

Zhen-Bo Cao

List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/3665855/publications.pdf>

Version: 2024-02-01

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	Energy Costs of Household and Eldercare Activities in Young to Middle-Aged Chinese Adults. <i>Journal of Physical Activity and Health</i> , 2022, 19, 404-408.	1.0	2
2	Pre-sleep Protein Supplementation Affects Energy Metabolism and Appetite in Sedentary Healthy Adults. <i>Frontiers in Nutrition</i> , 2022, 9, 873236.	1.6	0
3	Exercise: A Possibly Effective Way to Improve Vitamin D Nutritional Status. <i>Nutrients</i> , 2022, 14, 2652.	1.7	5
4	Meeting 24-h movement guidelines: Prevalence, correlates, and the relationships with overweight and obesity among Chinese children and adolescents. <i>Journal of Sport and Health Science</i> , 2021, 10, 349-359.	3.3	56
5	Effects of interrupting sitting with different activity bouts on postprandial lipemia: A randomized crossover trial. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 633-642.	1.3	2
6	Validity of Wrist-Wearable Activity Devices for Estimating Physical Activity in Adolescents: Comparative Study. <i>JMIR MHealth and UHealth</i> , 2021, 9, e18320.	1.8	19
7	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. <i>Trials</i> , 2021, 22, 888.	0.7	1
8	Metabolic Effects of Three Different Activity Bouts during Sitting in Inactive Adults. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 851-858.	0.2	10
9	Effects of resistance training on serum 25(OH) D concentrations in young men: a randomized controlled trial. <i>Nutrition and Metabolism</i> , 2020, 17, 59.	1.3	5
10	Associations between various kinds of parental support and physical activity among children and adolescents in Shanghai, China: gender and age differences. <i>BMC Public Health</i> , 2020, 20, 1161.	1.2	12
11	Energy Cost Of Selected Household Physical Activities In Adults. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 404-404.	0.2	1
12	Response to the Letter to the Editor Regarding “Effect of Vitamin D Supplementation on Body Composition and Physical Fitness in Healthy Adults: A Double-Blind, Randomized Controlled Trial”. <i>Annals of Nutrition and Metabolism</i> , 2020, 76, 87-87.	1.0	2
13	Energy Cost Of Selected Supine, Sitting, And Standing Sedentary Behaviors In Adults. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 404-404.	0.2	0
14	Gender and age differences in the association between living arrangement and physical activity levels among youth aged 9–19 years in Shanghai, China: a cross-sectional questionnaire study. <i>BMC Public Health</i> , 2019, 19, 1030.	1.2	15
15	Effect of vitamin D supplementation on upper and lower limb muscle strength and muscle power in athletes: A meta-analysis. <i>PLoS ONE</i> , 2019, 14, e0215826.	1.1	48
16	Results from the China 2018 Report Card on physical activity for children and youth. <i>Journal of Exercise Science and Fitness</i> , 2019, 17, 3-7.	0.8	37
17	Physical activity, screen viewing time, and overweight/obesity among Chinese children and adolescents: an update from the 2017 physical activity and fitness in China—the youth study. <i>BMC Public Health</i> , 2019, 19, 197.	1.2	111
18	Effect of Vitamin D Supplementation on Body Composition and Physical Fitness in Healthy Adults: A Double-Blind, Randomized Controlled Trial. <i>Annals of Nutrition and Metabolism</i> , 2019, 75, 231-237.	1.0	6

