List of Publications by Year in descending order

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#	Article	IF	CITATIONS
1	Straight sprinting is the most frequent action in goal situations in professional football. Journal of Sports Sciences, 2012, 30, 625-631.	2.0	611
2	Lactate Threshold Concepts. Sports Medicine, 2009, 39, 469-490.	6.5	558
3	Injuries in Female Soccer Players. American Journal of Sports Medicine, 2005, 33, 1694-1700.	4.2	213
4	Exercise-Based Injury Prevention in Child and Adolescent Sport: A Systematic Review and Meta-Analysis. Sports Medicine, 2014, 44, 1733-1748.	6.5	171
5	Football Injuries in Children and Adolescent Players: Are There Clues for Prevention?. Sports Medicine, 2013, 43, 819-837.	6.5	167
6	Effects of Virtual Reality Training (Exergaming) Compared to Alternative Exercise Training and Passive Control on Standing Balance and Functional Mobility in Healthy Community-Dwelling Seniors: A Meta-Analytical Review. Sports Medicine, 2016, 46, 1293-1309.	6.5	153
7	Exercise at given percentages of VO2max: Heterogeneous metabolic responses between individuals. Journal of Science and Medicine in Sport, 2010, 13, 74-79.	1.3	149
8	Physiological characteristics of badminton match play. European Journal of Applied Physiology, 2007, 100, 479-485.	2.5	112
9	Pre-Cooling and Sports Performance. Sports Medicine, 2012, 42, 545-564.	6.5	101
10	A Multinational Cluster Randomised Controlled Trial to Assess the Efficacy of â€~11+ Kids': A Warm-Up Programme to Prevent Injuries in Children's Football. Sports Medicine, 2018, 48, 1493-1504.	6.5	98
11	Cooling and Performance Recovery of Trained Athletes: A Meta-Analytical Review. International Journal of Sports Physiology and Performance, 2013, 8, 227-242.	2.3	92
12	How to Construct, Conduct and Analyze an Exercise Training Study?. Frontiers in Physiology, 2018, 9, 1007.	2.8	91
13	Soccer Injuries in Players Aged 7 to 12 Years. American Journal of Sports Medicine, 2016, 44, 309-317.	4.2	87
14	Validity and reliability of a portable gait analysis system for measuring spatiotemporal gait characteristics: comparison to an instrumented treadmill. Journal of NeuroEngineering and Rehabilitation, 2016, 13, 6.	4.6	85
15	Neuromuscular Adaptations to Multimodal Injury Prevention Programs in Youth Sports: A Systematic Review with Meta-Analysis of Randomized Controlled Trials. Frontiers in Physiology, 2017, 8, 791.	2.8	75
16	Leg and trunk muscle coordination and postural sway during increasingly difficult standing balance tasks in young and older adults. Maturitas, 2016, 91, 60-68.	2.4	74
17	Combined strength and power training in high-level amateur football during the competitive season: a randomised-controlled trial. Journal of Sports Sciences, 2013, 31, 1460-1467.	2.0	72
18	Gender differences in power production, energetic capacity and efficiency of elite cross-country skiers during whole-body, upper-body, and arm poling. European Journal of Applied Physiology, 2016, 116, 291-300.	2.5	67

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19	Reliability of gait parameters during treadmill walking in community-dwelling healthy seniors. Gait and Posture, 2012, 36, 444-448.	1.4	66
20	Strength Training Adaptations After Cold-Water Immersion. Journal of Strength and Conditioning Research, 2014, 28, 2628-2633.	2.1	59
21	The effects of Zumba training on cardiovascular and neuromuscular function in female college students. European Journal of Sport Science, 2014, 14, 569-577.	2.7	57
22	Exercise-Based Fall Prevention in the Elderly: What About Agility?. Sports Medicine, 2016, 46, 143-149.	6.5	54
23	The Effect of Short-Term Interval Training during the Competitive Season on Physical Fitness and Signs of Fatigue: A Crossover Trial in High-Level Youth Football Players. International Journal of Sports Physiology and Performance, 2014, 9, 936-944.	2.3	53
24	Testing single and double limb standing balance performance: Comparison of COP path length evaluation between two devices. Gait and Posture, 2012, 36, 439-443.	1.4	51
25	Absolute and relative reliability of isokinetic and isometric trunk strength testing using the IsoMed-2000 dynamometer. Physical Therapy in Sport, 2017, 24, 26-31.	1.9	51
