

Urs Granacher

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.

255
papers

5,874
citations

41
h-index

65
g-index

294
ext. papers

7,620
ext. citations

4.1
avg, IF

6.38
L-index

#	Paper	IF	Citations
255	Dose-Response Relationships of Resistance Training in Healthy Old Adults: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2015 , 45, 1693-720	10.6	300
254	The importance of trunk muscle strength for balance, functional performance, and fall prevention in seniors: a systematic review. <i>Sports Medicine</i> , 2013 , 43, 627-41	10.6	244
253	Effects of Balance Training on Balance Performance in Healthy Older Adults: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2015 , 45, 1721-38	10.6	151
252	Effects and dose-response relationships of resistance training on physical performance in youth athletes: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2016 , 50, 781-95	10.3	143
251	Relationship of physical activity with motor skills, aerobic fitness and body fat in preschool children: a cross-sectional and longitudinal study (Ballabeina). <i>International Journal of Obesity</i> , 2011 , 35, 937-44	5.5	130
250	Comparison of traditional and recent approaches in the promotion of balance and strength in older adults. <i>Sports Medicine</i> , 2011 , 41, 377-400	10.6	128
249	Effects of core instability strength training on trunk muscle strength, spinal mobility, dynamic balance and functional mobility in older adults. <i>Gerontology</i> , 2013 , 59, 105-13	5.5	120
248	Training induced adaptations in characteristics of postural reflexes in elderly men. <i>Gait and Posture</i> , 2006 , 24, 459-66	2.6	103
247	Effects of Three Types of Exercise Interventions on Healthy Old AdultsRGait Speed: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2015 , 45, 1627-43	10.6	99
246	Effectiveness of Traditional Strength vs. Power Training on Muscle Strength, Power and Speed with Youth: A Systematic Review and Meta-Analysis. <i>Frontiers in Physiology</i> , 2017 , 8, 423	4.6	98
245	Effects of Resistance Training in Youth Athletes on Muscular Fitness and Athletic Performance: A Conceptual Model for Long-Term Athlete Development. <i>Frontiers in Physiology</i> , 2016 , 7, 164	4.6	98
244	Associations Between Measures of Balance and Lower-Extremity Muscle Strength/Power in Healthy Individuals Across the Lifespan: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2015 , 45, 1671-92	10.6	97
243	Effects of Supervised vs. Unsupervised Training Programs on Balance and Muscle Strength in Older Adults: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2017 , 47, 2341-2361	10.6	89
242	An intergenerational approach in the promotion of balance and strength for fall prevention - a mini-review. <i>Gerontology</i> , 2011 , 57, 304-15	5.5	89
241	Age-related effects on postural control under multi-task conditions. <i>Gerontology</i> , 2011 , 57, 247-55	5.5	87
240	The biomechanical mechanism of how strength and power training improves walking speed in old adults remains unknown. <i>Ageing Research Reviews</i> , 2013 , 12, 618-27	12	86
239	A best practice fall prevention exercise program to improve balance, strength / power, and psychosocial health in older adults: study protocol for a randomized controlled trial. <i>BMC Geriatrics</i> , 2013 , 13, 105	4.1	78

