

# Qingde Shi

## List of Publications by Year in descending order

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33  
papers

553  
citations

840776

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677142

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docs citations

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times ranked

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#	ARTICLE	IF	CITATIONS
1	Comparison of High-Intensity Interval Training and Moderate-to-Vigorous Continuous Training for Cardiometabolic Health and Exercise Enjoyment in Obese Young Women: A Randomized Controlled Trial. <i>PLoS ONE</i> , 2016, 11, e0158589.	2.5	129
2	Short-Term High-Intensity Interval Training on Body Composition and Blood Glucose in Overweight and Obese Young Women. <i>Journal of Diabetes Research</i> , 2016, 2016, 1-9.	2.3	77
3	Twelve weeks of low volume sprint interval training improves cardio-metabolic health outcomes in overweight females. <i>Journal of Sports Sciences</i> , 2019, 37, 1257-1264.	2.0	42
4	Exercise training-induced visceral fat loss in obese women: The role of training intensity and modality. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 30-43.	2.9	28
5	Sex differences in release of cardiac troponin T after endurance exercise. <i>Biomarkers</i> , 2017, 22, 345-350.	1.9	27
6	High-Intensity Interval Training in Normobaric Hypoxia Improves Cardiorespiratory Fitness in Overweight Chinese Young Women. <i>Frontiers in Physiology</i> , 2017, 8, 175.	2.8	27
7	Non-Energy-Restricted Low-Carbohydrate Diet Combined with Exercise Intervention Improved Cardiometabolic Health in Overweight Chinese Females. <i>Nutrients</i> , 2019, 11, 3051.	4.1	23
8	Impact of high-intensity interval training and moderate-intensity continuous training on resting and postexercise cardiac troponin T concentration. <i>Experimental Physiology</i> , 2018, 103, 370-380.	2.0	20
9	Short-Term Ketogenic Diet Improves Abdominal Obesity in Overweight/Obese Chinese Young Females. <i>Frontiers in Physiology</i> , 2020, 11, 856.	2.8	19
10	Influence of recovery duration during 6-s sprint interval exercise on time spent at high rates of oxygen uptake. <i>Journal of Exercise Science and Fitness</i> , 2018, 16, 16-20.	2.2	18
11	Acute changes in glycemic homeostasis in response to brief high-intensity intermittent exercise in obese adults. <i>Journal of Exercise Science and Fitness</i> , 2012, 10, 97-100.	2.2	14
12	Severe Hypoxia Does Not Offset the Benefits of Exercise on Cognitive Function in Sedentary Young Women. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 1003.	2.6	14
13	The Effects of High-Intensity Interval Exercise and Hypoxia on Cognition in Sedentary Young Adults. <i>Medicina (Lithuania)</i> , 2019, 55, 43.	2.0	14
14	Interval training causes the same exercise enjoyment as moderate-intensity training to improve cardiorespiratory fitness and body composition in young Chinese women with elevated BMI. <i>Journal of Sports Sciences</i> , 2021, 39, 1677-1686.	2.0	12
15	Effects of Low-Carbohydrate Diet and Exercise Training on Gut Microbiota. <i>Frontiers in Nutrition</i> , 2022, 9, 884550.	3.7	12
16	The influence of basketball dribbling on repeated high-intensity intermittent runs. <i>Journal of Exercise Science and Fitness</i> , 2015, 13, 117-122.	2.2	8
17	The impact of exercise modality and menstrual cycle phase on circulating cardiac troponin T. <i>Journal of Science and Medicine in Sport</i> , 2020, 23, 309-314.	1.3	8
18	Affective and Enjoyment Responses to Short-Term High-Intensity Interval Training with Low-Carbohydrate Diet in Overweight Young Women. <i>Nutrients</i> , 2020, 12, 442.	4.1	8

#	ARTICLE	IF	CITATIONS
19	Carbohydrate Restriction with or without Exercise Training Improves Blood Pressure and Insulin Sensitivity in Overweight Women. <i>Healthcare (Switzerland)</i> , 2021, 9, 637.	2.0	8
20	High-intensity interval exercise lowers postprandial glucose concentrations more in obese adults than lean adults. <i>Primary Care Diabetes</i> , 2019, 13, 568-573.	1.8	6
21	Hypoxic repeated sprint interval training improves cardiorespiratory fitness in sedentary young women. <i>Journal of Exercise Science and Fitness</i> , 2022, 20, 100-107.	2.2	6
22	Short sprints (30s) attenuate post-prandial blood glucose in young healthy males. <i>Primary Care Diabetes</i> , 2015, 9, 446-450.	1.8	5
23	Effects of 12-Week Endurance Training at Natural Low Altitude on the Blood Redox Homeostasis of Professional Adolescent Athletes: A Quasi-Experimental Field Trial. <i>Oxidative Medicine and Cellular Longevity</i> , 2016, 2016, 1-9.	4.0	4
24	Comparable Effects of Brief Resistance Exercise and Isotime Sprint Interval Exercise on Glucose Homeostasis in Men. <i>Journal of Diabetes Research</i> , 2017, 2017, 1-8.	2.3	4
25	A Combined Approach for Health Assessment in Adolescent Endurance Runners. <i>Healthcare (Switzerland)</i> , 2021, 9, 163.	2.0	4
26	Impact of high-intensity interval and moderate-intensity continuous exercise on heart rate variability and cardiac troponin. <i>Journal of Sports Medicine and Physical Fitness</i> , 2021, 61, 1301-1308.	0.7	4
27	QTc interval prolongation during recovery from brief high-intensity intermittent exercise in obese adults. <i>Herz</i> , 2020, 45, 67-71.	1.1	3
28	Affective and Enjoyment Responses to Sprint Interval Exercise at Different Hypoxia Levels. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 8171.	2.6	3
29	Impact of High-intensity Interval Exercise and Moderate-Intensity Continuous Exercise on the Cardiac Troponin T Level at an Early Stage of Training. <i>Journal of Visualized Experiments</i> , 2019, , .	0.3	2
30	The Impact of Sprint Interval Exercise in Acute Severe Hypoxia on Executive Function. <i>High Altitude Medicine and Biology</i> , 0, , .	0.9	2
31	Sprint Interval Exercise Improves Cognitive Performance Unrelated to Postprandial Glucose Fluctuations at Different Levels of Normobaric Hypoxia. <i>Journal of Clinical Medicine</i> , 2022, 11, 3159.	2.4	1
32	Cardiac autonomic disturbance following resistance and sprint-interval exercises in non-obese and obese young men. <i>Applied Physiology, Nutrition and Metabolism</i> , 0, , .	1.9	1
33	Exercise Training Increases Serum Cardiac Troponin T Independent of Left Ventricular Mass. <i>International Journal of Sports Medicine</i> , 2021, , .	1.7	0