical training for 8- to 10-year-old children. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018 , 28 Suppl 1, 33-41	4.6	8
64	Exercise performance and cardiovascular health variables in 70-year-old male soccer players compared to endurance-trained, strength-trained and untrained age-matched men. <i>Journal of Sports Sciences</i> , 2014 , 32, 1300-8	3.6	8
63	Experiencing Flow in a Workplace Physical Activity Intervention for Female Health Care Workers: A Longitudinal Comparison between Football and Zumba. <i>Women in Sport and Physical Activity Journal</i> , 2016 , 24, 70-77	1.3	8
62	Lifelong Football Training: Effects on Autophagy and Healthy Longevity Promotion. <i>Frontiers in Physiology</i> , 2019 , 10, 132	4.6	7
61	Eight months of school-based soccer improves physical fitness and reduces aggression in high-school children. <i>Biology of Sport</i> , 2020 , 37, 185-193	4.3	7
60	The "11 for Health in Denmark" intervention in 10- to 12-year-old Danish girls and boys and its effects on well-being-A large-scale cluster RCT. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020 , 30, 1787-1795	4.6	7
59	Biomarkers of insulin action during single soccer sessions before and after a 12-week training period in type 2 diabetes patients on a caloric-restricted diet. <i>Physiology and Behavior</i> , 2019 , 209, 112618	3.5	7
58	Kicking velocity and physical, technical, tactical match performance for U18 female football players--effect of a new ball. <i>Human Movement Science</i> , 2012 , 31, 1624-38	2.4	7

57	Physiological responses and performance in a simulated trampoline gymnastics competition in elite male gymnasts. <i>Journal of Sports Sciences</i> , 2013 , 31, 1761-9	3.6	7
56	Cardiovascular and metabolic health effects of team handball training in overweight women: Impact of prior experience. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020 , 30, 281-294	4.6	7
55	The Yo-Yo Intermittent Endurance Level 2 Test: Reliability of Performance Scores, Physiological Responses and Overload Characteristics in Competitive Soccer, Basketball and Volleyball Players. <i>Journal of Human Kinetics</i> , 2019 , 67, 223-233	2.6	7
54	Effect of Boards in Small-Sided Street Soccer Games on Movement Pattern and Physiological Response in Recreationally Active Young Men. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 3530-3537	3.2	7
53	Health Effects of 12 Weeks of Team-Sport Training and Fitness Training in a Community Health Centre for Sedentary Men with Lifestyle Diseases. <i>BioMed Research International</i> , 2018 , 2018, 1571807	3	7
52	Cardiovascular fitness and health effects of various types of team sports for adult and elderly inactive individuals - a brief narrative review. <i>Progress in Cardiovascular Diseases</i> , 2020 , 63, 709-722	8.5	6
51	Yo-Yo intermittent tests are a valid tool for aerobic fitness assessment in recreational football. <i>European Journal of Applied Physiology</i> , 2020 , 120, 137-147	3.4	6
50	Submaximal field testing validity for aerobic fitness assessment in recreational football. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020 , 30, 680-689	4.6	6
49	Flywheel squats versus free weight high load squats for improving high velocity movements in football. A randomized controlled trial. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2020 , 12, 61	2.4	6
48	Ecological Validity and Reliability of an Age-Adapted Endurance Field Test in Young Male Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2019 , 33, 3400-3405	3.2	6
47	Danger zone assessment in small-sided recreational football: providing data for consideration in relation to COVID-19 transmission. <i>BMJ Open Sport and Exercise Medicine</i> , 2021 , 7, e000911	3.4	6
46	Activity Profile, Heart Rate, Technical Involvement, and Perceived Intensity and Fun in U13 Male and Female Team Handball Players: Effect of Game Format. <i>Sports</i> , 2019 , 7,	3	5
45	Reduced telomere shortening in lifelong trained male football players compared to age-matched inactive controls. <i>Progress in Cardiovascular Diseases</i> , 2020 , 63, 738-749	8.5	5
