

M Marques

List of Publications by Citations

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

86
papers

1,971
citations

28
h-index

39
g-index

92
ext. papers

2,393
ext. citations

3
avg, IF

4.86
L-index

#	Paper	IF	Citations
86	High-speed resistance training is more effective than low-speed resistance training to increase functional capacity and muscle performance in older women. <i>Experimental Gerontology</i> , 2014 , 58, 51-7	4.5	110
85	Effects of high-speed power training on functional capacity and muscle performance in older women. <i>Experimental Gerontology</i> , 2012 , 47, 250-5	4.5	84
84	The importance of movement velocity as a measure to control resistance training intensity. <i>Journal of Human Kinetics</i> , 2011 , 29A, 15-9	2.6	82
83	Effect of unilateral, bilateral, and combined plyometric training on explosive and endurance performance of young soccer players. <i>Journal of Strength and Conditioning Research</i> , 2015 , 29, 1317-28	3.2	74
82	Functional capacity, muscle fat infiltration, power output, and cognitive impairment in institutionalized frail oldest old. <i>Rejuvenation Research</i> , 2013 , 16, 396-403	2.6	71
81	Physical performance characteristics of high-level female soccer players 12-21 years of age. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2011 , 21, 670-8	4.6	68
80	Changes in strength and power performance in elite senior female professional volleyball players during the in-season: a case study. <i>Journal of Strength and Conditioning Research</i> , 2008 , 22, 1147-55	3.2	65
79	Warm-up and performance in competitive swimming. <i>Sports Medicine</i> , 2014 , 44, 319-30	10.6	53
78	Relationships between vertical jump and full squat power outputs with sprint times in u21 soccer players. <i>Journal of Human Kinetics</i> , 2011 , 30, 135-44	2.6	48
77	Physical fitness qualities of professional volleyball players: determination of positional differences. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 1106-11	3.2	48
76	Associations between dry land strength and power measurements with swimming performance in elite athletes: a pilot study. <i>Journal of Human Kinetics</i> , 2011 , 29A, 105-12	2.6	46
75	Relationship between kinematic factors and countermovement jump height in trained track and field athletes. <i>Journal of Strength and Conditioning Research</i> , 2010 , 24, 3443-7	3.2	42
74	In-season internal and external training load quantification of an elite European soccer team. <i>PLoS ONE</i> , 2019 , 14, e0209393	3.7	41
73	Genetic inheritance effects on endurance and muscle strength: an update. <i>Sports Medicine</i> , 2012 , 42, 449-58	10.6	41
72	High-Speed Resistance Training in Older Women: The Role of Supervision. <i>Journal of Aging and Physical Activity</i> , 2017 , 25, 1-9	1.6	39
71	ACE I/D and ACTN3 R/X polymorphisms as potential factors in modulating exercise-related phenotypes in older women in response to a muscle power training stimuli. <i>Age</i> , 2013 , 35, 1949-59		34
70	Does an in-Season 6-Week Combined Sprint and Jump Training Program Improve Strength-Speed Abilities and Kicking Performance in Young Soccer Players?. <i>Journal of Human Kinetics</i> , 2013 , 39, 157-66	2.6	34

69	Physical fitness differences between prepubescent boys and girls. <i>Journal of Strength and Conditioning Research</i> , 2012 , 26, 1756-66	3.2	34
68	Muscle performance and functional capacity retention in older women after high-speed power training cessation. <i>Experimental Gerontology</i> , 2012 , 47, 620-4	4.5	33
67	Does combined dry land strength and aerobic training inhibit performance of young competitive swimmers?. <i>Journal of Sports Science and Medicine</i> , 2010 , 9, 300-10	2.7	31
66	Tethered swimming can be used to evaluate force contribution for short-distance swimming performance. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 3093-9	3.2	30
65	Relationships between dry land strength, power variables and short sprint performance in young competitive swimmers. <i>Journal of Human Sport and Exercise</i> , 2010 , 5, 240-249	1.5	30
64	Adipose tissue compartments, muscle mass, muscle fat infiltration, and coronary calcium in institutionalized frail nonagenarians. <i>European Radiology</i> , 2015 , 25, 2163-75	8	29
63	Effects of concurrent training on explosive strength and VO ₂ max in prepubescent children. <i>International Journal of Sports Medicine</i> , 2013 , 34, 888-96	3.6	29
62	The relative age effect among elite youth competitive swimmers. <i>European Journal of Sport Science</i> , 2013 , 13, 437-44	3.9	29
61	The effects of concurrent resistance and endurance training follow a detraining period in elementary school students. <i>Journal of Strength and Conditioning Research</i> , 2012 , 26, 1708-16	3.2	29
60	Does warm-up have a beneficial effect on 100-m freestyle?. <i>International Journal of Sports Physiology and Performance</i> , 2014 , 9, 145-50	3.5	28
59	The effect of fatigue on kicking velocity in soccer players. <i>Journal of Human Kinetics</i> , 2012 , 35, 97-107	2.6	28
58	Effects of Dry-Land Strength and Conditioning Programs in Age Group Swimmers. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 2447-2454	3.2	27
57	The Effects of Different Warm-up Volumes on the 100-m Swimming Performance: A Randomized Crossover Study. <i>Journal of Strength and Conditioning Research</i> , 2015 , 29, 3026-36	3.2	27
56	Relative Contribution of Arms and Legs in 30 s Fully Tethered Front Crawl Swimming. <i>BioMed Research International</i> , 2015 , 2015, 563206	3	27
55	In-season training load quantification of one-, two- and three-game week schedules in a top European professional soccer team. <i>Physiology and Behavior</i> , 2019 , 201, 146-156	3.5	26
54	Longitudinal modeling in sports: young swimmers' performance and biomechanics profile. <i>Human Movement Science</i> , 2014 , 37, 111-22	2.4	23
53	Acute effects of two different stretching methods on local muscular endurance performance. <i>Journal of Strength and Conditioning Research</i> , 2011 , 25, 745-52	3.2	23
52	Quantification of upper limb kinetic asymmetries in front crawl swimming. <i>Human Movement Science</i> , 2015 , 40, 185-92	2.4	22