26	Comparison of the â€~11+ Kids' injury prevention programme and a regular warmup in children's football (soccer): a cost effectiveness analysis. British Journal of Sports Medicine, 2019, 53, 309-314.	6.7	50
27	Relative age effects in Swiss talent development – a nationwide analysis of all sports. Journal of Sports Sciences, 2018, 36, 2025-2031.	2.0	49
28	High intensity interval training vs. high-volume running training during pre-season conditioning in high-level youth football: a cross-over trial. Journal of Sports Sciences, 2013, 31, 1441-1450.	2.0	46
29	Slackline Training (Balancing Over Narrow Nylon Ribbons) and Balance Performance: A Meta-Analytical Review. Sports Medicine, 2017, 47, 1075-1086.	6.5	45
30	The Relative Age Effect in Elite German Youth Soccer: Implications for a Successful Career. International Journal of Sports Physiology and Performance, 2016, 11, 370-376.	2.3	43
31	Mobile inertial sensor based gait analysis: Validity and reliability of spatiotemporal gait characteristics in healthy seniors. Gait and Posture, 2016, 49, 371-374.	1.4	43
32	In 6- to 8-year-old children, hair cortisol is associated with body mass index and somatic complaints, but not with stress, health-related quality of life, blood pressure, retinal vessel diameters, and cardiorespiratory fitness. Psychoneuroendocrinology, 2017, 76, 1-10.	2.7	43
33	Reproducibility of Pacing Profiles in Elite Swimmers. International Journal of Sports Physiology and Performance, 2014, 9, 217-225.	2.3	42
34	Injury Characteristics in the German Professional Male Soccer Leagues After a Shortened Winter Break. Journal of Athletic Training, 2014, 49, 786-793.	1.8	41
35	Different ankle muscle coordination patterns and co-activation during quiet stance between young adults and seniors do not change after a bout of high intensity training. BMC Geriatrics, 2015, 15, 19.	2.7	38
36	Repetitive Daily Point of Choice Prompts and Occupational Sit-Stand Transfers, Concentration and Neuromuscular Performance in Office Workers: An RCT. International Journal of Environmental Research and Public Health, 2015, 12, 4340-4353.	2.6	34

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37	Reliability of time-to-exhaustion and selected psycho-physiological variables during constant-load cycling at the maximal lactate steady-state. Applied Physiology, Nutrition and Metabolism, 2017, 42, 142-147.	1.9	34
38	Long-term effects of the 11+ warm-up injury prevention programme on physical performance in adolescent male football players: a cluster-randomised controlled trial. Journal of Sports Sciences, 2018, 36, 2447-2454.	2.0	34
39	Sprint interval training (SIT) substantially reduces depressive symptoms in major depressive disorder (MDD): A randomized controlled trial. Psychiatry Research, 2018, 265, 292-297.	3.3	33
40	Effects of the â€~11+ Kids' injury prevention programme on severe injuries in children's football: a secondary analysis of data from a multicentre cluster-randomised controlled trial. British Journal of Sports Medicine, 2019, 53, 1418-1423.	6.7	30
41	Ankle muscle activity modulation during single-leg stance differs between children, young adults and seniors. European Journal of Applied Physiology, 2018, 118, 239-247.	2.5	29
42	The impact of lifestyle Physical Activity Counselling in IN-PATients with major depressive disorders on physical activity, cardiorespiratory fitness, depression, and cardiovascular health risk markers: study protocol for a randomized controlled trial. Trials, 2019, 20, 367.	1.6	29
43	Bicarbonate infusion and pH clamp moderately reduce hyperventilation during ramp exercise in humans. Journal of Applied Physiology, 2007, 102, 426-428.	2.5	26
44	Deviation between self-reported and measured occupational physical activity levels in office employees: effects of age and body composition. International Archives of Occupational and Environmental Health, 2016, 89, 575-582.	2.3	26
45	Striatal functional connectivity changes following specific balance training in elderly people: MRI results of a randomized controlled pilot study. Gait and Posture, 2016, 49, 334-339.	1.4	25
