

Germán Vicente-Rodríguez

List of Publications by Year in descending order

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Version: 2024-02-01

234
papers

9,402
citations

38660

50
h-index

53109

85
g-index

252
all docs

252
docs citations

252
times ranked

8993
citing authors

#	ARTICLE	IF	CITATIONS
1	Sedentary behaviour and obesity development in children and adolescents. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2008, 18, 242-251.	1.1	455
2	Physical fitness levels among European adolescents: the HELENA study. <i>British Journal of Sports Medicine</i> , 2011, 45, 20-29.	3.1	325
3	Effects of Training on Bone Mass in Older Adults. <i>Sports Medicine</i> , 2012, 42, 301-325.	3.1	264
4	Reliability of health-related physical fitness tests in European adolescents. The HELENA Study. <i>International Journal of Obesity</i> , 2008, 32, S49-S57.	1.6	262
5	Harmonization process and reliability assessment of anthropometric measurements in a multicenter study in adolescents. <i>International Journal of Obesity</i> , 2008, 32, S58-S65.	1.6	214
6	Muscular and cardiorespiratory fitness are independently associated with metabolic risk in adolescents: the HELENA study. <i>Pediatric Diabetes</i> , 2011, 12, 704-712.	1.2	198
7	EPODE approach for childhood obesity prevention: methods, progress and international development. <i>Obesity Reviews</i> , 2012, 13, 299-315.	3.1	189
8	Elbow Position Affects Handgrip Strength in Adolescents: Validity and Reliability of Jamar, DynEx, and TKK Dynamometers. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 272-277.	1.0	177
9	How does Exercise Affect Bone Development during Growth?. <i>Sports Medicine</i> , 2006, 36, 561-569.	3.1	171
10	The International Fitness Scale (IFIS): usefulness of self-reported fitness in youth. <i>International Journal of Epidemiology</i> , 2011, 40, 701-711.	0.9	159
11	Health-related fitness in adolescents: underweight, and not only overweight, as an influencing factor. The AVENA study. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2010, 20, 418-427.	1.3	153
12	Nutrition and Lifestyle in European Adolescents: The HELENA (Healthy Lifestyle in Europe by Nutrition) Tj ETQq0 0 QrgBT /Overlock 10 T	2.9	142
13	Sedentary patterns and media availability in European adolescents: The HELENA study. <i>Preventive Medicine</i> , 2010, 51, 50-55.	1.6	136
14	Secular trends in health-related physical fitness in Spanish adolescents: The AVENA and HELENA Studies. <i>Journal of Science and Medicine in Sport</i> , 2010, 13, 584-588.	0.6	125
15	Enhanced bone mass and physical fitness in prepubescent footballers. <i>Bone</i> , 2003, 33, 853-859.	1.4	123
16	High Femoral Bone Mineral Density Accretion in Prepubertal Soccer Players. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, 1789-1795.	0.2	121
17	Regular participation in sports is associated with enhanced physical fitness and lower fat mass in prepubertal boys. <i>International Journal of Obesity</i> , 2004, 28, 1585-1593.	1.6	117
18	Television watching, videogames, and excess of body fat in Spanish adolescents: The AVENA study. <i>Nutrition</i> , 2008, 24, 654-662.	1.1	104

