

Tsz-Chun Poon

List of Publications by Year in descending order

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Version: 2024-02-01

11
papers

173
citations

1040056

9
h-index

1474206

9
g-index

11
all docs

11
docs citations

11
times ranked

218
citing authors

#	ARTICLE	IF	CITATIONS
1	Alternating high-intensity interval training and continuous training is efficacious in improving cardiometabolic health in obese middle-aged men. <i>Journal of Exercise Science and Fitness</i> , 2022, 20, 40-47.	2.2	19
2	Interval training versus moderate-intensity continuous training for cardiorespiratory fitness improvements in middle-aged and older adults: a systematic review and meta-analysis. <i>Journal of Sports Sciences</i> , 2021, 39, 1996-2005.	2.0	26
3	Interval Training For Cardiorespiratory Fitness In Middle-aged And Older Adults: A Systematic Review And Meta-analysis. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 237-237.	0.4	0
4	Effect of Wearing Surgical Face Masks During Exercise: Does Intensity Matter?. <i>Frontiers in Physiology</i> , 2021, 12, 775750.	2.8	22
5	The effect of low-volume high-intensity interval training on cardiometabolic health and psychological responses in overweight/obese middle-aged men. <i>Journal of Sports Sciences</i> , 2020, 38, 1997-2004.	2.0	27
6	Markers of Bone Health, Bone-Specific Physical Activities, Nutritional Intake, and Quality of Life of Professional Jockeys in Hong Kong. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2018, 28, 440-446.	2.1	9
7	Post-Exercise Appetite and Ad Libitum Energy Intake in Response to High-Intensity Interval Training versus Moderate- or Vigorous-Intensity Continuous Training among Physically Inactive Middle-Aged Adults. <i>Nutrients</i> , 2018, 10, 1408.	4.1	16
8	Age-specific affective responses and self-efficacy to acute high-intensity interval training and continuous exercise in insufficiently active young and middle-aged men. <i>Journal of Exercise Science and Fitness</i> , 2018, 16, 106-111.	2.2	17
9	New insights in professional horse racing; æin-raceæheart rate data, elevated fracture risk, hydration, nutritional and lifestyle analysis of elite professional jockeys. <i>Journal of Sports Sciences</i> , 2017, 35, 441-448.	2.0	23
10	Adherence-related Psycho-perceptual Responses To High-intensity Interval Training In Physically Inactive Middle-aged Adults. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 228.	0.4	0
11	Carbohydrate Electrolyte Solutions Enhance Endurance Capacity in Active Females. <i>Nutrients</i> , 2015, 7, 3739-3750.	4.1	14