238	A qualitative review of balance and strength performance in healthy older adults: impact for testing and training. <i>Journal of Aging Research</i> , 2012 , 2012, 708905	2.3	75
237	Methodological Characteristics and Future Directions for Plyometric Jump Training Research: A Scoping Review. <i>Sports Medicine</i> , 2018 , 48, 1059-1081	10.6	74
236	Neuromuscular and athletic performance following core strength training in elite youth soccer: Role of instability. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2016 , 26, 48-56	4.6	74
235	Effects of Strength Training Using Unstable Surfaces on Strength, Power and Balance Performance Across the Lifespan: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2015 , 45, 1645-69	10.6	70
234	Effects of a Supervised versus an Unsupervised Combined Balance and Strength Training Program on Balance and Muscle Power in Healthy Older Adults: A Randomized Controlled Trial. <i>Gerontology</i> , 2016 , 62, 275-88	5.5	70
233	Effects of balance training on postural sway, leg extensor strength, and jumping height in adolescents. <i>Research Quarterly for Exercise and Sport</i> , 2010 , 81, 245-51	1.9	67
232	Dose-response relationships of balance training in healthy young adults: a systematic review and meta-analysis. <i>Sports Medicine</i> , 2015 , 45, 557-76	10.6	66
231	Relationship between strength, power and balance performance in seniors. <i>Gerontology</i> , 2012 , 58, 504-12	5.5	66
230	Neural Correlates of Dual-Task Walking: Effects of Cognitive versus Motor Interference in Young Adults. <i>Neural Plasticity</i> , 2016 , 2016, 8032180	3.3	61
229	Evaluation of the Pose Tracking Performance of the Azure Kinect and Kinect v2 for Gait Analysis in Comparison with a Gold Standard: A Pilot Study. <i>Sensors</i> , 2020 , 20,	3.8	60
228	Interventions to Promote Fundamental Movement Skills in Childcare and Kindergarten: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2017 , 47, 2045-2068	10.6	58
227	Effects of muscle fatigue on gait characteristics under single and dual-task conditions in young and older adults. <i>Journal of NeuroEngineering and Rehabilitation</i> , 2010 , 7, 56	5.3	58
226	Effects and mechanisms of strength training in children. <i>International Journal of Sports Medicine</i> , 2011 , 32, 357-64	3.6	57
225	Effects of a salsa dance training on balance and strength performance in older adults. <i>Gerontology</i> , 2012 , 58, 305-12	5.5	55
224	Associations Between Balance and Muscle Strength, Power Performance in Male Youth Athletes of Different Maturity Status. <i>Pediatric Exercise Science</i> , 2016 , 28, 521-534	2	54
223	Sequencing Effects of Balance and Plyometric Training on Physical Performance in Youth Soccer Athletes. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 3278-3289	3.2	53
222	Change of Direction Speed: Toward a Strength Training Approach with Accentuated Eccentric Muscle Actions. <i>Sports Medicine</i> , 2018 , 48, 1773-1779	10.6	50
221	Resistance training and neuromuscular performance in seniors. <i>International Journal of Sports Medicine</i> , 2009 , 30, 652-7	3.6	48

220	Effects of core strength training using stable versus unstable surfaces on physical fitness in adolescents: a randomized controlled trial. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2014 , 6, 40	2.4	46
219	Strength, power, and postural control in seniors: Considerations for functional adaptations and for fall prevention. <i>European Journal of Sport Science</i> , 2008 , 8, 325-340	3.9	46
218	The Role of Instability with Plyometric Training in Sub-elite Adolescent Soccer Players. <i>International Journal of Sports Medicine</i> , 2015 , 36, 386-94	3.6	43
217	Effects of surface instability on neuromuscular performance during drop jumps and landings. <i>European Journal of Applied Physiology</i> , 2013 , 113, 2943-51	3.4	43
216	Effects and Dose-Response Relationship of Balance Training on Balance Performance in Youth: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2018 , 48, 2067-2089	10.6	41
215	Physical Fitness Percentiles of German Children Aged 9-12 Years: Findings from a Longitudinal Study. <i>PLoS ONE</i> , 2015 , 10, e0142393	3.7	41
214	Slackline training for balance and strength promotion. <i>International Journal of Sports Medicine</i> , 2010 , 31, 717-23	3.6	40
213	An exercise sequence for progression in balance training. <i>Journal of Strength and Conditioning Research</i> , 2012 , 26, 568-74	3.2	40
212	Effects of Jumping Exercise on Muscular Power in Older Adults: A Meta-Analysis. <i>Sports Medicine</i> , 2018 , 48, 2843-2857	10.6	40
211	Higher Quadriceps Roller Massage Forces Do Not Amplify Range-of-Motion Increases nor Impair Strength and Jump Performance. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 3059-3069	3.2	38
210	Intra and intersession reliability of balance measures during one-leg standing in young adults. <i>Journal of Strength and Conditioning Research</i> , 2011 , 25, 2228-34	3.2	37
209	Balance training and multi-task performance in seniors. <i>International Journal of Sports Medicine</i> , 2010 , 31, 353-8	3.6	37
208	Promoting strength and balance in adolescents during physical education: effects of a short-term resistance training. <i>Journal of Strength and Conditioning Research</i> , 2011 , 25, 940-9	3.2	36
207	Can balance training promote balance and strength in prepubertal children?. <i>Journal of Strength and Conditioning Research</i> , 2011 , 25, 1759-66	3.2	36
206	Promoting balance and strength in the middle-aged workforce. <i>International Journal of Sports Medicine</i> , 2011 , 32, 35-44	3.6	36
205	Effects of High-Velocity Resistance Training on Athletic Performance in Prepuberal Male Soccer Athletes. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 3290-3297	3.2	36
204	Acute Effects of Static Stretching on Muscle Strength and Power: An Attempt to Clarify Previous Caveats. <i>Frontiers in Physiology</i> , 2019 , 10, 1468	4.6	36
203	Effects of Plyometric Training on Physical Fitness in Prepuberal Soccer Athletes. <i>International Journal of Sports Medicine</i> , 2017 , 38, 370-377	3.6	35

