Zhen-Bo Cao

List of Publications by Year
in descending order

71 papers	1,205 citations	331538 21 h-index	395590 33 g-index
74 all docs	74 docs citations	74 times ranked	1687 citing authors

#	Article	IF	Citations
1	Physical activity among Chinese school-aged children: National prevalence estimates from the 2016 Physical Activity and Fitness in Chinaâ€"The Youth Study. Journal of Sport and Health Science, 2017, 6, 388-394.	3.3	112
2	Physical activity, screen viewing time, and overweight/obesity among Chinese children and adolescents: an update from the 2017 physical activity and fitness in Chinaâ€"the youth study. BMC Public Health, 2019, 19, 197.	1.2	111
3	The Effect of a 12-week Combined Exercise Intervention Program on Physical Performance and Gait Kinematics in Community-dwelling Elderly Women. Journal of Physiological Anthropology, 2007, 26, 325-332.	1.0	67
4	Predicting VË™O2max with an Objectively Measured Physical Activity in Japanese Women. Medicine and Science in Sports and Exercise, 2010, 42, 179-186.	0.2	63
5	Meeting 24-h movement guidelines: Prevalence, correlates, and the relationships with overweight and obesity among Chinese children and adolescents. Journal of Sport and Health Science, 2021, 10, 349-359.	3.3	56
6	Results From Shanghaiâ€™s (China) 2016 Report Card on Physical Activity for Children and Youth. Journal of Physical Activity and Health, 2016, 13, S124-S128.	1.0	53
7	Effect of vitamin D supplementation on upper and lower limb muscle strength and muscle power in athletes: A meta-analysis. PLoS ONE, 2019, 14, e0215826.	1.1	48
8	Common single nucleotide polymorphisms in the FNDC5 gene are associated with glucose metabolism but do not affect serum irisin levels in Japanese men with low fitness levels. Metabolism: Clinical and Experimental, 2014, 63, 574-583.	1.5	46
9	Prediction of VO2max with daily step counts for Japanese adult women. European Journal of Applied Physiology, 2009, 105, 289-296.	1.2	41
10	Effect of an Acute Bout of Endurance Exercise on Serum 25(OH)D Concentrations in Young Adults. Journal of Clinical Endocrinology and Metabolism, 2017, 102, 3937-3944.	1.8	41
11	Relationship between Physical Activity and Physical Fitness in Preschool Children: A Cross-Sectional Study. BioMed Research International, 2017, 2017, 1-8.	0.9	37
12	Results from the China 2018 Report Card on physical activity for children and youth. Journal of Exercise Science and Fitness, 2019, 17, 3-7.	0.8	37
13	Co-existence of physical activity and sedentary behavior among children and adolescents in Shanghai, China: do gender and age matter?. BMC Public Health, 2018, 18, 1287.	1.2	36
14	Association between Serum 25-Hydroxyvitamin D and Inflammatory Cytokines in Healthy Adults. Nutrients, 2014, 6, 221-230.	1.7	33
15	Cardiorespiratory Fitness and Visceral Fat Are Key Determinants of Serum Fibroblast Growth Factor 21 Concentration in Japanese Men. Journal of Clinical Endocrinology and Metabolism, 2014, 99, E1877-E1884.	1.8	32
16	Associations between the Serum 25(OH)D Concentration and Lipid Profiles in Japanese Men. Journal of Atherosclerosis and Thrombosis, 2015, 22, 355-362.	0.9	32
17	Vitamin D supplementation reduces insulin resistance in Japanese adults: a secondary analysis of a double-blind, randomized, placebo-controlled trial. Nutrition Research, 2016, 36, 1121-1129.	1.3	32
18	Predicting $${dot{V}}{ext{O}}_{2{ext{max}}}$$ with an objectively measured physical activity in Japanese men. European Journal of Applied Physiology, 2010, 109, 465-472.	1.2	29

