

Caio Victor Sousa

List of Publications by Year in descending order

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Version: 2024-02-01

94
papers

1,098
citations

566801

15
h-index

552369

26
g-index

97
all docs

97
docs citations

97
times ranked

1224
citing authors

| # | ARTICLE | IF | CITATIONS |
|----|--|-----|-----------|
| 1 | Active video games in fully immersive virtual reality elicit moderate-to-vigorous physical activity and improve cognitive performance in sedentary college students. <i>Journal of Sport and Health Science</i> , 2022, 11, 164-171. | 3.3 | 25 |
| 2 | The beginning of success: Performance trends and cut-off values for junior and the U23 triathlon categories. <i>Journal of Exercise Science and Fitness</i> , 2022, 20, 16-22. | 0.8 | 2 |
| 3 | Running an active gaming-based randomized controlled trial during the COVID-19 pandemic: Challenges, solutions and lessons learned. <i>Public Health in Practice</i> , 2022, 3, 100259. | 0.7 | 1 |
| 4 | Influence of Body Fat on Oxidative Stress and Telomere Length of Master Athletes. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 1693-1699. | 1.0 | 16 |
| 5 | The effectiveness of a community-based exercise program on depression symptoms among people living with HIV. <i>AIDS Care - Psychological and Socio-Medical Aspects of AIDS/HIV</i> , 2021, 33, 368-374. | 0.6 | 4 |
| 6 | Physiological Responses to Swimming Repetitive "œlce Miles" Journal of Strength and Conditioning Research, 2021, 35, 487-494. | 1.0 | 9 |
| 7 | Effect of three different Pilates sessions on energy expenditure and aerobic metabolism in healthy females. <i>Sport Sciences for Health</i> , 2021, 17, 223-231. | 0.4 | 5 |
| 8 | What is the exercise intensity of Pilates? An analysis of the energy expenditure, blood lactate, and intensity of apparatus and mat Pilates sessions. <i>Journal of Bodywork and Movement Therapies</i> , 2021, 26, 36-42. | 0.5 | 6 |
| 9 | An Analysis of Participation and Performance of 2067 100-km Ultra-Marathons Worldwide. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 362. | 1.2 | 23 |
| 10 | Rapid component of excess post-exercise oxygen consumption of children of different weight status after playing active video games. <i>BMC Pediatrics</i> , 2021, 21, 80. | 0.7 | 1 |
| 11 | Effects of pre-dialysis resistance training on sarcopenia, inflammatory profile, and anemia biomarkers in older community-dwelling patients with chronic kidney disease: a randomized controlled trial. <i>International Urology and Nephrology</i> , 2021, 53, 2137-2147. | 0.6 | 20 |
| 12 | Improving the prognosis of renal patients: The effects of blood flow-restricted resistance training on redox balance and cardiac autonomic function. <i>Experimental Physiology</i> , 2021, 106, 1099-1109. | 0.9 | 12 |
| 13 | Master athletes have longer telomeres than age-matched non-athletes. A systematic review, meta-analysis and discussion of possible mechanisms. <i>Experimental Gerontology</i> , 2021, 146, 111212. | 1.2 | 18 |
| 14 | Greater muscle strength is associated with reduced autonomic reactivity. <i>Research, Society and Development</i> , 2021, 10, e16510615593. | 0.0 | 1 |
| 15 | What Is the Best Discipline to Predict Overall Triathlon Performance? An Analysis of Sprint, Olympic, Ironman® 70.3, and Ironman® 140.6. <i>Frontiers in Physiology</i> , 2021, 12, 654552. | 1.3 | 25 |
| 16 | Editorial: The Elderly Athlete. <i>Frontiers in Physiology</i> , 2021, 12, 686858. | 1.3 | 0 |
| 17 | From Athens to Sparta"37 Years of Spartathlon. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 4914. | 1.2 | 5 |
| 18 | The Role of Environmental Conditions on Master Marathon Running Performance in 1,280,557 Finishers the "New York City Marathon"™ From 1970 to 2019. <i>Frontiers in Physiology</i> , 2021, 12, 665761. | 1.3 | 6 |

