

Zbigniew Szygula

List of Publications by Year in descending order

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Version: 2024-02-01

72
papers

1,131
citations

393982

19
h-index

454577

30
g-index

73
all docs

73
docs citations

73
times ranked

1356
citing authors

| # | ARTICLE | IF | CITATIONS |
|----|--|-----|-----------|
| 1 | Acute Effects of Whole-Body Vibration on Resting Metabolic Rate and Substrate Utilisation in Healthy Women. <i>Biology</i> , 2022, 11, 655. | 1.3 | 4 |
| 2 | No effects of a 4-week post-exercise sauna bathing on targeted gut microbiota and intestinal barrier function, and hsCRP in healthy men: a pilot randomized controlled trial. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2022, 14, . | 0.7 | 3 |
| 3 | Muscle strength and endurance in high-level rock climbers. <i>Sports Biomechanics</i> , 2021, , 1-16. | 0.8 | 7 |
| 4 | Whole-Body Cryotherapy Increases the Activity of Nitric Oxide Synthase in Older Men. <i>Biomolecules</i> , 2021, 11, 1041. | 1.8 | 8 |
| 5 | Nordic Walking at Maximal Fat Oxidation Intensity Decreases Circulating Asprosin and Visceral Obesity in Women With Metabolic Disorders. <i>Frontiers in Physiology</i> , 2021, 12, 726783. | 1.3 | 12 |
| 6 | The Effect of Repeated Whole-Body Cryotherapy on Sirt1 and Sirt3 Concentrations and Oxidative Status in Older and Young Men Performing Different Levels of Physical Activity. <i>Antioxidants</i> , 2021, 10, 37. | 2.2 | 6 |
| 7 | Hematological Adaptations to Post-Exercise Sauna Bathing with No Fluid Intake: A Randomized Cross-Over Study. <i>Research Quarterly for Exercise and Sport</i> , 2021, , 1-9. | 0.8 | 1 |
| 8 | Climbing-Specific Exercise Tests: Energy System Contributions and Relationships With Sport Performance. <i>Frontiers in Physiology</i> , 2021, 12, 787902. | 1.3 | 8 |
| 9 | Whole-Body Cryotherapy Is an Effective Method of Reducing Abdominal Obesity in Menopausal Women with Metabolic Syndrome. <i>Journal of Clinical Medicine</i> , 2020, 9, 2797. | 1.0 | 20 |
| 10 | Exploration of Different Rehabilitation Routes for Sepsis Survivors with Monitoring of Health Status and Quality of Life: RehaSep Trial Protocol. <i>Advances in Therapy</i> , 2019, 36, 2968-2978. | 1.3 | 3 |
| 11 | Decreased Blood Asprosin in Hyperglycemic Menopausal Women as a Result of Whole-Body Cryotherapy Regardless of Metabolic Syndrome. <i>Journal of Clinical Medicine</i> , 2019, 8, 1428. | 1.0 | 22 |
| 12 | Do Compression Sleeves Reduce the Incidence of Arm Lymphedema and Improve Quality of Life? Two-Year Results from a Prospective Randomized Trial in Breast Cancer Survivors. <i>Lymphatic Research and Biology</i> , 2019, 17, 70-77. | 0.5 | 24 |
| 13 | Interrelationships between changes in erythropoietin, plasma volume, haemoglobin concentration, and total haemoglobin mass in endurance athletes. <i>Research in Sports Medicine</i> , 2018, 26, 381-389. | 0.7 | 8 |
| 14 | Moderate-intensity exercise boosts the N2 neural inhibition marker: A randomized and counterbalanced ERP study with precisely controlled exercise intensity. <i>Biological Psychology</i> , 2018, 135, 170-179. | 1.1 | 36 |
| 15 | Physical Activity With and Without Arm Sleeves: Compliance and Quality of Life After Breast Cancer Surgeryâ€”A Randomized Controlled Trial. <i>Lymphatic Research and Biology</i> , 2018, 16, 294-299. | 0.5 | 9 |
| 16 | Acute Anaerobic Exercise Affects the Secretion of Asprosin, Irisin, and Other Cytokines â€” A Comparison Between Sexes. <i>Frontiers in Physiology</i> , 2018, 9, 1782. | 1.3 | 56 |
| 17 | Changes in chosen immune system indicators and the level of HSP-70 after single whole-body cryostimulation in healthy men. <i>Central-European Journal of Immunology</i> , 2018, 43, 186-193. | 0.4 | 3 |
| 18 | Unchanged Erythrocyte Profile After Exposure to Cryogenic Temperatures in Elder Marathon Runners. <i>Frontiers in Physiology</i> , 2018, 9, 659. | 1.3 | 6 |