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19	Adiposity and bone health in Spanish adolescents. The HELENA study. <i>Osteoporosis International</i> , 2012, 23, 937-947.	1.3	104
20	Physical Activity, Fitness, Weight Status, and Cognitive Performance in Adolescents. <i>Journal of Pediatrics</i> , 2010, 157, 917-922.e5.	0.9	103
21	Muscular development and physical activity as major determinants of femoral bone mass acquisition during growth. <i>British Journal of Sports Medicine</i> , 2005, 39, 611-616.	3.1	101
22	Influence of extracurricular sport activities on body composition and physical fitness in boys: a 3-year longitudinal study. <i>International Journal of Obesity</i> , 2006, 30, 1062-1071.	1.6	99
23	Reliability and validity of a screen time-based sedentary behaviour questionnaire for adolescents: The HELENA study. <i>European Journal of Public Health</i> , 2012, 22, 373-377.	0.1	99
24	Is Bone Tissue Really Affected by Swimming? A Systematic Review. <i>PLoS ONE</i> , 2013, 8, e70119.	1.1	99
25	Enhanced bone mass and physical fitness in young female handball players. <i>Bone</i> , 2004, 35, 1208-1215.	1.4	98
26	Associations of muscular and cardiorespiratory fitness with total and central body fat in adolescents: The HELENA Study. <i>British Journal of Sports Medicine</i> , 2011, 45, 101-108.	3.1	98
27	Health-related physical fitness in children and adolescents with Down syndrome and response to training. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2010, 20, 716-724.	1.3	93
28	Levels of Physical Activity That Predict Optimal Bone Mass in Adolescents. <i>American Journal of Preventive Medicine</i> , 2011, 40, 599-607.	1.6	93
29	Cycling and bone health: a systematic review. <i>BMC Medicine</i> , 2012, 10, 168.	2.3	83
30	Association of objectively assessed physical activity with total and central body fat in Spanish adolescents; The HELENA Study. <i>International Journal of Obesity</i> , 2009, 33, 1126-1135.	1.6	82
31	Fat and lean masses in youths with Down syndrome: Gender differences. <i>Research in Developmental Disabilities</i> , 2011, 32, 1685-1693.	1.2	80
32	Cardiorespiratory fitness and ideal cardiovascular health in European adolescents. <i>Heart</i> , 2015, 101, 766-773.	1.2	79
33	Food and drink intake during television viewing in adolescents: the Healthy Lifestyle in Europe by Nutrition in Adolescence (HELENA) study. <i>Public Health Nutrition</i> , 2011, 14, 1563-1569.	1.1	75
34	Physical fitness effect on bone mass is mediated by the independent association between lean mass and bone mass through adolescence: a cross-sectional study. <i>Journal of Bone and Mineral Metabolism</i> , 2008, 26, 288-294.	1.3	74
35	Effects of weight lifting training combined with plyometric exercises on physical fitness, body composition, and knee extension velocity during kicking in football. <i>Applied Physiology, Nutrition and Metabolism</i> , 2008, 33, 501-510.	0.9	73
36	Plyometric exercise and bone health in children and adolescents: a systematic review. <i>World Journal of Pediatrics</i> , 2017, 13, 112-121.	0.8	72