51	The influence of anthropometric, kinematic and energetic variables and gender on swimming performance in youth athletes. <i>Journal of Human Kinetics</i> , 2013 , 39, 203-11	2.6	22
50	A comparison of three training programs with the same workload on overhead throwing velocity with different weighted balls. <i>Journal of Strength and Conditioning Research</i> , 2011 , 25, 2316-21	3.2	22
49	Hydrodynamic profile of young swimmers: changes over a competitive season. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2015 , 25, e184-96	4.6	21
48	High level swimming performance and its relation to non-specific parameters: a cross-sectional study on maximum handgrip isometric strength. <i>Perceptual and Motor Skills</i> , 2012 , 114, 936-48	2.2	20
47	Relationships between vertical jump strength metrics and 5 meters sprint time. <i>Journal of Human Kinetics</i> , 2011 , 29, 115-22	2.6	20
46	Effects of knowing the task duration on players' pacing patterns during soccer small-sided games. <i>Journal of Sports Sciences</i> , 2018 , 36, 116-122	3.6	19
45	The power output and sprinting performance of young swimmers. <i>Journal of Strength and Conditioning Research</i> , 2015 , 29, 440-50	3.2	19
44	Reliability of seated and standing throwing velocity using differently weighted medicine balls. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 1234-8	3.2	18
43	Concurrent Training in Prepubescent Children: The Effects of 8 Weeks of Strength and Aerobic Training on Explosive Strength and V[Combining Dot Above]O ₂ max. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 2019-32	3.2	17
42	Kinetic and kinematic associations between vertical jump performance and 10-m sprint time. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 2366-71	3.2	16
41	Effects of body fat and dominant somatotype on explosive strength and aerobic capacity trainability in prepubescent children. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 3233-44	3.2	16
40	Resistance exercise sessions do not provoke acute immunosuppression in older women. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 259-65	3.2	16
39	Pacing behaviour of players in team sports: Influence of match status manipulation and task duration knowledge. <i>PLoS ONE</i> , 2018 , 13, e0192399	3.7	15
38	Warm-up for Sprint Swimming: Race-Pace or Aerobic Stimulation? A Randomized Study. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 2423-2431	3.2	14
37	The influence of ACE ID and ACTN3 R577X polymorphisms on lower-extremity function in older women in response to high-speed power training. <i>BMC Geriatrics</i> , 2013 , 13, 131	4.1	14
36	Maximal Velocity as a Discriminating Factor in the Performance of Loaded Squat Jumps. <i>International Journal of Sports Physiology and Performance</i> , 2016 , 11, 227-34	3.5	14
35	The effects of concurrent resistance and endurance training follow a specific detraining cycle in young school girls. <i>Journal of Human Kinetics</i> , 2011 , 29A, 93-103	2.6	13
34	Modelling the relationship between biomechanics and performance of young sprinting swimmers. <i>European Journal of Sport Science</i> , 2016 , 16, 661-8	3.9	13