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|----|---|-----|-----------|
| 19 | Anaerobic Exercise-Induced Activation of Antioxidant Enzymes in the Blood of Women and Men. <i>Frontiers in Physiology</i> , 2018, 9, 1006. | 1.3 | 17 |
| 20 | Biomechanical Profile of the Muscles of the Upper Limbs in Sport Climbers. <i>Polish Journal of Sport and Tourism</i> , 2018, 25, 10-15. | 0.2 | 1 |
| 21 | Energy expenditure for massage therapists during performing selected classical massage techniques. <i>International Journal of Occupational Medicine and Environmental Health</i> , 2018, 31, 677-684. | 0.6 | 1 |
| 22 | Effect of maximal-intensity exercise on systemic nitro-oxidative stress in men and women. <i>Redox Report</i> , 2017, 22, 176-182. | 1.4 | 11 |
| 23 | Physiological responses during two climbing tests with different hold types. <i>International Journal of Sports Science and Coaching</i> , 2017, 12, 276-283. | 0.7 | 9 |
| 24 | Sex differences in oxidative stress after eccentric and concentric exercise. <i>Redox Report</i> , 2017, 22, 478-485. | 1.4 | 15 |
| 25 | Risk Factors Related to Lower Limb Edema, Compression, and Physical Activity During Pregnancy: A Retrospective Study. <i>Lymphatic Research and Biology</i> , 2017, 15, 166-171. | 0.5 | 17 |
| 26 | Impact of single anaerobic exercise on delayed activation of endothelial xanthine oxidase in men and women. <i>Redox Report</i> , 2017, 22, 367-376. | 1.4 | 8 |
| 27 | Fatty acids composition in erythrocyte membranes of athletes after one and after a series of whole body cryostimulation sessions. <i>Cryobiology</i> , 2017, 74, 121-125. | 0.3 | 12 |
| 28 | Effect of body composition, aerobic performance and physical activity on exercise-induced oxidative stress in healthy subjects. <i>Journal of Sports Medicine and Physical Fitness</i> , 2017, 57, 942-952. | 0.4 | 3 |
| 29 | Effects of 6-week Nordic walking training on body composition and antioxidant status for women > 55 years of age. <i>International Journal of Occupational Medicine and Environmental Health</i> , 2017, 30, 445-454. | 0.6 | 5 |
| 30 | Effect of body composition on walking economy. <i>Human Movement</i> , 2016, 17, 222-228. | 0.5 | 0 |
| 31 | Effects of kinesio taping on anaerobic power recovery after eccentric exercise. <i>Research in Sports Medicine</i> , 2016, 24, 242-253. | 0.7 | 15 |
| 32 | Physical Activity of Polish and Turkish University Students as Assessed by IPAQ. <i>Central European Journal of Sport Sciences and Medicine</i> , 2016, 16, 13-22. | 0.1 | 24 |
| 33 | Changes in Non-Enzymatic Antioxidants in the Blood Following Anaerobic Exercise in Men and Women. <i>PLoS ONE</i> , 2015, 10, e0143499. | 1.1 | 22 |
| 34 | Influence of Increased Body Mass and Body Composition on Cycling Anaerobic Power. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 58-65. | 1.0 | 22 |
| 35 | Five-Year Assessment of Maintenance Combined Physical Therapy in Postmastectomy Lymphedema. <i>Lymphatic Research and Biology</i> , 2015, 13, 54-58. | 0.5 | 26 |
| 36 | Disturbances in Pro-Oxidant-Antioxidant Balance after Passive Body Overheating and after Exercise in Elevated Ambient Temperatures in Athletes and Untrained Men. <i>PLoS ONE</i> , 2014, 9, e85320. | 1.1 | 22 |