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37	Association of physical activity with muscular strength and fat-free mass in adolescents: the HELENA study. <i>European Journal of Applied Physiology</i> , 2010, 109, 1119-1127.	1.2	68
38	Cardiovascular fitness modifies the associations between physical activity and abdominal adiposity in children and adolescents: the European Youth Heart Study. <i>British Journal of Sports Medicine</i> , 2010, 44, 256-262.	3.1	68
39	Excessive sedentary time and low cardiorespiratory fitness in European adolescents: the HELENA study. <i>Archives of Disease in Childhood</i> , 2011, 96, 240-246.	1.0	68
40	Effect of fitness and physical activity on bone mass in adolescents: the HELENA Study. <i>European Journal of Applied Physiology</i> , 2011, 111, 2671-2680.	1.2	66
41	Physical Activity Is Associated with Attention Capacity in Adolescents. <i>Journal of Pediatrics</i> , 2016, 168, 126-131.e2.	0.9	65
42	Physical fitness levels among independent non-institutionalized Spanish elderly: The elderly EXERNET multi-center study. <i>Archives of Gerontology and Geriatrics</i> , 2012, 55, 406-416.	1.4	64
43	The Effect of Swimming During Childhood and Adolescence on Bone Mineral Density: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2016, 46, 365-379.	3.1	62
44	Physical fitness reference standards for preschool children: The PREFIT project. <i>Journal of Science and Medicine in Sport</i> , 2019, 22, 430-437.	0.6	61
45	Sitting time increases the overweight and obesity risk independently of walking time in elderly people from Spain. <i>Maturitas</i> , 2012, 73, 337-343.	1.0	58
46	Seasonal variation in physical activity and sedentary time in different European regions. The HELENA study. <i>Journal of Sports Sciences</i> , 2013, 31, 1831-1840.	1.0	57
47	Independent and combined effect of nutrition and exercise on bone mass development. <i>Journal of Bone and Mineral Metabolism</i> , 2008, 26, 416-424.	1.3	55
48	Dietary animal and plant protein intakes and their associations with obesity and cardio-metabolic indicators in European adolescents: the HELENA cross-sectional study. <i>Nutrition Journal</i> , 2015, 14, 10.	1.5	55
49	Interrater Reliability and Time Measurement Validity of Speedâ€“Agility Field Tests in Adolescents. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 2059-2063.	1.0	54
50	Bone mass in male and female children and adolescents with Down syndrome. <i>Osteoporosis International</i> , 2011, 22, 2151-2157.	1.3	54
51	Combined effects of interaction between physical activity and nutrition on bone health in children and adolescents: a systematic review. <i>Nutrition Reviews</i> , 2015, 73, 127-139.	2.6	54
52	Changes in Health Behaviors, Mental and Physical Health among Older Adults under Severe Lockdown Restrictions during the COVID-19 Pandemic in Spain. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 7067.	1.2	53
53	Reliability and Intermethod Agreement for Body Fat Assessment Among Two Field and Two Laboratory Methods in Adolescents. <i>Obesity</i> , 2012, 20, 221-228.	1.5	52
54	A 21â€“week bone deposition promoting exercise programme increases bone mass in young people with Down syndrome. <i>Developmental Medicine and Child Neurology</i> , 2012, 54, 552-556.	1.1	51

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55	A combined training intervention programme increases lean mass in youths with Down syndrome. <i>Research in Developmental Disabilities</i> , 2011, 32, 2383-2388.	1.2	50
56	Effect of Whole-Body Vibration Therapy on Health-Related Physical Fitness in Children and Adolescents With Disabilities: A Systematic Review. <i>Journal of Adolescent Health</i> , 2014, 54, 385-396.	1.2	50
57	Bone Mass and Bone Metabolism Markers during Adolescence: The HELENA Study. <i>Hormone Research in Paediatrics</i> , 2010, 74, 339-350.	0.8	49
58	Sedentary behaviours and socio-economic status in Spanish adolescents: the AVENA study. <i>European Journal of Public Health</i> , 2011, 21, 151-157.	0.1	49
59	Frailty and Physical Fitness in Elderly People: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2021, 51, 143-160.	3.1	49
60	Serum free testosterone, leptin and soluble leptin receptor changes in a 6-week strength-training programme. <i>British Journal of Nutrition</i> , 2006, 96, 1053-1059.	1.2	46
61	Early Life Programming of Abdominal Adiposity in Adolescents: The HELENA Study. <i>Diabetes Care</i> , 2009, 32, 2120-2122.	4.3	46
62	Excessive TV viewing and cardiovascular disease risk factors in adolescents. The AVENA cross-sectional study. <i>BMC Public Health</i> , 2010, 10, 274.	1.2	46
63	Contribution of social marketing strategies to community-based obesity prevention programmes in children. <i>International Journal of Obesity</i> , 2011, 35, 472-479.	1.6	46
64	Bone Related Health Status in Adolescent Cyclists. <i>PLoS ONE</i> , 2011, 6, e24841.	1.1	45
65	Active Commuting and Physical Activity in Adolescents From Europe: Results From the HELENA Study. <i>Pediatric Exercise Science</i> , 2011, 23, 207-217.	0.5	45
66	Clustering of Multiple Lifestyle Behaviors and Health-related Fitness in European Adolescents. <i>Journal of Nutrition Education and Behavior</i> , 2013, 45, 549-557.	0.3	45
67	Main characteristics and participation rate of European adolescents included in the HELENA study. <i>Archives of Public Health</i> , 2012, 70, 14.	1.0	44
68	Influence of parental socio-economic status on diet quality of European adolescents: results from the HELENA study. <i>British Journal of Nutrition</i> , 2014, 111, 1303-1312.	1.2	44
69	Artistic Versus Rhythmic Gymnastics: Effects on Bone and Muscle Mass in Young Girls. <i>International Journal of Sports Medicine</i> , 2007, 28, 386-393.	0.8	42
70	Are Muscular and Cardiovascular Fitness Partially Programmed at Birth? Role of Body Composition. <i>Journal of Pediatrics</i> , 2009, 154, 61-66.e1.	0.9	42
71	Influence of socioeconomic factors on fitness and fatness in Spanish adolescents: The AVENA study. <i>Pediatric Obesity</i> , 2010, 5, 467-473.	3.2	42
72	Effects of a short-term whole body vibration intervention on bone mass and structure in elderly people. <i>Journal of Science and Medicine in Sport</i> , 2014, 17, 160-164.	0.6	42