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|----|--|-----|-----------|
| 19 | Influence of Anthropometric Characteristics on Ice Swimming Performanceâ€”The IISA Ice Mile and Ice Km. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 6766. | 1.2 | 1 |
| 20 | Increased Participation and Decreased Performance in Recreational Master Athletes in â€œBerlin Marathonâ€•1974â€”2019. <i>Frontiers in Physiology</i> , 2021, 12, 631237. | 1.3 | 23 |
| 21 | What Type of Body Shape Moves Children? An Experimental Exploration of the Impact of Narrative Cartoon Character Body Shape on Childrenâ€™s Narrative Engagement, Wishful Identification, and Exercise Motivation. <i>Frontiers in Psychology</i> , 2021, 12, 653626. | 1.1 | 1 |
| 22 | Relationship between inflammatory biomarkers and testosterone levels in male master athletes and non-athletes. <i>Experimental Gerontology</i> , 2021, 151, 111407. | 1.2 | 7 |
| 23 | Changes in Sex Difference in Time-Limited Ultra-Cycling Races from 6 Hours to 24 Hours. <i>Medicina (Lithuania)</i> , 2021, 57, 923. | 0.8 | 6 |
| 24 | Participation and Performance in the Oldest Ultramarathonâ€”Comrades Marathon 1921â€”2019. <i>International Journal of Sports Medicine</i> , 2021, 42, 638-644. | 0.8 | 10 |
| 25 | Are Resistance Training-Induced BDNF in Hemodialysis Patients Associated with Depressive Symptoms, Quality of Life, Antioxidant Capacity, and Muscle Strength? An Insight for the Muscleâ€”Brainâ€”Renal Axis. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 11299. | 1.2 | 11 |
| 26 | Ultraâ€”triathlonâ€”Pacing, performance trends, the role of nationality, and sex differences in finishers and nonâ€”finishers. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020, 30, 556-563. | 1.3 | 13 |
| 27 | Age-related decrease in performance of male masters athletes in sprint, sprintâ€”endurance, and endurance events. <i>Sport Sciences for Health</i> , 2020, 16, 385-392. | 0.4 | 8 |
| 28 | Oxidative stress, inflammatory cytokines and body composition of master athletes: The interplay. <i>Experimental Gerontology</i> , 2020, 130, 110806. | 1.2 | 28 |
| 29 | Isometric Exercise with Large Muscle Mass Improves Redox Balance and Blood Pressure in Hypertensive Adults. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 1187-1195. | 0.2 | 7 |
| 30 | Cold Water Swimmingâ€”Benefits and Risks: A Narrative Review. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 8984. | 1.2 | 43 |
| 31 | Cut-Off Values In The Prediction Of Success In Olympic Distance Triathlon. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 1033-1034. | 0.2 | 0 |
| 32 | The impact of narratives and active video games on long-term moderate-to-vigorous physical activity: A randomized controlled trial protocol. <i>Contemporary Clinical Trials</i> , 2020, 96, 106087. | 0.8 | 3 |
| 33 | Pacing strategy of a wheelchair athlete in a 5x and 10x Ironman ultra triathlon: a case study. <i>Disability and Rehabilitation: Assistive Technology</i> , 2020, , 1-7. | 1.3 | 0 |
| 34 | Cut-Off Values in the Prediction of Success in Olympic Distance Triathlon. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 9491. | 1.2 | 12 |
| 35 | Sprint and endurance training in relation toÂredox balance, inflammatory status and biomarkers of aging in master athletes. <i>Nitric Oxide - Biology and Chemistry</i> , 2020, 102, 42-51. | 1.2 | 24 |
| 36 | Does Longer Leukocyte Telomere Length and Higher Physical Fitness Protect Master Athletes From Consequences of Coronavirus (SARS-CoV-2) Infection?. <i>Frontiers in Sports and Active Living</i> , 2020, 2, 87. | 0.9 | 8 |