46	l Can Stand Learning: A Controlled Pilot Intervention Study on the Effects of Increased Standing Time on Cognitive Function in Primary School Children. International Journal of Environmental Research and Public Health, 2018, 15, 356.	2.6	25
47	The utility of two interview-based physical activity questionnaires in healthy young adults: Comparison with accelerometer data. PLoS ONE, 2018, 13, e0203525.	2.5	23
48	The FIFA 11+ Shoulder Injury Prevention Program Was Effective in Reducing Upper Extremity Injuries Among Soccer Goalkeepers: A Randomized Controlled Trial. American Journal of Sports Medicine, 2021, 49, 2293-2300.	4.2	22
49	Balance and gait performance after maximal and submaximal endurance exercise in seniors: is there a higher fall-risk?. European Journal of Applied Physiology, 2013, 113, 661-669.	2.5	21
50	Influence of Pacing Manipulation on Performance of Juniors in Simulated 400-m Swim Competition. International Journal of Sports Physiology and Performance, 2014, 9, 817-824.	2.3	21
51	Different Effects of Two Regeneration Regimens on Immunological Parameters in Cyclists. Medicine and Science in Sports and Exercise, 2004, 36, 1743-1749.	0.4	20
52	Does a Single Session of High-Intensity Interval Training Provoke a Transient Elevated Risk of Falling in Seniors and Adults?. Gerontology, 2015, 61, 15-23.	2.8	20
53	In 6- to 8-year-old children, cardiorespiratory fitness moderates the relationship between severity of life events and health-related quality of life. Quality of Life Research, 2017, 26, 695-706.	3.1	20
54	Effects of Endurance Exercise Modalities on Arterial Stiffness in Patients Suffering from Unipolar Depression: A Randomized Controlled Trial. Frontiers in Psychiatry, 2018, 8, 311.	2.6	20

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55	Telephone-Based Coaching and Prompting for Physical Activity: Short- and Long-Term Findings of a Randomized Controlled Trial (Movingcall). International Journal of Environmental Research and Public Health, 2019, 16, 2626.	2.6	20
56	Origins of Relative Age Effects in Youth Football—A Nationwide Analysis. Frontiers in Sports and Active Living, 2020, 2, 591072.	1.8	20
57	Transfer Effects of Fall Training on Balance Performance and Spatiotemporal Gait Parameters in Healthy Community-Dwelling Older Adults: A Pilot Study. Journal of Aging and Physical Activity, 2014, 22, 324-333.	1.0	19
58	Fitness, Stress, and Body Composition in Primary Schoolchildren. Medicine and Science in Sports and Exercise, 2017, 49, 581-587.	0.4	18
59	Diurnal and day-to-day variations in isometric and isokinetic strength. Chronobiology International, 2019, 36, 1537-1549.	2.0	18
60	Risk of SARS-CoV-2 transmission from on-field player contacts in amateur, youth and professional football (soccer). British Journal of Sports Medicine, 2022, 56, 158-164.	6.7	18
61	Critical Evaluation of a Badminton-Specific Endurance Test. International Journal of Sports Physiology and Performance, 2014, 9, 249-255.	2.3	17
62	Head injuries in children′s football—results from two prospective cohort studies in four European countries. Scandinavian Journal of Medicine and Science in Sports, 2017, 27, 1986-1992.	2.9	17
63	The Effect of the "11+ Kids―Program on the Isokinetic Strength of Young Football Players. International Journal of Sports Physiology and Performance, 2020, 15, 25-30.	2.3	16
64	Verbal Encouragement and Between-Day Reliability During High-Intensity Functional Strength and Endurance Performance Testing. Frontiers in Physiology, 2019, 10, 460.	2.8	15
65	Muscle Activation and Performance During Trunk Strength Testing in High-Level Female and Male Football Players. Journal of Applied Biomechanics, 2016, 32, 241-247.	0.8	13
66	Does playing football (soccer) lead to SARS-CoV-2 transmission? - A case study of 3 matches with 18 infected football players Science and Medicine in Football, 2021, 5, 2-7.	2.0	13
67	The association of socio-economic factors with physical fitness and activity behaviours, spinal posture and retinal vessel parameters in first graders in urban Switzerland. Journal of Sports Sciences, 2016, 34, 1271-1280.	2.0	12