202	The Role of Trunk Muscle Strength for Physical Fitness and Athletic Performance in Trained Individuals: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2016 , 46, 401-19	10.6	34
201	Effects of ankle fatigue on functional reflex activity during gait perturbations in young and elderly men. <i>Gait and Posture</i> , 2010 , 32, 107-12	2.6	33
200	Socio-cultural determinants of adiposity and physical activity in preschool children: a cross-sectional study. <i>BMC Public Health</i> , 2010 , 10, 733	4.1	32
199	The Effects of Concurrent Strength and Endurance Training on Physical Fitness and Athletic Performance in Youth: A Systematic Review and Meta-Analysis. <i>Frontiers in Physiology</i> , 2018 , 9, 1057	4.6	31
198	Tests for the Assessment of Sport-Specific Performance in Olympic Combat Sports: A Systematic Review With Practical Recommendations. <i>Frontiers in Physiology</i> , 2018 , 9, 386	4.6	30
197	Promoting lower extremity strength in elite volleyball players: effects of two combined training methods. <i>Journal of Science and Medicine in Sport</i> , 2012 , 15, 457-62	4.4	29
196	Force production capacity and functional reflex activity in young and elderly men. <i>Aging Clinical and Experimental Research</i> , 2010 , 22, 374-82	4.8	27
195	Effects of Different Plyometric Training Frequencies on Components of Physical Fitness in Amateur Female Soccer Players. <i>Frontiers in Physiology</i> , 2018 , 9, 934	4.6	26
194	A systematic review on the effects of resistance and plyometric training on physical fitness in youth- What do comparative studies tell us?. <i>PLoS ONE</i> , 2018 , 13, e0205525	3.7	26
193	Relationship of Pre-season Training Load With In-Season Biochemical Markers, Injuries and Performance in Professional Soccer Players. <i>Frontiers in Physiology</i> , 2019 , 10, 409	4.6	25
192	Methodological characteristics and future directions for plyometric jump training research: A scoping review update. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020 , 30, 983-997	4.6	25
191	Is there an association between variables of postural control and strength in adolescents?. <i>Journal of Strength and Conditioning Research</i> , 2011 , 25, 1718-25	3.2	25
190	Associations Between Variations in Accumulated Workload and Physiological Variables in Young Male Soccer Players Over the Course of a Season. <i>Frontiers in Physiology</i> , 2021 , 12, 638180	4.6	25
189	Hip mechanics underlie lower extremity power training-induced increase in old adults' fast gait velocity: The Potsdam Gait Study (POGS). <i>Gait and Posture</i> , 2017 , 52, 338-344	2.6	24
188	Concurrent validity of the Gyko inertial sensor system for the assessment of vertical jump height in female sub-elite youth soccer players. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2016 , 8, 35	2.4	24
187	Relationship between measures of balance and strength in middle-aged adults. <i>Journal of Strength and Conditioning Research</i> , 2012 , 26, 2401-7	3.2	24
186	Combination of Agility and Plyometric Training Provides Similar Training Benefits as Combined Balance and Plyometric Training in Young Soccer Players. <i>Frontiers in Physiology</i> , 2018 , 9, 1611	4.6	24
185	Effect of living area and sports club participation on physical fitness in children: a 4 year longitudinal study. <i>BMC Public Health</i> , 2014 , 14, 499	4.1	22