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73	Extracurricular physical activity participation modifies the association between high TV watching and low bone mass. <i>Bone</i> , 2009, 45, 925-930.	1.4	41
74	Sedentary behaviours and its association with bone mass in adolescents: the HELENA cross-sectional study. <i>BMC Public Health</i> , 2012, 12, 971.	1.2	41
75	Reliability and validity of the Adolescent Stress Questionnaire in a sample of European adolescents - the HELENA study. <i>BMC Public Health</i> , 2011, 11, 717.	1.2	40
76	Associations of Dietary Calcium, Vitamin D, Milk Intakes, and 25-Hydroxyvitamin D With Bone Mass in Spanish Adolescents: The HELENA Study. <i>Journal of Clinical Densitometry</i> , 2013, 16, 110-117.	0.5	40
77	The IDEFICS validation study on field methods for assessing physical activity and body composition in children: design and data collection. <i>International Journal of Obesity</i> , 2011, 35, S79-S87.	1.6	39
78	Physical Activity, Fitness, and Serum Leptin Concentrations in Adolescents. <i>Journal of Pediatrics</i> , 2012, 160, 598-603.e2.	0.9	37
79	Inter-arm asymmetry in bone mineral content and bone area in postmenopausal recreational tennis players. <i>Maturitas</i> , 2004, 48, 289-298.	1.0	36
80	Vitamin D status and physical activity interact to improve bone mass in adolescents. The HELENA Study. <i>Osteoporosis International</i> , 2012, 23, 2227-2237.	1.3	35
81	Body fat measurement in elite sport climbers: Comparison of skinfold thickness equations with dual energy X-ray absorptiometry. <i>Journal of Sports Sciences</i> , 2009, 27, 469-477.	1.0	34
82	Hip flexibility is the main determinant of the back-saver sit-and-reach test in adolescents. <i>Journal of Sports Sciences</i> , 2010, 28, 641-648.	1.0	34
83	Physical activity does not attenuate the obesity risk of TV viewing in youth. <i>Pediatric Obesity</i> , 2012, 7, 240-250.	1.4	34
84	Health Inequalities in Urban Adolescents: Role of Physical Activity, Diet, and Genetics. <i>Pediatrics</i> , 2014, 133, e884-e895.	1.0	34
85	Grip strength cutpoints for youth based on a clinically relevant bone health outcome. <i>Archives of Osteoporosis</i> , 2018, 13, 92.	1.0	34
86	Whole-body vibration increases upper and lower body muscle activity in older adults: Potential use of vibration accessories. <i>Journal of Electromyography and Kinesiology</i> , 2012, 22, 456-462.	0.7	33
87	Effects of whole body vibration training on body composition in adolescents with Down syndrome. <i>Research in Developmental Disabilities</i> , 2013, 34, 1426-1433.	1.2	33
88	Cardiovascular Fitness Is Negatively Associated With Homocysteine Levels in Female Adolescents. <i>JAMA Pediatrics</i> , 2007, 161, 166.	3.6	32
89	A favorable built environment is associated with better physical fitness in European adolescents. <i>Preventive Medicine</i> , 2013, 57, 844-849.	1.6	32
90	The effects of swimming training on bone tissue in adolescence. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2015, 25, e589-602.	1.3	32