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|----|---|-----|-----------|
| 37 | Tower Runningâ€™ Participation, Performance Trends, and Sex Difference. International Journal of Environmental Research and Public Health, 2020, 17, 1902. | 1.2 | 3 |
| 38 | Performance trends in Paralympic athletes in sprint, middle-distance and endurance events. Sport Sciences for Health, 2020, 16, 485-490. | 0.4 | 4 |
| 39 | The Age-Related Performance Decline in Ironman 70.3. International Journal of Environmental Research and Public Health, 2020, 17, 2148. | 1.2 | 6 |
| 40 | Participation and Performance Trends in the Oldest 100-km Ultramarathon in the World. International Journal of Environmental Research and Public Health, 2020, 17, 1719. | 1.2 | 23 |
| 41 | Pacing and Performance Analysis of the Worldâ€™s Fastest Female Ultra-Triathlete in 5x and 10x Ironman. International Journal of Environmental Research and Public Health, 2020, 17, 1543. | 1.2 | 3 |
| 42 | Pacing in World-Class Age Group Swimmers in 100 and 200 m Freestyle, Backstroke, Breaststroke, and Butterfly. International Journal of Environmental Research and Public Health, 2020, 17, 3875. | 1.2 | 10 |
| 43 | Self-Selected Pacing During a World Record Attempt in 40 Ironman-Distance Triathlons in 40 Days. International Journal of Environmental Research and Public Health, 2020, 17, 2390. | 1.2 | 2 |
| 44 | Can the Performance Gap between Women and Men be Reduced in Ultra-Cycling?. International Journal of Environmental Research and Public Health, 2020, 17, 2521. | 1.2 | 10 |
| 45 | Pacing in World-Class Age Group Swimmers in 200 and 400 m Individual Medley. Frontiers in Physiology, 2020, 11, 629738. | 1.3 | 1 |
| 46 | Faster and Healthier: Relationship between Telomere and Performance in Master Athletes. International Journal of Sports Medicine, 2020, 41, 339-344. | 0.8 | 7 |
| 47 | Longitudinal Performance Analysis in Ultra-Triathlon of the Worldâ€™s 2 Best Master Triathletes. International Journal of Sports Physiology and Performance, 2020, 15, 1480-1484. | 1.1 | 5 |
| 48 | The Effect of Narrative on Physical Activity via Immersion During Active Video Game Play in Children: Mediation Analysis. Journal of Medical Internet Research, 2020, 22, e17994. | 2.1 | 15 |
| 49 | A descriptive study on health, training and social aspects of adults that participated in ultra endurance running as youth athletes. Journal of Sports Medicine and Physical Fitness, 2020, , . | 0.4 | 7 |
| 50 | Sex Differences in Swimming Disciplinesâ€™ Can Women Outperform Men in Swimming?. International Journal of Environmental Research and Public Health, 2020, 17, 3651. | 1.2 | 30 |
| 51 | Even Pacing Is Associated with Faster Finishing Times in Ultramarathon Distance Trail Runningâ€™ The â€™Ultra-Trail du Mont Blancâ€™2008â€™2019. International Journal of Environmental Research and Public Health, 2020, 17, 7074. | 1.2 | 15 |
| 52 | Physiological Responses To Animated Narrative Vs. Nonnarrative Videos In Active Video Gameplay. Medicine and Science in Sports and Exercise, 2020, 52, 447-447. | 0.2 | 0 |
| 53 | Breaking the athletics world record in the 100 and 400 meters: an alternative method for assessment. Journal of Sports Medicine and Physical Fitness, 2020, 60, 1317-1321. | 0.4 | 1 |
| 54 | Effects of short-term self-selected resistance training on anxiety and depression scores of sedentary individuals. Research, Society and Development, 2020, 9, e1889119755. | 0.0 | 0 |