184	Effects of Sport-Specific Training during the Early Stages of Long-Term Athlete Development on Physical Fitness, Body Composition, Cognitive, and Academic Performances. <i>Frontiers in Physiology</i> , 2017 , 8, 810	4.6	21
183	Relationship between strength, balance and mobility in children aged 7-10 years. <i>Gait and Posture</i> , 2013 , 37, 108-12	2.6	21
182	Is there an association between variables of postural control and strength in prepubertal children?. <i>Journal of Strength and Conditioning Research</i> , 2012 , 26, 210-6	3.2	21
181	Short-Term Plyometric Jump Training Improves Repeated-Sprint Ability in Prepuberal Male Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 3241-3249	3.2	21
180	An Update on Secular Trends in Physical Fitness of Children and Adolescents from 1972 to 2015: A Systematic Review. <i>Sports Medicine</i> , 2021 , 51, 303-320	10.6	21
179	Association of dual-task walking performance and leg muscle quality in healthy children. <i>BMC Pediatrics</i> , 2015 , 15, 2	2.6	20
178	Time to Differentiate Postactivation "Potentiation" from "Performance Enhancement" in the Strength and Conditioning Community. <i>Sports Medicine</i> , 2020 , 50, 1559-1565	10.6	20
177	Symptoms of Anxiety and Depression in Young Athletes Using the Hospital Anxiety and Depression Scale. <i>Frontiers in Physiology</i> , 2018 , 9, 182	4.6	20
176	Balance Training Enhances Vestibular Function and Reduces Overactive Proprioceptive Feedback in Elderly. <i>Frontiers in Aging Neuroscience</i> , 2017 , 9, 273	5.3	20
175	Association of Balance, Strength, and Power Measures in Young Adults. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 582-589	3.2	20
174	How We Found Our IMU: Guidelines to IMU Selection and a Comparison of Seven IMUs for Pervasive Healthcare Applications. <i>Sensors</i> , 2020 , 20,	3.8	20
173	Sequencing Effects of Plyometric Training Applied Before or After Regular Soccer Training on Measures of Physical Fitness in Young Players. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 1959-1966	3.2	20
172	One-leg standing performance and muscle activity: are there limb differences?. <i>Journal of Applied Biomechanics</i> , 2014 , 30, 407-14	1.2	19
171	Effects of climbing on core strength and mobility in adults. <i>International Journal of Sports Medicine</i> , 2012 , 33, 445-51	3.6	19
170	Sequencing Effects of Neuromuscular Training on Physical Fitness in Youth Elite Tennis Players. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 849-856	3.2	19
169	Effects of conditioning hops on drop jump and sprint performance: a randomized crossover pilot study in elite athletes. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2016 , 8, 1	2.4	18
168	Validation of two accelerometers to determine mechanical loading of physical activities in children. <i>Journal of Sports Sciences</i> , 2015 , 33, 1702-9	3.6	17
167	Metastability in plyometric training on unstable surfaces: a pilot study. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2014 , 6, 30	2.4	16

166	Unilateral Rolling of the Foot did not Affect Non-Local Range of Motion or Balance. <i>Journal of Sports Science and Medicine</i> , 2017 , 16, 209-218	2.7	16
165	Ginkgo biloba special extract LI 1370 improves dual-task walking in patients with MCI: a randomised, double-blind, placebo-controlled exploratory study. <i>Aging Clinical and Experimental Research</i> , 2017 , 29, 609-619	4.8	15
164	Effects of Plyometric Training on Components of Physical Fitness in Prepuberal Male Soccer Athletes: The Role of Surface Instability. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 3295-3304	3.7	15
163	Within Session Sequence of Balance and Plyometric Exercises Does Not Affect Training Adaptations with Youth Soccer Athletes. <i>Journal of Sports Science and Medicine</i> , 2017 , 16, 125-136	2.7	15
162	Association of balance, strength, and power measures in young adults. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 582-9	3.2	15
161	Effects of Physical Exercise Training in the Workplace on Physical Fitness: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2019 , 49, 1903-1921	10.6	14
160	Ground reaction forces and muscle activity while walking on sand versus stable ground in individuals with pronated feet compared with healthy controls. <i>PLoS ONE</i> , 2019 , 14, e0223219	3.7	14
159	Effects of Small-Sided Soccer Games on Physical Fitness, Physiological Responses, and Health Indices in Untrained Individuals and Clinical Populations: A Systematic Review. <i>Sports Medicine</i> , 2020 , 50, 987-1007	10.6	14
158	A comparison of running kinetics in children with and without genu varus: A cross sectional study. <i>PLoS ONE</i> , 2017 , 12, e0185057	3.7	14
157	Behavioral and Neural Correlates of Cognitive-Motor Interference during Multitasking in Young and Old Adults. <i>Neural Plasticity</i> , 2019 , 2019, 9478656	3.3	14
156	Effects of a six-week period of congested match play on plasma volume variations, hematological parameters, training workload and physical fitness in elite soccer players. <i>PLoS ONE</i> , 2019 , 14, e0219692	3.7	14
155	Relationships between trunk muscle strength, spinal mobility, and balance performance in older adults. <i>Journal of Aging and Physical Activity</i> , 2014 , 22, 490-8	1.6	14
154	Effects of drop height and surface instability on neuromuscular activation during drop jumps. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2017 , 27, 1090-1098	4.6	14
153	Effects of heavy-resistance strength and balance training on unilateral and bilateral leg strength performance in old adults. <i>PLoS ONE</i> , 2015 , 10, e0118535	3.7	14
152	Small and inconsistent effects of whole body vibration on athletic performance: a systematic review and meta-analysis. <i>European Journal of Applied Physiology</i> , 2015 , 115, 1605-25	3.4	14
151	Effects of Combined Surfaces vs. Single-Surface Plyometric Training on Soccer Players' Physical Fitness. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 2644-2653	3.2	14
150	Home-based exercise programmes improve physical fitness of healthy older adults: A PRISMA-compliant systematic review and meta-analysis with relevance for COVID-19. <i>Ageing Research Reviews</i> , 2021 , 67, 101265	12	14
149	Postural Control in Dual-Task Situations: Does Whole-Body Fatigue Matter?. <i>PLoS ONE</i> , 2016 , 11, e0147397	3.7	14