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19	Association between Muscular Strength and Metabolic Risk in Japanese Women, but Not in Men. Journal of Physiological Anthropology, 2011, 30, 133-139.	1.0	29
20	Prediction of Maximal Oxygen Uptake From a 3-Minute Walk Based on Gender, Age, and Body Composition. Journal of Physical Activity and Health, 2013, 10, 280-287.	1.0	29
21	Effects of chronic endurance exercise training on serum 25(OH)D concentrations in elderly Japanese men. Endocrine, 2018, 59, 330-337.	1.1	26
22	Validity of Wrist-Wearable Activity Devices for Estimating Physical Activity in Adolescents: Comparative Study. JMIR MHealth and UHealth, 2021, 9, e18320.	1.8	19
23	Gender and age differences in the association between living arrangement and physical activity levels among youth aged 9â€“19â€‰years in Shanghai, China: a cross-sectional questionnaire study. BMC Public Health, 2019, 19, 1030.	1.2	15
24	Cardiorespiratory Fitness is a Strong Predictor of the Cardio-ankle Vascular Index in Hypertensive Middle-aged and Elderly Japanese Men. Journal of Atherosclerosis and Thrombosis, 2015, 22, 379-389.	0.9	13
25	Accuracy of Segmental Bioelectrical Impedance Analysis for Predicting Body Composition in Pre- and Postmenopausal Women. Journal of Clinical Densitometry, 2015, 18, 252-259.	0.5	13
26	Results From Chinaâ€™s 2018 Report Card on Physical Activity for Children and Youth. Journal of Physical Activity and Health, 2018, 15, S333-S334.	1.0	13
27	Association between dietary intake of micronutrients and cardiorespiratory fitness in Japanese men. Journal of Nutritional Science, 2012, 1, e12.	0.7	12
28	Steps Per Day Required for Meeting Physical Activity Guidelines in Japanese Adults. Journal of Physical Activity and Health, 2014, 11, 1367-1372.	1.0	12
29	Associations between various kinds of parental support and physical activity among children and adolescents in Shanghai, China: gender and age differences. BMC Public Health, 2020, 20, 1161.	1.2	12
30	The Relationship between Serum 25-Hydroxyvitamin D Concentration, Cardiorespiratory Fitness, and Insulin Resistance in Japanese Men. Nutrients, 2015, 7, 91-102.	1.7	10
31	Metabolic Effects of Three Different Activity Bouts during Sitting in Inactive Adults. Medicine and Science in Sports and Exercise, 2020, 52, 851-858.	0.2	10
32	Good maintenance of physical benefits in a 12-month exercise and nutritional intervention by voluntary, home-based exercise: a 6-month follow-up of a randomized controlled trial. Journal of Bone and Mineral Metabolism, 2009, 27, 182-189.	1.3	8
33	Polygenic risk for hypertriglyceridemia is attenuated in Japanese men with high fitness levels. Physiological Genomics, 2014, 46, 207-215.	1.0	8
34	Effect of Physical Activity on Cognitive Development: Protocol for a 15-Year Longitudinal Follow-Up Study. BioMed Research International, 2017, 2017, 1-7.	0.9	8
35	Does Cardiorespiratory Fitness Modify the Association between Birth Weight and Insulin Resistance in Adult Life?. PLoS ONE, 2013, 8, e73967.	1.1	8
36	Strong influence of dietary intake and physical activity on body fatness in elderly Japanese men: age-associated loss of polygenic resistance against obesity. Genes and Nutrition, 2014, 9, 416.	1.2	7

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37	Effect of Vitamin D Supplementation on Body Composition and Physical Fitness in Healthy Adults: A Double-Blind, Randomized Controlled Trial. Annals of Nutrition and Metabolism, 2019, 75, 231-237.	1.0	6
38	Effects of Exercise and Nutritional Intervention to Improve Physical Factors Associated with Fracture Risk in Middle-aged and Older Women. International Journal of Sport and Health Science, 2007, 5, 147-156.	0.0	6
39	Effects of resistance training on serum 25(OH) D concentrations in young men: a randomized controlled trial. Nutrition and Metabolism, 2020, 17, 59.	1.3	5
40	Exercise: A Possibly Effective Way to Improve Vitamin D Nutritional Status. Nutrients, 2022, 14, 2652.	1.7	5
41	High cardiorespiratory fitness can reduce glycated hemoglobin levels regardless of polygenic risk for Type 2 diabetes mellitus in nondiabetic Japanese men. Physiological Genomics, 2014, 46, 497-504.	1.0	4
42	Serum 25-Hydroxyvitamin D Concentrations Are Inversely Correlated with Hepatic Lipid Content in Male Collegiate Football Athletes. Nutrients, 2018, 10, 942.	1.7	3
43	DEVELOPMENT OF VO2max PREDICTION MODELS FROM 3-MINUTE WALK TEST. Japanese Journal of Physical Fitness and Sports Medicine, 2009, 58, 527-536.	0.0	2
44	Association of Serum 25-HydroxyvitaminÂD Concentrations With Glucose Profiles in Male Collegiate Football Athletes. International Journal of Sport Nutrition and Exercise Metabolism, 2019, 29, 1-6.	1.0	2
45	Response to the Letter to the Editor Regarding â€œEffect of Vitamin D Supplementation on Body Composition and Physical Fitness in Healthy Adults: A Double-Blind, Randomized Controlled Trialâ€• Annals of Nutrition and Metabolism, 2020, 76, 87-87.	1.0	2
46	Effects of interrupting sitting with different activity bouts on postprandial lipemia: A randomized crossover trial. Scandinavian Journal of Medicine and Science in Sports, 2021, 31, 633-642.	1.3	2
47	Physical Activity Levels and Physical Activity Recommendations in Japan. , 2015, , 3-15.		2
48	Energy Costs of Household and Eldercare Activities in Young to Middle-Aged Chinese Adults. Journal of Physical Activity and Health, 2022, 19, 404-408.	1.0	2
49	Health-related physical fitness is associated with cardiovascular disease risk factors in Japanese Women and Men. Taiikugaku Kenkyu (Japan Journal of Physical Education Health and Sport Sciences), 2012, 57, 415-426.	0.0	1
50	25(OH)D Is Associated With Muscular Strength In Male Adults. Medicine and Science in Sports and Exercise, 2014, 46, 475.	0.2	1
51	Associations Of Physical Activity And Screen Time With Obesity In Chinese Children And Adolescents. Medicine and Science in Sports and Exercise, 2018, 50, 702.	0.2	1
52	Energy Cost Of Selected Household Physical Activities In Adults. Medicine and Science in Sports and Exercise, 2020, 52, 404-404.	0.2	1
53	Association Between Serum 25-hydroxyvitamin D Concentration and Cardiorespiratory Fitness in Older Japanese Men. Medicine and Science in Sports and Exercise, 2014, 46, 475.	0.2	1
54	Combined effects of vitamin D supplementation and endurance exercise training on insulin resistance in newly diagnosed type 2 diabetes mellitus patients with vitamin D deficiency: study protocol for a randomized controlled trial. Trials, 2021, 22, 888.	0.7	1