44	Impact of a novel home-based exercise intervention on health indicators in inactive premenopausal women: a 12-week randomised controlled trial. <i>European Journal of Applied Physiology</i> , 2020 , 120, 771-782	3.4	5
43	Heart rate and movement pattern in street soccer for homeless women. <i>German Journal of Exercise and Sport Research</i> , 2018 , 48, 211-217	1.2	5
42	Yo-Yo Intermittent Endurance Test-Level 1 to monitor changes in aerobic fitness in pre-pubertal boys. <i>European Journal of Sport Science</i> , 2016 , 16, 159-64	3.9	5
41	Gender-dependent evaluation of football as medicine for prediabetes. <i>European Journal of Applied Physiology</i> , 2019 , 119, 2011-2024	3.4	5
40	Muscle ion transporters and antioxidative proteins have different adaptive potential in arm than in leg skeletal muscle with exercise training. <i>Physiological Reports</i> , 2017 , 5, e13470	2.6	4

39	Effects of Linear Versus Changes of Direction Repeated Sprints on Intermittent High Intensity Running Performance in High-level Junior Football Players over an Entire Season: A Randomized Trial. <i>Sports</i> , 2019 , 7,	3	4
38	Technical demands across playing positions of the Asian Cup in male football. <i>International Journal of Performance Analysis in Sport</i> , 2019 , 19, 530-542	1.8	4
37	Effects of a 16-week recreational team handball intervention on aerobic performance and cardiometabolic fitness markers in postmenopausal women: A randomized controlled trial. <i>Progress in Cardiovascular Diseases</i> , 2020 , 63, 800-806	8.5	4
36	One year of Football Fitness improves L1-L4 BMD, postural balance, and muscle strength in women treated for breast cancer. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021 , 31, 1545-1557	4.6	4
35	Technical Actions, Heart Rate, and Locomotor Activity in 7v7 and 8v8 Games for Female Youth Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 3298-3303	3.2	4
34	Feasibility and Health Effects of a 15-Week Combined Exercise Programme for Sedentary Elderly: A Randomised Controlled Trial. <i>BioMed Research International</i> , 2019 , 2019, 3081029	3	3
33	Cardiovascular adaptations after 10 months of daily 12-min bouts of intense school-based physical training for 8-10-year-old children. <i>Progress in Cardiovascular Diseases</i> , 2020 , 63, 813-817	8.5	3
32	Heart Rate and Perceived Experience Differ Markedly for Children in Same- versus Mixed-Gender Soccer Played as Small- and Large-Sided Games. <i>BioMed Research International</i> , 2018 , 2018, 7804642	3	3
31	Recovery Kinetics After Speed-Endurance Training in Male Soccer Players. <i>International Journal of Sports Physiology and Performance</i> , 2019 , 1-14	3.5	3
30	Muscle metabolism and impaired sprint performance in an elite women's football game. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021 ,	4.6	3
29	Reliability of Submaximal Yo-Yo Tests in 9- to 16-Year-Old Untrained Schoolchildren. <i>Pediatric Exercise Science</i> , 2018 , 30, 537-545	2	3
28	Nutritional optimization for female elite football players-topical review. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021 ,	4.6	3
27	Comparative Efficacy of 5 Exercise Types on Cardiometabolic Health in Overweight and Obese Adults: A Systematic Review and Network Meta-Analysis of 81 Randomized Controlled Trials.. <i>Circulation: Cardiovascular Quality and Outcomes</i> , 2022 , 101161CIRCUOUTCOMES121008243	5.8	3
26	Heart Rate Kinetics Response of Pre-Pubertal Children during the Yo-Yo Intermittent Endurance Test-Level 1. <i>Sports</i> , 2019 , 7,	3	2
25	Exercise intensity during walking football for men and women aged 60+ in comparison to traditional small-sided football: a pilot study. <i>Managing Sport and Leisure</i> , 2020 , 1-9	2.9	2
24	Estimation of maximal heart rate in recreational football: a field study. <i>European Journal of Applied Physiology</i> , 2020 , 120, 925-933	3.4	2