33	Effects of 10min vs. 20min passive rest after warm-up on 100m freestyle time-trial performance: A randomized crossover study. <i>Journal of Science and Medicine in Sport</i> , 2017 , 20, 81-86	4.4	11
32	Effects of two different training programs with same workload on throwing velocity by experienced water polo players. <i>Perceptual and Motor Skills</i> , 2012 , 115, 895-902	2.2	11
31	Influence of Strength, Sprint Running, and Combined Strength and Sprint Running Training on Short Sprint Performance in Young Adults. <i>International Journal of Sports Medicine</i> , 2015 , 36, 789-95	3.6	10
30	Reliability of tethered swimming evaluation in age group swimmers. <i>Journal of Human Kinetics</i> , 2014 , 41, 155-62	2.6	10
29	Relationship between thrust, anthropometrics, and dry-land strength in a national junior swimming team. <i>Physician and Sportsmedicine</i> , 2020 , 48, 304-311	2.4	10
28	The effect of 12 weeks of water-aerobics on health status and physical fitness: An ecological approach. <i>PLoS ONE</i> , 2018 , 13, e0198319	3.7	9
27	High-Speed Resistance Training in Elderly People. <i>Strength and Conditioning Journal</i> , 2013 , 35, 23-29	2	9
26	Effect of different training workload on overhead throwing performance with different weighted balls. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 1196-201	3.2	9
25	Does Intrasession Concurrent Strength and Aerobic Training Order Influence Training-Induced Explosive Strength and V[Combining Dot Above]O ₂ max in Prepubescent Children?. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 3267-3277	3.2	9
24	Associations between rate of force development metrics and throwing velocity in elite team handball players: a short research report. <i>Journal of Human Kinetics</i> , 2011 , 29A, 53-7	2.6	8
23	The Effect of Warm-up on Tethered Front Crawl Swimming Forces. <i>Journal of Human Kinetics</i> , 2011 , 29A, 113-9	2.6	8
22	Strength training and detraining in different populations: case studies. <i>Journal of Human Kinetics</i> , 2011 , 29A, 7-14	2.6	7
21	Effect of specific versus variable practice upon overhead throwing speed in children. <i>Perceptual and Motor Skills</i> , 2013 , 116, 872-84	2.2	6
20	Effects of Knowing the Task's Duration on Soccer Players' Positioning and Pacing Behaviour During Small-Sided Games. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	5
19	Association Between Force-Time Curve Characteristics and Vertical Jump Performance in Trained Athletes. <i>Journal of Strength and Conditioning Research</i> , 2015 , 29, 2045-9	3.2	5
18	Differentiating maturational influence on training-induced strength and endurance adaptations in prepubescent children. <i>American Journal of Human Biology</i> , 2014 , 26, 469-75	2.7	5
17	Somatotype is More Interactive with Strength than Fat Mass and Physical Activity in Peripubertal Children. <i>Journal of Human Kinetics</i> , 2011 , 29A, 83-91	2.6	5
16	The effect of fatigue and duration knowledge of exercise on kicking performance in soccer players. <i>Journal of Sport and Health Science</i> , 2019 , 8, 567-573	8.2	5

15	Acute effects of low and high-volume resistance training on hemodynamic, metabolic and neuromuscular parameters in older adults. <i>Experimental Gerontology</i> , 2019 , 125, 110685	4.5	4
14	Schoolbag weight carriage in Portuguese children and adolescents: a cross-sectional study comparing possible influencing factors. <i>BMC Pediatrics</i> , 2019 , 19, 157	2.6	4
13	Effect of a specific concurrent water and dry-land training over a season in young swimmers' performance. <i>International Journal of Performance Analysis in Sport</i> , 2016 , 16, 760-775	1.8	4
12	Effects of Different Recovery Times on Internal and External Load During Small-Sided Games in Soccer. <i>Sports Health</i> , 2021 , 13, 324-331	4.7	4
11	The influence of different exercise intensities on kicking accuracy and velocity in soccer players. <i>Journal of Sport and Health Science</i> , 2017 , 6, 462-467	8.2	3
10	Propulsive Force of Upper Limbs and its Relationship to Swim Velocity in the Butterfly Stroke. <i>International Journal of Sports Medicine</i> , 2021 , 42, 1105-1112	3.6	3
9	Longitudinal intra- and inter-individual variability in young swimmers' performance and determinant competition factors. <i>Motriz Revista De Educacao Fisica</i> , 2014 , 20, 292-302	0.9	2
8	Tensiomyography in Physical Rehabilitation of High Level Athletes~!2009-07-05~!2009-12-05~!2010-04-20~!. <i>The Open Sports Sciences Journal</i> , 2010 , 3, 47-48	0.5	2
7	Anaerobic critical velocity and swimming performance in young swimmers. <i>Journal of Human Sport and Exercise</i> , 2011 , 6, 80-86	1.5	2
6	Preliminary Attempt to Develop a Path-Flow Analysis Model for Swimming Performance in Children~!2009-07-05~!2009-11-09~!2010-04-01~!. <i>The Open Sports Sciences Journal</i> , 2010 , 3, 7-9	0.5	2
5	A model for active drag force exogenous variables in young swimmers. <i>Journal of Human Sport and Exercise</i> , 2010 , 5, 379-388	1.5	2
4	5-a-Side Game as a Tool for the Coach in Soccer Training. <i>Strength and Conditioning Journal</i> , 2021 , 43, 96-108	2	1
3	Effects of post activation potentiation on electromechanical delay. <i>Clinical Biomechanics</i> , 2019 , 70, 115-122		
2	Throwing velocity predictors in elite team handball players. <i>Journal of Human Sport and Exercise</i> , 2013 , 8, 877-880	1.5	
1	Young Swimmers' Classification Based on Performance and Biomechanical Determinants: Determining Similarities Through Cluster Analysis.. <i>Motor Control</i> , 2022 , 1-16	1.3	