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55	Non-exercise Prediction Of Maximal Oxygen Uptake With The Objectively Measured Physical Activity In Japanese Men. Medicine and Science in Sports and Exercise, 2010, 45, 486.	0.2	0
56	Associations Between Muscular Fitness And Metabolic Syndrome In Japanese Women And Men. Medicine and Science in Sports and Exercise, 2011, 43, 789.	0.2	0
57	Common FNDC5 SNPs Associated With Glucose Metabolism Without Altering Serum Irisin Levels In Low-fitness Men. Medicine and Science in Sports and Exercise, 2014, 46, 404.	0.2	0
58	Patterns Of Physical Activity And Sedentary Behavior Among Children And Adolescents In Shanghai, China. Medicine and Science in Sports and Exercise, 2016, 48, 771.	0.2	0
59	Associations with Physical Activity and Sedentary Behavior with Physical Fitness in Chinese Children and Adolescents. Medicine and Science in Sports and Exercise, 2017, 49, 977.	0.2	0
60	Parental Support for Physical Activity and Sedentary Behavior among Chinese Schoolchildren. Medicine and Science in Sports and Exercise, 2017, 49, 888.	0.2	0
61	Effects of Vitamin D3 Supplementation on Lean Mass, Muscular Strength, and Cardiorespiratory Fitness. Medicine and Science in Sports and Exercise, 2017, 49, 320.	0.2	0
62	Effects Of Chronic Endurance Exercise Training On Serum 25(OH)D Concentrations In Elderly Japanese Men. Medicine and Science in Sports and Exercise, 2018, 50, 788.	0.2	0
63	Effects Of 6-week Resistance-type Exercise Training On Serum 25-hydroxyvitamin D Concentrations In Young Men. Medicine and Science in Sports and Exercise, 2018, 50, 308.	0.2	0
64	Associations between muscular fitness and metabolic syndrome: Cross-sectional study of Japanese women and men. Health, 2012, 04, 838-844.	0.1	0
65	Relationship between predicted oxygen uptake and cigarette smoking in Japanese men. Health, 2012, 04, 423-428.	0.1	0
66	2S4-1ã€€The Frontline of Sport Science Research (1). Ningen Kogaku = the Japanese Journal of Ergonomics, 2013, 49, S86-S87.	0.0	0
67	The Relation Of Serum 25(OH)D Concentrations, Cardiorespiratory Fitness, And Insulin Resistance In Japanese Men. Medicine and Science in Sports and Exercise, 2015, 47, 805.	0.2	0
68	25(oh) Vitamin D Is Associated With Cardiorespiratory Fitness In Preschool- Aged Boys, But Not In Girls. Medicine and Science in Sports and Exercise, 2016, 48, 744-745.	0.2	0
69	Energy Cost Of Selected Supine, Sitting, And Standing Sedentary Behaviors In Adults. Medicine and Science in Sports and Exercise, 2020, 52, 404-404.	0.2	0
70	Ageing affects the association between serum 25- hydroxyvitamin D concentrations and cardiorespiratory fitness in middle-aged and elderly men. Asia Pacific Journal of Clinical Nutrition, 2019, 28, 614-620.	0.3	0
71	Pre-sleep Protein Supplementation Affects Energy Metabolism and Appetite in Sedentary Healthy Adults. Frontiers in Nutrition, 2022, 9, 873236.	1.6	0