

# Konstantinos Papanikolaou

## List of Publications by Year in descending order

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Version: 2024-02-01

26  
papers

339  
citations

840776

11  
h-index

888059

17  
g-index

27  
all docs

27  
docs citations

27  
times ranked

439  
citing authors

#	ARTICLE	IF	CITATIONS
1	High intensity, circuit-type integrated neuromuscular training alters energy balance and reduces body mass and fat in obese women: A 10-month training-detaining randomized controlled trial. PLoS ONE, 2018, 13, e0202390.	2.5	43
2	Protein ingestion preserves proteasome activity during intense aseptic inflammation and facilitates skeletal muscle recovery in humans. British Journal of Nutrition, 2017, 118, 189-200.	2.3	29
3	The Effects of Acute Low-Volume HIIT and Aerobic Exercise on Leukocyte Count and Redox Status. Journal of Sports Science and Medicine, 2018, 17, 501-508.	1.6	28
4	Post-Game High Protein Intake May Improve Recovery of Football-Specific Performance during a Congested Game Fixture: Results from the PRO-FOOTBALL Study. Nutrients, 2018, 10, 494.	4.1	26
5	In-Season Integrative Neuromuscular Strength Training Improves Performance of Early-Adolescent Soccer Athletes. Journal of Strength and Conditioning Research, 2020, 34, 516-526.	2.1	25
6	High-intensity interval neuromuscular training promotes exercise behavioral regulation, adherence and weight loss in inactive obese women. European Journal of Sport Science, 2020, 20, 783-792.	2.7	23
7	Disparate Habitual Physical Activity and Dietary Intake Profiles of Elderly Men with Low and Elevated Systemic Inflammation. Nutrients, 2018, 10, 566.	4.1	17
8	Dose-response effects of high-intensity interval neuromuscular exercise training on weight loss, performance, health and quality of life in inactive obese adults: Study rationale, design and methods of the DoIT trial. Contemporary Clinical Trials Communications, 2019, 15, 100386.	1.1	17
9	Effect of whey vs. soy protein supplementation on recovery kinetics following speed endurance training in competitive male soccer players: a randomized controlled trial. Journal of the International Society of Sports Nutrition, 2021, 18, 23.	3.9	15
10	Protein-Based Supplementation to Enhance Recovery in Team Sports: What is the Evidence?. Journal of Sports Science and Medicine, 2019, 18, 523-536.	1.6	15
11	Exercise in Glucose-6-Phosphate Dehydrogenase Deficiency: Harmful or Harmless? A Narrative Review. Oxidative Medicine and Cellular Longevity, 2019, 2019, 1-7.	4.0	13
12	Hybrid neuromuscular training promotes musculoskeletal adaptations in inactive overweight and obese women: A training-detaining randomized controlled trial. Journal of Sports Sciences, 2021, 39, 503-512.	2.0	12
13	Hybrid-type, multicomponent interval training upregulates musculoskeletal fitness of adults with overweight and obesity in a volume-dependent manner: A 1-year dose-response randomised controlled trial. European Journal of Sport Science, 2023, 23, 432-443.	2.7	12
14	Hybrid Neuromuscular Training Improves Cardiometabolic Health and Alters Redox Status in Inactive Overweight and Obese Women: A Randomized Controlled Trial. Antioxidants, 2021, 10, 1601.	5.1	11
15	The Yo-Yo Intermittent Endurance Level 2 Test: Reliability of Performance Scores, Physiological Responses and Overload Characteristics in Competitive Soccer, Basketball and Volleyball Players. Journal of Human Kinetics, 2019, 67, 223-233.	1.5	9
16	Recovery Kinetics After Speed-Endurance Training in Male Soccer Players. International Journal of Sports Physiology and Performance, 2020, 15, 395-408.	2.3	8
17	Redox-dependent regulation of satellite cells following aseptic muscle trauma: Implications for sports performance and nutrition. Free Radical Biology and Medicine, 2020, 161, 125-138.	2.9	7
18	Low-Grade Systemic Inflammation Interferes with Anabolic and Catabolic Characteristics of the Aged Human Skeletal Muscle. Oxidative Medicine and Cellular Longevity, 2021, 2021, 1-14.	4.0	7

#	ARTICLE	IF	CITATIONS
19	The effect of pre-exercise ingestion of corinthian currant on endurance performance and blood redox status. <i>Journal of Sports Sciences</i> , 2018, 36, 2172-2180.	2.0	6
20	Exercise and Redox Status Responses Following Alpha-Lipoic Acid Supplementation in G6PD Deficient Individuals. <i>Antioxidants</i> , 2018, 7, 162.	5.1	6
21	Recovery Kinetics Following Small-Sided Games in Competitive Soccer Players: Does Player Density Size Matter?. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 1270-1280.	2.3	4
22	The redox-dependent regulation of satellite cells following aseptic muscle trauma (SpEED): study protocol for a randomized controlled trial. <i>Trials</i> , 2019, 20, 469.	1.6	2
23	HPA axis responses to acute exercise differ in smokers and non-smokers. <i>Physiology and Behavior</i> , 2021, 229, 113258.	2.1	2
24	Skeletal muscle phenotype and game performance in elite women football players. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2022, 32, 39-53.	2.9	2
25	Protein supplementation alters redox-status and proteasomic activity following aseptic inflammation induced by exercise. <i>Free Radical Biology and Medicine</i> , 2016, 96, S42.	2.9	0
26	An 8-month Small-group Circuit Functional Training Program Improves Body Composition And Performance Of Overweight/obese Women.. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 325.	0.4	0