#	ARTICLE	IF	CITATIONS
19	Association of Serum 25-Hydroxyvitamin D Concentrations With Glucose Profiles in Male Collegiate Football Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019, 29, 1-6.	1.0	2
20	Ageing affects the association between serum 25-hydroxyvitamin D concentrations and cardiorespiratory fitness in middle-aged and elderly men. <i>Asia Pacific Journal of Clinical Nutrition</i> , 2019, 28, 614-620.	0.3	0
21	Effects of chronic endurance exercise training on serum 25(OH)D concentrations in elderly Japanese men. <i>Endocrine</i> , 2018, 59, 330-337.	1.1	26
22	Results From China's 2018 Report Card on Physical Activity for Children and Youth. <i>Journal of Physical Activity and Health</i> , 2018, 15, S333-S334.	1.0	13
23	Co-existence of physical activity and sedentary behavior among children and adolescents in Shanghai, China: do gender and age matter?. <i>BMC Public Health</i> , 2018, 18, 1287.	1.2	36
24	Associations Of Physical Activity And Screen Time With Obesity In Chinese Children And Adolescents. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 702.	0.2	1
25	Effects Of Chronic Endurance Exercise Training On Serum 25(OH)D Concentrations In Elderly Japanese Men. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 788.	0.2	0
26	Serum 25-Hydroxyvitamin D Concentrations Are Inversely Correlated with Hepatic Lipid Content in Male Collegiate Football Athletes. <i>Nutrients</i> , 2018, 10, 942.	1.7	3
27	Effects Of 6-week Resistance-type Exercise Training On Serum 25-hydroxyvitamin D Concentrations In Young Men. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 308.	0.2	0
28	Physical activity among Chinese school-aged children: National prevalence estimates from the 2016 Physical Activity and Fitness in China's Youth Study. <i>Journal of Sport and Health Science</i> , 2017, 6, 388-394.	3.3	112
29	Associations with Physical Activity and Sedentary Behavior with Physical Fitness in Chinese Children and Adolescents. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 977.	0.2	0
30	Effect of an Acute Bout of Endurance Exercise on Serum 25(OH)D Concentrations in Young Adults. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2017, 102, 3937-3944.	1.8	41
31	Parental Support for Physical Activity and Sedentary Behavior among Chinese Schoolchildren. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 888.	0.2	0
32	Effects of Vitamin D3 Supplementation on Lean Mass, Muscular Strength, and Cardiorespiratory Fitness. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 320.	0.2	0
33	Relationship between Physical Activity and Physical Fitness in Preschool Children: A Cross-Sectional Study. <i>BioMed Research International</i> , 2017, 2017, 1-8.	0.9	37
34	Effect of Physical Activity on Cognitive Development: Protocol for a 15-Year Longitudinal Follow-Up Study. <i>BioMed Research International</i> , 2017, 2017, 1-7.	0.9	8
35	Results From Shanghai's (China) 2016 Report Card on Physical Activity for Children and Youth. <i>Journal of Physical Activity and Health</i> , 2016, 13, S124-S128.	1.0	53
36	Vitamin D supplementation reduces insulin resistance in Japanese adults: a secondary analysis of a double-blind, randomized, placebo-controlled trial. <i>Nutrition Research</i> , 2016, 36, 1121-1129.	1.3	32

#	ARTICLE	IF	CITATIONS
37	Patterns Of Physical Activity And Sedentary Behavior Among Children And Adolescents In Shanghai, China. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 771.	0.2	0
38	25(OH) Vitamin D Is Associated With Cardiorespiratory Fitness In Preschool- Aged Boys, But Not In Girls. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 744-745.	0.2	0
39	Associations between the Serum 25(OH)D Concentration and Lipid Profiles in Japanese Men. <i>Journal of Atherosclerosis and Thrombosis</i> , 2015, 22, 355-362.	0.9	32
40	The Relationship between Serum 25-Hydroxyvitamin D Concentration, Cardiorespiratory Fitness, and Insulin Resistance in Japanese Men. <i>Nutrients</i> , 2015, 7, 91-102.	1.7	10
41	Cardiorespiratory Fitness is a Strong Predictor of the Cardio-ankle Vascular Index in Hypertensive Middle-aged and Elderly Japanese Men. <i>Journal of Atherosclerosis and Thrombosis</i> , 2015, 22, 379-389.	0.9	13
42	Accuracy of Segmental Bioelectrical Impedance Analysis for Predicting Body Composition in Pre- and Postmenopausal Women. <i>Journal of Clinical Densitometry</i> , 2015, 18, 252-259.	0.5	13
43	Physical Activity Levels and Physical Activity Recommendations in Japan. , 2015, , 3-15.		2
44	The Relation Of Serum 25(OH)D Concentrations, Cardiorespiratory Fitness, And Insulin Resistance In Japanese Men. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 805.	0.2	0
45	25(OH)D Is Associated With Muscular Strength In Male Adults. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 475.	0.2	1
46	Common FNDC5 SNPs Associated With Glucose Metabolism Without Altering Serum Irisin Levels In Low-fitness Men. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 404.	0.2	0
47	Cardiorespiratory Fitness and Visceral Fat Are Key Determinants of Serum Fibroblast Growth Factor 21 Concentration in Japanese Men. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2014, 99, E1877-E1884.	1.8	32
48	High cardiorespiratory fitness can reduce glycated hemoglobin levels regardless of polygenic risk for Type 2 diabetes mellitus in nondiabetic Japanese men. <i>Physiological Genomics</i> , 2014, 46, 497-504.	1.0	4
49	Polygenic risk for hypertriglyceridemia is attenuated in Japanese men with high fitness levels. <i>Physiological Genomics</i> , 2014, 46, 207-215.	1.0	8
50	Strong influence of dietary intake and physical activity on body fatness in elderly Japanese men: age-associated loss of polygenic resistance against obesity. <i>Genes and Nutrition</i> , 2014, 9, 416.	1.2	7
51	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. <i>Metabolism: Clinical and Experimental</i> , 2014, 63, 574-583.	1.5	46
52	Association between Serum 25-Hydroxyvitamin D and Inflammatory Cytokines in Healthy Adults. <i>Nutrients</i> , 2014, 6, 221-230.	1.7	33
53	Steps Per Day Required for Meeting Physical Activity Guidelines in Japanese Adults. <i>Journal of Physical Activity and Health</i> , 2014, 11, 1367-1372.	1.0	12
54	Association Between Serum 25-hydroxyvitamin D Concentration and Cardiorespiratory Fitness in Older Japanese Men. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 475.	0.2	1