23	Reproducibility of Internal and External Training Load During Recreational Small-Sided Football Games. <i>Research Quarterly for Exercise and Sport</i> , 2020 , 91, 676-681	1.9	2
22	Ecological validity of the Yo-Yo SFIE2 test. <i>International Journal of Sports Medicine</i> , 2012 , 33, 432-8	3.6	2

21	Anthropometric and Functional Profile of Selected vs. Non-Selected 13-to-17-Year-Old Soccer Players. <i>Sports</i> , 2020 , 8,	3	2
20	Physical performance and loading for six playing positions in elite female football: full-game, end-game, and peak periods. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021 ,	4.6	2
19	Effects of football fitness training on lymphedema and upper-extremity function in women after treatment for breast cancer: a randomized trial. <i>Acta Oncologica</i> , 2021 , 60, 392-400	3.2	2
18	Improved metabolic fitness, but no cardiovascular health effects, of a low-frequency short-term combined exercise programme in 50-70-year-olds with low fitness: A randomized controlled trial. <i>European Journal of Sport Science</i> , 2021 , 1-14	3.9	2
17	Associations between maximal strength, sprint, and jump height and match physical performance in high-level female football players. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021 ,	4.6	2
16	Response to Dr. Vescovi. <i>Medicine and Science in Sports and Exercise</i> , 2013 , 45, 802	1.2	1
15	The variability of physical match demands in elite women's football.. <i>Science and Medicine in Football</i> , 2022 , 1-7	2.7	1
14	Effects of small-sided recreational team handball training on mechanical muscle function, body composition and bone mineralization in untrained young adults-A randomized controlled trial. <i>PLoS ONE</i> , 2020 , 15, e0241359	3.7	1
13	Soccer Fitness 2016 , 61-70		1
12	Can psychological characteristics, football experience, and player status predict state anxiety before important matches in Danish elite-level female football players?. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020 ,	4.6	1
11	Intensity-Modified Recreational Volleyball Training Improves Health Markers and Physical Fitness in 25-55-Year-Old Men. <i>BioMed Research International</i> , 2021 , 2021, 9938344	3	1
10	Skeletal muscle gene expression in older adults with type 2 diabetes mellitus undergoing calorie-restricted diet and recreational sports training - a randomized clinical trial.. <i>Experimental Gerontology</i> , 2022 , 111831	4.5	1
9	Well-being, physical fitness and health profile of 10-12 years old boys in relation to leisure-time sports club activities: a cross-sectional study. <i>BMJ Open</i> , 2021 , 11, e050194	3	0
8	High bone mineral density in lifelong trained female team handball players and young elite football players. <i>European Journal of Applied Physiology</i> , 2021 , 121, 2825-2836	3.4	0
7	Football and team handball training postpone cellular aging in women. <i>Scientific Reports</i> , 2021 , 11, 11733.9	3.9	0
6	Muscle Glycogen in Elite Soccer - A Perspective on the Implication for Performance, Fatigue, and Recovery.. <i>Frontiers in Sports and Active Living</i> , 2022 , 4, 876534	2.3	0
5	Recreational Football Training Decreases Risk Factors For Bone Fractures In Untrained Premenopausal Women. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 706-707	1.2	
4	Football and healthy ageing 2019 , 93-101		

- 3 Team-sport training as a worthy alternative to fitness training for sedentary women with lifestyle diseases in a community health centre. *German Journal of Exercise and Sport Research*, **2020**, 50, 136-145^{1,2}
- 2 Skeletal Muscle Kir6.2 Protein Expression Correlates To Ion Transport Capacity And Exercise Performance In Athletes. *Medicine and Science in Sports and Exercise*, **2019**, 51, 498-498 1.2
- 1 The Faroe Islands COVID-19 Recreational Football Study: Player-to-Player Distance, Body-to-Body Contact, Body-to-Ball Contact and Exercise Intensity during Various Types of Football Training for Both Genders and Various Age Groups.. *BioMed Research International*, **2022**, 2022, 6822385 3