

Tom K Tong

List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/5572763/publications.pdf>

Version: 2024-02-01

43
papers

958
citations

430874

18
h-index

477307

29
g-index

44
all docs

44
docs citations

44
times ranked

1209
citing authors

#	ARTICLE	IF	CITATIONS
1	Comparable Effects of High-Intensity Interval Training and Prolonged Continuous Exercise Training on Abdominal Visceral Fat Reduction in Obese Young Women. <i>Journal of Diabetes Research</i> , 2017, 2017, 1-9.	2.3	104
2	The effects of time and intensity of exercise on novel and established markers of CVD in adolescent youth. <i>American Journal of Human Biology</i> , 2011, 23, 517-526.	1.6	88
3	Sport-specific endurance plank test for evaluation of global core muscle function. <i>Physical Therapy in Sport</i> , 2014, 15, 58-63.	1.9	82
4	Temporal association of elevations in serum cardiac troponin T and myocardial oxidative stress after prolonged exercise in rats. <i>European Journal of Applied Physiology</i> , 2010, 110, 1299-1303.	2.5	49
5	The effect of inspiratory muscle training on high-intensity, intermittent running performance to exhaustion. <i>Applied Physiology, Nutrition and Metabolism</i> , 2008, 33, 671-681.	1.9	43
6	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
7	Effect of specific inspiratory muscle warm-up on intense intermittent run to exhaustion. <i>European Journal of Applied Physiology</i> , 2006, 97, 673-680.	2.5	37
8	“Functional” Inspiratory and Core Muscle Training Enhances Running Performance and Economy. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 2942-2951.	2.1	35
9	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
10	Effectiveness of a balance-focused exercise program for enhancing functional fitness of older adults at risk of falling: A randomised controlled trial. <i>Geriatric Nursing</i> , 2017, 38, 491-497.	1.9	27
11	Sex differences in release of cardiac troponin T after endurance exercise. <i>Biomarkers</i> , 2017, 22, 345-350.	1.9	27
12	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
13	Comparing Time Efficiency of Sprint vs. High-Intensity Interval Training in Reducing Abdominal Visceral Fat in Obese Young Women: A Randomized, Controlled Trial. <i>Frontiers in Physiology</i> , 2018, 9, 1048.	2.8	27
14	Effect of Repeated Endurance Runs on Cardiac Biomarkers and Function in Adolescents. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 2081-2088.	0.4	26
15	Inspiratory muscle warm-up attenuates muscle deoxygenation during cycling exercise in women athletes. <i>Respiratory Physiology and Neurobiology</i> , 2013, 186, 296-302.	1.6	22
16	Serum Oxidant and Antioxidant Status in Adolescents Undergoing Professional Endurance Sports Training. <i>Oxidative Medicine and Cellular Longevity</i> , 2012, 2012, 1-7.	4.0	21
17	The occurrence of core muscle fatigue during high-intensity running exercise and its limitation to performance: the role of respiratory work. <i>Journal of Sports Science and Medicine</i> , 2014, 13, 244-51.	1.6	21
18	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

#	ARTICLE	IF	CITATIONS
19	Short-Term Ketogenic Diet Improves Abdominal Obesity in Overweight/Obese Chinese Young Females. <i>Frontiers in Physiology</i> , 2020, 11, 856.	2.8	19
20	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
21	Renal function parameters during early and late recovery periods following an all-out 21-km run in trained adolescent runners. <i>Clinical Chemistry and Laboratory Medicine</i> , 2011, 49, 993-997.	2.3	16
22	Chronic and Acute Inspiratory Muscle Loading Augment the Effect of a 6-Week Interval Program on Tolerance of High-Intensity Intermittent Bouts of Running. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 3041-3048.	2.1	15
23	Serum oxidant and antioxidant status during early and late recovery periods following an all-out 21-km run in trained adolescent runners. <i>European Journal of Applied Physiology</i> , 2010, 110, 971-976.	2.5	15
24	Impact of a 21-km Run on Cardiac Biomarkers in Adolescent Runners. <i>Journal of Exercise Science and Fitness</i> , 2010, 8, 61-66.	2.2	14
25	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
26	Effectiveness of a Community-Based Exercise Program on Balance Performance and Fear of Falling in Older Nonfallers at Risk for Falling: A Randomized, Controlled Study. <i>Journal of Aging and Physical Activity</i> , 2016, 24, 516-524.	1.0	14
27	Serum Oxidant and Antioxidant Status Following an All-Out 21-km Run in Adolescent Runners Undergoing Professional Training—A One-Year Prospective Trial. <i>International Journal of Molecular Sciences</i> , 2013, 14, 15167-15178.	4.1	13
28	Increased sensations of intensity of breathlessness impairs maintenance of intense intermittent exercise. <i>European Journal of Applied Physiology</i> , 2003, 88, 370-379.	2.5	11
29	Histological evidence for reversible cardiomyocyte changes and serum cardiac troponin T elevation after exercise in rats. <i>Physiological Reports</i> , 2016, 4, e13083.	1.7	11
30	Reduced sensations of intensity of breathlessness enhances maintenance of intense intermittent exercise. <i>European Journal of Applied Physiology</i> , 2004, 92, 275-84.	2.5	10
31	Effects of 12 Weeks of Exercise on Hepatic TNF- α and PPAR α in an Animal Model of High-Fat Diet-Induced Nonalcoholic Steatohepatitis. <i>Journal of Exercise Science and Fitness</i> , 2009, 7, 18-23.	2.2	8
32	Effects of Non-Wingate-based High-intensity Interval Training on Cardiorespiratory Fitness and Aerobic-based Exercise Capacity in Sedentary Subjects: A Preliminary Study. <i>Journal of Exercise Science and Fitness</i> , 2011, 9, 75-81.	2.2	7
33	Cardiac autonomic disturbance following sprint-interval exercise in untrained young males: Does exercise volume matter?. <i>Journal of Exercise Science and Fitness</i> , 2022, 20, 32-39.	2.2	7
34	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
35	Acute performance responses to repeated treadmill sprints in hypoxia with varying inspired oxygen fractions, exercise-to-recovery ratios and recovery modalities. <i>European Journal of Applied Physiology</i> , 2021, 121, 1933-1942.	2.5	6
36	Respiratory and locomotor muscle blood volume and oxygenation kinetics during intense intermittent exercise. <i>European Journal of Sport Science</i> , 2012, 12, 321-330.	2.7	4

#	ARTICLE	IF	CITATIONS
37	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
38	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
39	A Combined Approach for Health Assessment in Adolescent Endurance Runners. <i>Healthcare (Switzerland)</i> , 2021, 9, 163.	2.0	4
40	Effects of a School-Based Physical Activity Intervention for Obesity and Health-Related Physical Fitness in Adolescents With Intellectual Disability: Protocol for a Randomized Controlled Trial. <i>JMIR Research Protocols</i> , 2021, 10, e25838.	1.0	4
41	Effects of Specific Core Re-Warm-Ups on Core Function, Leg Perfusion and Second-Half Team Sport-Specific Sprint Performance: A Randomized Crossover Study. <i>Journal of Sports Science and Medicine</i> , 2019, 18, 479-489.	1.6	3
42	Interventions for health-related physical fitness and overweight and obesity in children with intellectual disability: Systematic review and meta-analysis. <i>Journal of Applied Research in Intellectual Disabilities</i> , 2022, , .	2.0	3
43	The Release of Immunosuppressive Factor(s) in Young Males Following Exercise. <i>Sensors</i> , 2012, 12, 5586-5595.	3.8	2