

Katarzyna Micielska

List of Publications by Year in Descending Order

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

10
papers

95
citations

6
h-index

9
g-index

12
ext. papers

135
ext. citations

4.6
avg, IF

2.07
L-index

#	Paper	IF	Citations
10	Short and long-term effects of high-intensity interval training applied alone or with whole-body cryostimulation on glucose homeostasis and myokine levels in overweight to obese subjects. <i>Frontiers in Bioscience</i> , 2021 , 26, 1132-1146		0
9	Habitually inactive physically - a proposed procedure of counteracting cognitive decline in women with diminished insulin sensitivity through a high-intensity circuit training program. <i>Physiology and Behavior</i> , 2021 , 229, 113235	3.5	5
8	Iron Status in Elderly Women Impacts Myostatin, Adiponectin and Osteocalcin Levels Induced by Nordic Walking Training. <i>Nutrients</i> , 2020 , 12,	6.7	2
7	Short-Term Resistance Training Supported by Whole-Body Cryostimulation Induced a Decrease in Myostatin Concentration and an Increase in Isokinetic Muscle Strength. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	6
6	The beneficial effects of 15 units of high-intensity circuit training in women is modified by age, baseline insulin resistance and physical capacity. <i>Diabetes Research and Clinical Practice</i> , 2019 , 152, 156-163	7.4	12
5	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. <i>International Journal of Endocrinology</i> , 2019 , 2019, 1932503	2.7	5
4	Improvement of cognitive functions in response to a regular Nordic walking training in elderly women - A change dependent on the training experience. <i>Experimental Gerontology</i> , 2018 , 104, 105-112	4.5	24
3	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. <i>Frontiers in Physiology</i> , 2018 , 9, 1711	4.6	13
2	The Exercise-Induced Irisin Is Associated with Improved Levels of Glucose Homeostasis Markers in Pregnant Women Participating in 8-Week Prenatal Group Fitness Program: A Pilot Study. <i>BioMed Research International</i> , 2017 , 2017, 9414525	3	10
1	The impact of a single bout of high intensity circuit training on myokines concentrations and cognitive functions in women of different age. <i>Physiology and Behavior</i> , 2017 , 179, 290-297	3.5	17