68	Exercise-induced trunk fatigue decreases double poling performance in well-trained cross-country skiers. European Journal of Applied Physiology, 2018, 118, 2077-2087.	2.5	12
69	Acute Leg and Trunk Muscle Fatigue Differentially Affect Strength, Sprint, Agility, and Balance in Young Adults. Journal of Strength and Conditioning Research, 2021, 35, 2158-2164.	2.1	12
70	A systematic review on conservative treatment options for OSGOOD-Schlatter disease. Physical Therapy in Sport, 2021, 49, 178-187.	1.9	12
71	Blood Pressure Increase and Microvascular Dysfunction Accelerate Arterial Stiffening in Children: Modulation by Physical Activity. Frontiers in Physiology, 2020, 11, 613003.	2.8	12
72	Recommendations for Aerobic Endurance Training Based on Subjective Ratings of Perceived Exertion in Healthy Seniors. Journal of Aging and Physical Activity, 2013, 21, 100-111.	1.0	11

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#	Article	IF	CITATIONS
73	Music in CrossFit®—Influence on Performance, Physiological, and Psychological Parameters. Sports, 2014, 2, 14-23.	1.7	11
74	Does Physical Fitness Buffer the Relationship between Psychosocial Stress, Retinal Vessel Diameters, and Blood Pressure among Primary Schoolchildren?. BioMed Research International, 2016, 2016, 1-11.	1.9	11
75	Changes in physical activity behavior and development of cardiovascular risk in children. Scandinavian Journal of Medicine and Science in Sports, 2021, 31, 1313-1323.	2.9	11
76	Ventilatory inefficiency in major depressive disorder: A potential adjunct for cardiac risk stratification in depressive disorders?. Progress in Neuro-Psychopharmacology and Biological Psychiatry, 2010, 34, 882-887.	4.8	10
77	Agility-based exercise training compared to traditional strength and balance training in older adults: a pilot randomized trial. PeerJ, 2020, 8, e8781.	2.0	10
78	Acute effects of walking at moderate normobaric hypoxia on gait and balance performance in healthy community-dwelling seniors: A randomized controlled crossover study. Archives of Gerontology and Geriatrics, 2016, 67, 74-79.	3.0	9
79	Absolute and relative reliability of acute effects of aerobic exercise on executive function in seniors. BMC Geriatrics, 2017, 17, 247.	2.7	9
80	ACSAuto-semi-automatic assessment of human vastus lateralis and rectus femoris cross-sectional area in ultrasound images. Scientific Reports, 2021, 11, 13042.	3.3	9
81	Agility Training to Integratively Promote Neuromuscular, Cognitive, Cardiovascular and Psychosocial Function in Healthy Older Adults: A Study Protocol of a One-Year Randomized-Controlled Trial. International Journal of Environmental Research and Public Health, 2020, 17, 1853.	2.6	8
82	Intensity Control in Swim Training by Means of the Individual Anaerobic Threshold. Journal of Strength and Conditioning Research, 2012, 26, 3304-3311.	2.1	7
83	Exercise-based injury prevention in football. German Journal of Exercise and Sport Research, 2018, 48, 157-168.	1.2	7
84	Coaching and Prompting for Remote Physical Activity Promotion: Study Protocol of a Three-Arm Randomized Controlled Trial (Movingcall). International Journal of Environmental Research and Public Health, 2019, 16, 331.	2.6	7
85	The Work Rate Corresponding to Ventilatory Threshold During Steady-State and Ramp Exercise. International Journal of Sports Physiology and Performance, 2006, 1, 222-232.	2.3	6
86	Validity and Reliability of a Novel Integrative Motor Performance Testing Course for Seniors: The "Agility Challenge for the Elderly (ACE)― Frontiers in Physiology, 2019, 10, 44.	2.8	6
87	Combining the Copenhagen Adduction Exercise and Nordic Hamstring Exercise Improves Dynamic Balance Among Male Athletes: A Randomized Controlled Trial. Sports Health, 2021, 13, 580-587.	2.7	6
88	M. Biceps Femoris Long Head Architecture and Sprint Ability in Youth Soccer Players. International Journal of Sports Physiology and Performance, 2021, 16, 1616-1624.	2.3	6
89	Neuromuscular training in construction workers: a longitudinal controlled pilot study. International Archives of Occupational and Environmental Health, 2015, 88, 697-705.	2.3	5