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|----|--|-----|-----------|
| 37 | Hematological Parameters, and Hematopoietic Growth Factors: Epo and IL-3 in Response to Whole-Body Cryostimulation (WBC) in Military Academy Students. PLoS ONE, 2014, 9, e93096. | 1.1 | 24 |
| 38 | The effect of sauna bathing on lipid profile in young, physically active, male subjects. International Journal of Occupational Medicine and Environmental Health, 2014, 27, 608-18. | 0.6 | 34 |
| 39 | Effect of Body Composition on Respiratory Compensation Point During an Incremental Test. Journal of Strength and Conditioning Research, 2014, 28, 2071-2077. | 1.0 | 18 |
| 40 | The Influence of Increased Body Fat or Lean Body Mass on Aerobic Performance. PLoS ONE, 2014, 9, e95797. | 1.1 | 55 |
| 41 | EFFECTS OF ORIGINAL PHYSICAL TRAINING PROGRAM ON CHANGES IN BODY COMPOSITION, UPPER LIMB PEAK POWER AND AEROBIC PERFORMANCE OF A MIXED MARTIAL ARTS FIGHTER. Medicina Sportiva, 2014, 18, 78-83. | 0.3 | 12 |
| 42 | EFFECT OF 30-MINUTE SAUNA SESSIONS ON LIPID PROFILE IN YOUNG WOMEN. Medicina Sportiva, 2014, 18, 165-171. | 0.3 | 3 |
| 43 | COMPARISON OF PHYSIOLOGICAL REACTIONS AND PHYSIOLOGICAL STRAIN IN HEALTHY MEN UNDER HEAT STRESS IN DRY AND STEAM HEAT SAUNAS. Biology of Sport, 2014, 31, 145-149. | 1.7 | 36 |
| 44 | NO ASSOCIATION BETWEEN tHbmass AND POLYMORPHISMS IN THE HBB GENE IN ENDURANCE ATHLETES. Biology of Sport, 2014, 31, 115-119. | 1.7 | 8 |
| 45 | Effect of Whole-Body Cryostimulation on Serum Mediators of Inflammation and Serum Muscle Enzyme in Healthy Men. Medicine and Science in Sports and Exercise, 2014, 46, 704. | 0.2 | 0 |
| 46 | RESULTS AND RECOMMENDATIONS OF THE 7TH EUROPEAN HYPOXIA SYMPOSIUM 19. - 21.09.2014. Medicina Sportiva, 2014, 18, 192-194. | 0.3 | 0 |
| 47 | Effect of a Single Finnish Sauna Session on White Blood Cell Profile and Cortisol Levels in Athletes and Non-Athletes. Journal of Human Kinetics, 2013, 39, 127-135. | 0.7 | 47 |
| 48 | Winter-swimming as a building-up body resistance factor inducing adaptive changes in the oxidant/antioxidant status. Scandinavian Journal of Clinical and Laboratory Investigation, 2013, 73, 315-325. | 0.6 | 30 |
| 49 | Total haemoglobin mass, blood volume and morphological indices among athletes from different sport disciplines. Archives of Medical Science, 2013, 5, 780-787. | 0.4 | 22 |
| 50 | INFLUENCE OF PHYSICAL TRAINING ON THE FUNCTION OF AUTONOMIC NERVOUS SYSTEM IN PROFESSIONAL SWIMMERS. Medicina Sportiva, 2013, 17, 119-124. | 0.3 | 1 |
| 51 | A COMPARISON OF THE EFFICIACY OF THREE DIFFERENT CRYOTHERAPY TREATMENTS USED IN THE ATHLETIC RECOVERY OF SPORTSPEOPLE – LITERATURE REVIEW. Medicina Sportiva, 2013, 17, 142-146. | 0.3 | 1 |
| 52 | Recommendations of the Polish Society of Sports Medicine on age criteria while qualifying children and youth for participation in various sports. British Journal of Sports Medicine, 2012, 46, 159-162. | 3.1 | 14 |
| 53 | Influence of hypoxia training on the aerobic capacity of an elite race walker. Human Movement, 2012, 13, 360-366. | 0.5 | 1 |
| 54 | Whole-Body Cryostimulation - Potential Beneficial Treatment for Improving Antioxidant Capacity in Healthy Men - Significance of the Number of Sessions. PLoS ONE, 2012, 7, e46352. | 1.1 | 62 |