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|----|---|-----|-----------|
| 55 | American Masters Road Running Records—The Performance Gap Between Female and Male Age Group Runners from 5 Km to 6 Days Running. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 2310. | 1.2 | 11 |
| 56 | Fidedignidade nas medidas derivadas do método de palpação de um software para avaliação postural: a experiência clínica importa?. <i>Revista Brasileira De Cineantropometria E Desempenho Humano</i> , 2019, 20, 515-524. | 0.5 | 2 |
| 57 | Human Development Index and the frequency of nations in Athletics World Rankings. <i>Sport Sciences for Health</i> , 2019, 15, 393-398. | 0.4 | 9 |
| 58 | Cycling as the Best Sub-8-Hour Performance Predictor in Full Distance Triathlon. <i>Sports</i> , 2019, 7, 24. | 0.7 | 12 |
| 59 | The Effect of Aging on Pacing Strategies in Short and Long Distance Duathlon. <i>Experimental Aging Research</i> , 2019, 45, 223-233. | 0.6 | 4 |
| 60 | Celebrating 40 Years of Ironman: How the Champions Perform. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 1019. | 1.2 | 16 |
| 61 | Heart rate cost of running in track estimates velocity associated with maximal oxygen uptake. <i>Physiology and Behavior</i> , 2019, 205, 33-38. | 1.0 | 5 |
| 62 | Response to —A comprehensive integrative perspective of the anaerobic threshold engine—the driver is not a part of an engine. <i>Physiology and Behavior</i> , 2019, 210, 112436. | 1.0 | 1 |
| 63 | The Autonomic Balance Of Master Athlete During Stress Is Associated To Antioxidant Profile. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 323-323. | 0.2 | 0 |
| 64 | Telomere length and redox balance in master endurance runners: The role of nitric oxide. <i>Experimental Gerontology</i> , 2019, 117, 113-118. | 1.2 | 24 |
| 65 | Heart rate variability in middle-aged sprint and endurance athletes. <i>Physiology and Behavior</i> , 2019, 205, 39-43. | 1.0 | 22 |
| 66 | An integrative perspective of the anaerobic threshold. <i>Physiology and Behavior</i> , 2019, 205, 29-32. | 1.0 | 27 |
| 67 | Effects of the Performance Level and Race Distance on Pacing in Ultra-Triathlons. <i>Journal of Human Kinetics</i> , 2019, 67, 247-258. | 0.7 | 15 |
| 68 | Hydration Status After an Ironman Triathlon: A Meta-Analysis. <i>Journal of Human Kinetics</i> , 2019, 70, 93-102. | 0.7 | 16 |
| 69 | Telomere Length, Lipid Profile and Body Composition of Master Sprinters and Endurance Runners. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 195-195. | 0.2 | 0 |
| 70 | Acute metabolic responses following different resistance exercise protocols. <i>Applied Physiology, Nutrition and Metabolism</i> , 2018, 43, 838-843. | 0.9 | 8 |
| 71 | Sex difference in long-distance open-water swimming races — does nationality play a role?. <i>Research in Sports Medicine</i> , 2018, 26, 332-344. | 0.7 | 14 |
| 72 | Telomere Length Of Middle-aged Sprinters And Endurance Runners. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 147. | 0.2 | 0 |