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91	Comparison of anthropometric measurements of adiposity in relation to cancer risk: a systematic review of prospective studies. <i>Cancer Causes and Control</i> , 2016, 27, 291-300.	0.8	32
92	Soccer helps build strong bones during growth: a systematic review and meta-analysis. <i>European Journal of Pediatrics</i> , 2018, 177, 295-310.	1.3	32
93	Validity of the Polar H7 Heart Rate Sensor for Heart Rate Variability Analysis during Exercise in Different Age, Body Composition and Fitness Level Groups. <i>Sensors</i> , 2021, 21, 902.	2.1	31
94	Accuracy of prediction equations to assess percentage of body fat in children and adolescents with Down syndrome compared to air displacement plethysmography. <i>Research in Developmental Disabilities</i> , 2011, 32, 1764-1769.	1.2	29
95	Cortical and trabecular bone at the radius and tibia in male and female adolescents with Down syndrome: a peripheral quantitative computed tomography (pQCT) study. <i>Osteoporosis International</i> , 2013, 24, 1035-1044.	1.3	29
96	Decreased levels of physical activity in adolescents with down syndrome are related with low bone mineral density: a cross-sectional study. <i>BMC Endocrine Disorders</i> , 2013, 13, 22.	0.9	29
97	Comparison of different approaches to calculate nutrient intakes based upon 24-h recall data derived from a multicenter study in European adolescents. <i>European Journal of Nutrition</i> , 2016, 55, 537-545.	1.8	29
98	Validity of hip-mounted uniaxial accelerometry with heart-rate monitoring vs. triaxial accelerometry in the assessment of free-living energy expenditure in young children: the IDEFICS Validation Study. <i>Journal of Applied Physiology</i> , 2012, 113, 1530-1536.	1.2	26
99	Sedentary behaviour and clustered metabolic risk in adolescents: The HELENA study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2013, 23, 1017-1024.	1.1	26
100	Effects of a short-term whole body vibration intervention on physical fitness in elderly people. <i>Maturitas</i> , 2013, 74, 276-278.	1.0	26
101	Effect of whole body vibration training on bone mineral density and bone quality in adolescents with Down syndrome: a randomized controlled trial. <i>Osteoporosis International</i> , 2015, 26, 2449-2459.	1.3	26
102	Physical Fitness and Obesity Are Associated in a Dose-Dependent Manner in Children. <i>Annals of Nutrition and Metabolism</i> , 2010, 57, 251-259.	1.0	25
103	European adolescents' level of perceived stress and its relationship with body adiposity" The HELENA Study. <i>European Journal of Public Health</i> , 2012, 22, 519-524.	0.1	25
104	More Physically Active and Leaner Adolescents Have Higher Energy Intake. <i>Journal of Pediatrics</i> , 2014, 164, 159-166.e2.	0.9	25
105	Inflammation in metabolically healthy and metabolically abnormal adolescents: The HELENA study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2018, 28, 77-83.	1.1	25
106	Combined Influence of Lifestyle Risk Factors on Body Fat in Spanish Adolescents " the AVENA Study. <i>Obesity Facts</i> , 2011, 4, 5-5.	1.6	24
107	Eating Habits and Total and Abdominal Fat in Spanish Adolescents: Influence of Physical Activity. The AVENA Study. <i>Journal of Adolescent Health</i> , 2012, 50, 403-409.	1.2	24
108	Swimming and peak bone mineral density: A systematic review and meta-analysis. <i>Journal of Sports Sciences</i> , 2018, 36, 1-13.	1.0	24