#	ARTICLE	IF	CITATIONS
55	Prediction of Maximal Oxygen Uptake From a 3-Minute Walk Based on Gender, Age, and Body Composition. <i>Journal of Physical Activity and Health</i> , 2013, 10, 280-287.	1.0	29
56	Does Cardiorespiratory Fitness Modify the Association between Birth Weight and Insulin Resistance in Adult Life?. <i>PLoS ONE</i> , 2013, 8, e73967.	1.1	8
57	2S4-1ã€œThe Frontline of Sport Science Research (1). <i>Ningen Kogaku = the Japanese Journal of Ergonomics</i> , 2013, 49, S86-S87.	0.0	0
58	Association between dietary intake of micronutrients and cardiorespiratory fitness in Japanese men. <i>Journal of Nutritional Science</i> , 2012, 1, e12.	0.7	12
59	Health-related physical fitness is associated with cardiovascular disease risk factors in Japanese Women and Men. <i>Taiikugaku Kenkyu (Japan Journal of Physical Education Health and Sport Sciences)</i> , 2012, 57, 415-426.	0.0	1
60	Associations between muscular fitness and metabolic syndrome: Cross-sectional study of Japanese women and men. <i>Health</i> , 2012, 04, 838-844.	0.1	0
61	Relationship between predicted oxygen uptake and cigarette smoking in Japanese men. <i>Health</i> , 2012, 04, 423-428.	0.1	0
62	Associations Between Muscular Fitness And Metabolic Syndrome In Japanese Women And Men. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 789.	0.2	0
63	Association between Muscular Strength and Metabolic Risk in Japanese Women, but Not in Men. <i>Journal of Physiological Anthropology</i> , 2011, 30, 133-139.	1.0	29
64	Predicting $\dot{V}\text{O}_2\text{max}$ with an Objectively Measured Physical Activity in Japanese Women. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 179-186.	0.2	63
65	Non-exercise Prediction Of Maximal Oxygen Uptake With The Objectively Measured Physical Activity In Japanese Men. <i>Medicine and Science in Sports and Exercise</i> , 2010, 45, 486.	0.2	0
66	Predicting $\dot{V}\text{O}_{2\text{max}}$ with an objectively measured physical activity in Japanese men. <i>European Journal of Applied Physiology</i> , 2010, 109, 465-472.	1.2	29
67	DEVELOPMENT OF VO_2max PREDICTION MODELS FROM 3-MINUTE WALK TEST. <i>Japanese Journal of Physical Fitness and Sports Medicine</i> , 2009, 58, 527-536.	0.0	2
68	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. <i>Journal of Bone and Mineral Metabolism</i> , 2009, 27, 182-189.	1.3	8
69	Prediction of VO_2max with daily step counts for Japanese adult women. <i>European Journal of Applied Physiology</i> , 2009, 105, 289-296.	1.2	41
70	The Effect of a 12-week Combined Exercise Intervention Program on Physical Performance and Gait Kinematics in Community-dwelling Elderly Women. <i>Journal of Physiological Anthropology</i> , 2007, 26, 325-332.	1.0	67
71	Effects of Exercise and Nutritional Intervention to Improve Physical Factors Associated with Fracture Risk in Middle-aged and Older Women. <i>International Journal of Sport and Health Science</i> , 2007, 5, 147-156.	0.0	6