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|----|--|-----|-----------|
| 73 | Exercise, Telomeres, and Cancer: “The Exercise-Telomere Hypothesis” Frontiers in Physiology, 2018, 9, 1798. | 1.3 | 24 |
| 74 | Vertical Jump Is Strongly Associated to Running-Based Anaerobic Sprint Test in Teenage Futsal Male Athletes. Sports, 2018, 6, 129. | 0.7 | 12 |
| 75 | Sex difference in open-water swimming”The Triple Crown of Open Water Swimming 1875-2017. PLoS ONE, 2018, 13, e0202003. | 1.1 | 15 |
| 76 | The relationship of wearing a wetsuit in long-distance open-water swimming with sex, age, calendar year, performance, and nationality – crossing the “Strait of Gibraltar”; Open Access Journal of Sports Medicine, 2018, Volume 9, 27-36. | 0.6 | 5 |
| 77 | Training Performed Above Lactate Threshold Decreases p53 and Shelterin Expression in Mice. International Journal of Sports Medicine, 2018, 39, 704-711. | 0.8 | 8 |
| 78 | How much further for the sub-2-hour marathon?. Open Access Journal of Sports Medicine, 2018, Volume 9, 139-145. | 0.6 | 13 |
| 79 | Nitric oxide and blood pressure responses to short-term resistance training in adults with and without type-2 diabetes: a randomized controlled trial. Sport Sciences for Health, 2018, 14, 597-606. | 0.4 | 0 |
| 80 | Heart Rate Variability in middle-aged Sprinters and Endurance Runners. Medicine and Science in Sports and Exercise, 2018, 50, 773. | 0.2 | 0 |
| 81 | Leucocyte Telomere Length of Master Endurance Athletes is Associated to Resting Nitric Oxide. Medicine and Science in Sports and Exercise, 2018, 50, 660. | 0.2 | 0 |
| 82 | The Antioxidant Effect of Exercise: A Systematic Review and Meta-Analysis. Sports Medicine, 2017, 47, 277-293. | 3.1 | 209 |
| 83 | Longer Telomere Length in Elite Master Sprinters: Relationship to Performance and Body Composition. International Journal of Sports Medicine, 2017, 38, 1111-1116. | 0.8 | 36 |
| 84 | Effects of short-term plyometric training on physical fitness parameters in female futsal athletes. Journal of Physical Therapy Science, 2017, 29, 783-788. | 0.2 | 18 |
| 85 | Pacing in Deca and Double Deca Iron Ultra-Triathlon. Adaptive Medicine, 2017, 9, 78-84. | 0.1 | 2 |
| 86 | Efeito do exerc cio f sico nos n veis plasm tico de Dimetilarginina Assim trica (ADMA) e suas consequ ncias na disfun o endotelial: uma revis o sistem tica. Ci ncia Em Movimento, 2017, 19, 65. | 0.2 | 0 |
| 87 | Dmax method estimates lactate threshold in individuals with type 2 diabetes. Sport Sciences for Health, 2016, 12, 175-181. | 0.4 | 0 |
| 88 | Double product break point estimates ventilatory threshold in individuals with type 2 diabetes. Journal of Physical Therapy Science, 2016, 28, 1775-1780. | 0.2 | 2 |
| 89 | 12 weeks of Brazilian jiu-jitsu training improves functional fitness in elderly men. Sport Sciences for Health, 2016, 12, 291-295. | 0.4 | 11 |
| 90 | Contact Karate Promotes Post-Exercise Hypotension in Young Adult Males. Asian Journal of Sports Medicine, 2016, 7, e33850. | 0.1 | 1 |

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|----|--|-----|-----------|
| 91 | Treinamento de tênis de mesa em ambiente virtual não melhora desempenho de crianças em espaço real. ConScientiae Saúde, 2016, 15, 24-29. | 0.1 | 0 |
| 92 | Effects of aerobic exercise intensity on 24-h ambulatory blood pressure in individuals with type 2 diabetes and prehypertension. Journal of Physical Therapy Science, 2015, 27, 51-56. | 0.2 | 30 |
| 93 | Níveis de aptidão física em escolares pré-púberes: uma comparação entre gêneros. , 2015, 13, 1. | | 0 |
| 94 | Alternative Method to Evaluate Performance Improvement Rate in Athletics Middle Distance Events. Journal of Science in Sport and Exercise, 0, , 1. | 0.4 | 0 |