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109	Physical activity and cardiorespiratory fitness in adolescents with Down syndrome. <i>Nutricion Hospitalaria</i> , 2013, 28, 1151-5.	0.2	24
110	Physical fitness, overweight and the risk of eating disorders in adolescents. The <sc>AVENA</sc> and <sc>AFINOS</sc> studies. <i>Pediatric Obesity</i> , 2014, 9, 1-9.	1.4	23
111	Iron and vitamin status biomarkers and its association with physical fitness in adolescents: the HELENA study. <i>Journal of Applied Physiology</i> , 2012, 113, 566-573.	1.2	22
112	Socioeconomic Status and Bone Mass in Spanish Adolescents. The HELENA Study. <i>Journal of Adolescent Health</i> , 2012, 50, 484-490.	1.2	22
113	Heart Rate Variability and Exceptional Longevity. <i>Frontiers in Physiology</i> , 2020, 11, 566399.	1.3	21
114	Ideal cardiovascular health and inflammation in European adolescents: The HELENA study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2017, 27, 447-455.	1.1	20
115	Correlates of ideal cardiovascular health in European adolescents: The HELENA study. <i>Nutrition, Metabolism and Cardiovascular Diseases</i> , 2018, 28, 187-194.	1.1	20
116	Swim-Specific Resistance Training: A Systematic Review. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 2875-2881.	1.0	20
117	Does Acute Caffeine Supplementation Improve Physical Performance in Female Team-Sport Athletes? Evidence from a Systematic Review and Meta-Analysis. <i>Nutrients</i> , 2021, 13, 3663.	1.7	20
118	Criterion-related validity of field-based muscular fitness tests in youth. <i>Journal of Sports Medicine and Physical Fitness</i> , 2012, 52, 263-72.	0.4	20
119	Harmonization Process and Reliability Assessment of Anthropometric Measurements in the Elderly EXERNET Multi-Centre Study. <i>PLoS ONE</i> , 2012, 7, e41752.	1.1	19
120	Lunch at school, at home or elsewhere. Where do adolescents usually get it and what do they eat? Results of the HELENA Study. <i>Appetite</i> , 2013, 71, 332-339.	1.8	19
121	Antioxidant Vitamin Status (A, E, C, and Beta-Carotene) in European Adolescents - The HELENA Study. <i>International Journal for Vitamin and Nutrition Research</i> , 2011, 81, 245-255.	0.6	19
122	Swimming training repercussion on metabolic and structural bone development; benefits of the incorporation of whole body vibration or pilometric training; the RENACIMIENTO project. <i>Nutricion Hospitalaria</i> , 2014, 30, 399-409.	0.2	19
123	Swimming and bone: Is low bone mass due to hypogravity alone or does other physical activity influence it?. <i>Osteoporosis International</i> , 2016, 27, 1785-1793.	1.3	18
124	Higher socioeconomic status is related to healthier levels of fatness and fitness already at 3 to 5 years of age: The PREFIT project. <i>Journal of Sports Sciences</i> , 2019, 37, 1327-1337.	1.0	18
125	Assessment of Active Video Games™ Energy Expenditure in Children with Overweight and Obesity and Differences by Gender. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 6714.	1.2	18
126	How to Improve the Functional Capacity of Frail and Pre-Frail Elderly People? Health, Nutritional Status and Exercise Intervention. The EXERNET-Elder 3.0 Project. <i>Sustainability</i> , 2020, 12, 6246.	1.6	18