90	Individually tailored whole-body vibration training to reduce symptoms of chemotherapy-induced peripheral neuropathy: study protocol of a randomised controlled trial—VANISH. BMJ Open, 2019, 9, e024467.	1.9	5

#	Article	IF	CITATIONS
91	Sportmedizin. , 2013, , 171-210.		5
92	A video-based analysis of situations bearing the risk of respiratory disease transmission during football matches. Scientific Reports, 2022, 12, 3034.	3.3	5
93	Back to the roots in football science. Why it might be smart to invest in the youngest players. Science and Medicine in Football, 2018, 2, 171-172.	2.0	4
94	Editorial: Neuromuscular Performance During Lifespan: Assessment Methods and Exercise Interventions. Frontiers in Physiology, 2019, 10, 1348.	2.8	4
95	Exploring psychosocial mediators of remote physical activity counselling: a secondary analysis of data from a 1-year randomized control trial (Movingcall). Journal of Behavioral Medicine, 2020, 43, 271-285.	2.1	4
96	Association of Parental Socioeconomic Status and Physical Activity with Development of Arterial Stiffness in Prepubertal Children. International Journal of Environmental Research and Public Health, 2021, 18, 8227.	2.6	4
97	Body Composition and Physical Fitness Affect Central Hemodynamics in Young Children. Frontiers in Pediatrics, 2021, 9, 750398.	1.9	4
98	(Evidenzbasierte) Trainingsprinzipien. , 2019, , 1-17.		3
99	Transfer Effects of Fall Training on Balance Performance and Spatiotemporal Gait Parameters in Healthy Community-Dwelling Older Adults: A Pilot Study. Journal of Aging and Physical Activity, 2014, 22, 324-333.	1.0	3
100	Physical Performance, Cardiovascular Health and Psychosocial Wellbeing in Older Adults Compared to Oldest-Old Residential Seniors. International Journal of Environmental Research and Public Health, 2022, 19, 1451.	2.6	3
101	Validity of Lactate Thresholds in Inline Speed Skating. Journal of Strength and Conditioning Research, 2015, 29, 2497-2502.	2.1	2
102	Thermoregulation During Marathon Running. , 2016, , 69-81.		2
103	Structure, Intensity and Player Duels in Under-13 Football Training in Switzerland. International Journal of Environmental Research and Public Health, 2020, 17, 8351.	2.6	2
104	Anatomie und Physiologie von Körper und Bewegung. , 2013, , 67-122.		2
105	Learning a new balance task: The influence of prior motor practice on training adaptations. European Journal of Sport Science, 2023, 23, 809-817.	2.7	2
106	Effectiveness of a personal health coaching intervention (diabetescoach) in patients with type 2 diabetes: protocol for an open-label, pragmatic randomised controlled trial. BMJ Open, 2022, 12, e057948.	1.9	2
107	Epidemiology in Young Football Players. , 2015, , 11-19.		1
108	Adolescent injury prevention programs associated with sports-related injury reduction. Journal of Pediatrics, 2016, 174, 277-280.	1.8	1

#	Article	IF	CITATIONS
109	Compression Garments and Performance Enhancement in Balance and Precision Tasks. , 2016, , 79-87.		1
110	Correct, fake and absent pre-information does not affect the occurrence and magnitude of the bilateral force deficit. Journal of Sports Science and Medicine, 2014, 13, 439-43.	1.6	1
111	The Authors' Reply. Sports Medicine, 2010, 40, 180-182.	6.5	0
112	Effects of a Shortened Winter Break on Injury Incidence within the German Male Professional Soccer Leagues. Medicine and Science in Sports and Exercise, 2011, 43, 364.	0.4	0
113	Reproducibility Of Performance Time And Physiological Responses During Constant-load Cycling At The Maximal Lactate Steady-state. Medicine and Science in Sports and Exercise, 2011, 43, 731.	0.4	0
114	Ausdauer und Ausdauertraining im Sport. , 2019, , 1-16.		0
115	Do Percentages of VO2max Represent Homogeneous Intensities in all Individuals?. Medicine and Science in Sports and Exercise, 2007, 39, S347.	0.4	0
116	Effects of High Intensity Interval Training on Symptomatology and Physical Fitness in Neurological Patients. Medicine and Science in Sports and Exercise, 2016, 48, 379.	0.4	0
117	Sportmedizinische Grundlagen: Überbeanspruchung, Übertraining und Übertrainingssyndrom, Erholung und ErholungsfÃĦigkeit. , 2019, , 1-18.		0