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|----|--|-----|-----------|
| 55 | THE ROLE OF SALIVARY IMMUNOGLOBULIN A IN THE PREVENTION OF THE UPPER RESPIRATORY TRACT INFECTIONS IN ATHLETES – AN OVERVIEW. <i>Biology of Sport</i> , 2012, 29, 311-315. | 1.7 | 4 |
| 56 | Altitude Training and its Influence on Physical Endurance in Swimmers. <i>Journal of Human Kinetics</i> , 2011, 28, 91-105. | 0.7 | 10 |
| 57 | The influence of single whole body cryostimulation treatment on the dynamics and the level of maximal anaerobic power. <i>International Journal of Occupational Medicine and Environmental Health</i> , 2011, 24, 184-91. | 0.6 | 18 |
| 58 | Effects of Ambient Temperature on Physiological Responses to Incremental Exercise Test. <i>Journal of Human Kinetics</i> , 2010, 26, 57-64. | 0.7 | 5 |
| 59 | Do sessions of cryostimulation have influence on white blood cell count, level of IL6 and total oxidative and antioxidative status in healthy men?. <i>European Journal of Applied Physiology</i> , 2010, 109, 67-72. | 1.2 | 69 |
| 60 | Changes in blood pressure with compensatory heart rate decrease and in the level of aerobic capacity in response to repeated whole-body cryostimulation in normotensive, young and physically active men. <i>International Journal of Occupational Medicine and Environmental Health</i> , 2010, 23, 367-75. | 0.6 | 31 |
| 61 | Dietary Habits Among Young Triathlonists as a Result of Proecological Style of Life - Preliminary Study. <i>Medicina Sportiva</i> , 2009, 13, 185-188. | 0.3 | 1 |
| 62 | Association of Pro-Antioxidant Status with Immunological Response in Healthy Men After Oral N-Acetyl-L-Cysteine Administration. <i>Medicina Sportiva</i> , 2008, 12, 129-135. | 0.3 | 1 |
| 63 | Effect of Cysteine Derivatives Administration in Healthy Men Exposed to Intense Resistance Exercise by Evaluation of Pro-Antioxidant Ratio. <i>Journal of Physiological Sciences</i> , 2007, 57, 343-348. | 0.9 | 20 |
| 64 | Effect of partial body cooling on thermophysiological responses during cycling work in a hot environment. <i>Journal of Thermal Biology</i> , 2006, 31, 194-207. | 1.1 | 11 |
| 65 | The influence of various methods of fluid ingestion on changes in selected physiological reactions during thermal stress in a sauna. <i>Elsevier Ergonomics Book Series</i> , 2005, , 49-53. | 0.1 | 3 |
| 66 | An early effect of acute plasma volume expansion in humans on serum erythropoietin concentration. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1995, 72, 106-110. | 1.2 | 4 |
| 67 | Erythrocytic System under the Influence of Physical Exercise and Training. <i>Sports Medicine</i> , 1990, 10, 181-197. | 3.1 | 102 |
| 68 | The Effect of Intrarenal Nickel Subsulfide Injections upon the Activity of Selected Erythrocyte and Bone Marrow Enzymes in Rats. <i>Acta Pharmacologica Et Toxicologica</i> , 1986, 59, 425-429. | 0.0 | 2 |
| 69 | The activity of erythrocyte enzymes in rats subjected to running exercises. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1985, 54, 533-537. | 1.2 | 9 |
| 70 | Bone Marrow Cyclic Nucleotides (cAMP/cGMP) in Phenylhydrazine-Induced Anemia. <i>Acta Haematologica</i> , 1985, 73, 212-215. | 0.7 | 4 |
| 71 | Post-Exercise Anemia during Examination in Rats. <i>Advances in Experimental Medicine and Biology</i> , 1985, 191, 579-588. | 0.8 | 1 |
| 72 | Fluid Balance, Hydration, and Athletic Performance. , 0, , . | | 2 |