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127	The Effects of Age, Organized Physical Activity and Sedentarism on Fitness in Older Adults: An 8-Year Longitudinal Study. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 4312.	1.2	18
128	Effects of an online home-based exercise intervention on breast cancer survivors during COVID-19 lockdown: a feasibility study. <i>Supportive Care in Cancer</i> , 2022, 30, 6287-6297.	1.0	18
129	Healthy Lifestyle by Nutrition in Adolescence (HELENA). A New EU Funded Project. <i>Therapie</i> , 2007, 62, 259-270.	0.6	17
130	Extra-curricular participation in sports and socio-demographic factors in Spanish adolescents: The AVENA Study. <i>Journal of Sports Sciences</i> , 2010, 28, 1383-1389.	1.0	17
131	Diet as a moderator in the association of sedentary behaviors with inflammatory biomarkers among adolescents in the HELENA study. <i>European Journal of Nutrition</i> , 2019, 58, 2051-2065.	1.8	17
132	Frequency and duration of vigorous physical activity bouts are associated with adolescent boys' bone mineral status: A cross-sectional study. <i>Bone</i> , 2019, 120, 141-147.	1.4	17
133	The relative age effect on physical fitness in preschool children. <i>Journal of Sports Sciences</i> , 2020, 38, 1506-1515.	1.0	17
134	“Fat but powerful” paradox: association of muscle power and adiposity markers with all-cause mortality in older adults from the EXERNET multicentre study. <i>British Journal of Sports Medicine</i> , 2021, 55, 1204-1211.	3.1	17
135	Functional Frailty, Dietary Intake, and Risk of Malnutrition. Are Nutrients Involved in Muscle Synthesis the Key for Frailty Prevention?. <i>Nutrients</i> , 2021, 13, 1231.	1.7	17
136	Association Between Physical Fitness and Bone Strength and Structure in 3- to 5-Year-Old Children. <i>Sports Health</i> , 2020, 12, 431-440.	1.3	17
137	Effect of endurance and resistance training on regional fat mass and lipid profile. <i>Nutricion Hospitalaria</i> , 2013, 28, 340-6.	0.2	17
138	Contribution of bone turnover markers to bone mass in pubertal boys and girls. <i>Journal of Pediatric Endocrinology and Metabolism</i> , 2011, 24, 971-4.	0.4	16
139	Androgen receptor gene polymorphisms lean mass and performance in young men. <i>British Journal of Sports Medicine</i> , 2011, 45, 95-100.	3.1	16
140	Is Vibration Training Good for Your Bones? An Overview of Systematic Reviews. <i>BioMed Research International</i> , 2018, 2018, 1-16.	0.9	16
141	Effect of whole-body vibration training on bone mass in adolescents with and without Down syndrome: a randomized controlled trial. <i>Osteoporosis International</i> , 2016, 27, 181-191.	1.3	15
142	Body fat percentage comparisons between four methods in young football players: are they comparable?. <i>Nutricion Hospitalaria</i> , 2017, 34, 1119-1124.	0.2	15
143	Validation of anthropometry and foot-to-foot bioelectrical resistance against a three-component model to assess total body fat in children: the IDEFICS study. <i>International Journal of Obesity</i> , 2013, 37, 520-526.	1.6	14
144	Do 6 months of whole-body vibration training improve lean mass and bone mass acquisition of adolescent swimmers?. <i>Archives of Osteoporosis</i> , 2017, 12, 69.	1.0	14

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145	Accurate Prediction Equation to Assess Body Fat in Male and Female Adolescent Football Players. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019, 29, 297-302.	1.0	14
146	Five year trends on total and abdominal adiposity in Spanish adolescents. <i>Nutricion Hospitalaria</i> , 2012, 27, 731-8.	0.2	14
147	Central adiposity in 9- and 15-year-old Swedish children from the European Youth Heart Study. <i>Pediatric Obesity</i> , 2008, 3, 212-216.	3.2	13
148	Osteocalcin as a negative regulator of serum leptin concentration in humans: insight from triathlon competitions. <i>European Journal of Applied Physiology</i> , 2010, 110, 635-643.	1.2	13
149	Fat mass influence on bone mass is mediated by the independent association between lean mass and bone mass among elderly women: A cross-sectional study. <i>Maturitas</i> , 2013, 74, 44-53.	1.0	13
150	Higher bone mass in prepubertal and peripubertal female footballers. <i>European Journal of Sport Science</i> , 2016, 16, 877-883.	1.4	12
151	Vigorous physical activity patterns affect bone growth during early puberty in boys. <i>Osteoporosis International</i> , 2018, 29, 2693-2701.	1.3	12
152	Associations between Physical Fitness, Bone Mass, and Structure in Older People. <i>BioMed Research International</i> , 2020, 2020, 1-8.	0.9	12
153	Active Video Games Improve Muscular Fitness and Motor Skills in Children with Overweight or Obesity. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 2642.	1.2	12
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