148	Non-Discriminant Relationships between Leg Muscle Strength, Mass and Gait Performance in Healthy Young and Old Adults. <i>Gerontology</i> , 2018 , 64, 11-18	5.5	13
147	A Meta-Analysis to Determine Strength Training Related Dose-Response Relationships for Lower-Limb Muscle Power Development in Young Athletes. <i>Frontiers in Physiology</i> , 2018 , 9, 1155	4.6	13
146	Combined Resistance and Plyometric Training Is More Effective Than Plyometric Training Alone for Improving Physical Fitness of Pubertal Soccer Players. <i>Frontiers in Physiology</i> , 2019 , 10, 1026	4.6	13
145	Intrasession and intersession reliability in maximal and explosive isometric torque production of the elbow flexors. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 1771-7	3.2	13
144	Effects of Resistance Training on Physical Fitness in Healthy Children and Adolescents: An Umbrella Review. <i>Sports Medicine</i> , 2020 , 50, 1901-1928	10.6	13
143	Slower but not faster unilateral fatiguing knee extensions alter contralateral limb performance without impairment of maximal torque output. <i>European Journal of Applied Physiology</i> , 2017 , 117, 323-334	3.4	12
142	Effects of Increasing Balance Task Difficulty on Postural Sway and Muscle Activity in Healthy Adolescents. <i>Frontiers in Physiology</i> , 2019 , 10, 1135	4.6	12
141	Global Training Effects of Trained and Untrained Muscles With Youth Can be Maintained During 4 Weeks of Detraining. <i>Journal of Strength and Conditioning Research</i> , 2019 , 33, 2788-2800	3.2	12
140	Effects of Soccer Training on Anthropometry, Body Composition, and Physical Fitness during a Soccer Season in Female Elite Young Athletes: A Prospective Cohort Study. <i>Frontiers in Physiology</i> , 2017 , 8, 1093	4.6	12
139	Sex-specific effects of surface instability on drop jump and landing biomechanics. <i>International Journal of Sports Medicine</i> , 2015 , 36, 75-81	3.6	12
138	Functional relevance of resistance training-induced neuroplasticity in health and disease. <i>Neuroscience and Biobehavioral Reviews</i> , 2021 , 122, 79-91	9	12
137	Effects of Drop Height on Jump Performance in Male and Female Elite Adolescent Handball Players. <i>International Journal of Sports Physiology and Performance</i> , 2019 , 14, 674-680	3.5	12
136	The Increased Effectiveness of Loaded Versus Unloaded Plyometric Jump Training in Improving Muscle Power, Speed, Change of Direction, and Kicking-Distance Performance in Prepubertal Male Soccer Players. <i>International Journal of Sports Physiology and Performance</i> , 2020 , 15, 189-195	3.5	12
135	Effects of anti-pronation shoes on lower limb kinematics and kinetics in female runners with pronated feet: The role of physical fatigue. <i>PLoS ONE</i> , 2019 , 14, e0216818	3.7	11
134	Postactivation Potentiation of the Plantar Flexors Does Not Directly Translate to Jump Performance in Female Elite Young Soccer Players. <i>Frontiers in Physiology</i> , 2018 , 9, 276	4.6	11
133	Sex-related effects in strength training during adolescence: a pilot study. <i>Perceptual and Motor Skills</i> , 2012 , 115, 953-68	2.2	11
132	Stable, Unstable and Metastable States of Equilibrium: Definitions and Applications to Human Movement. <i>Journal of Sports Science and Medicine</i> , 2015 , 14, 885-7	2.7	11
131	Maturation-, age-, and sex-specific anthropometric and physical fitness percentiles of German elite young athletes. <i>PLoS ONE</i> , 2020 , 15, e0237423	3.7	11

130	Effects of an Eccentric Hamstrings Training on Components of Physical Performance in Young Female Handball Players. <i>International Journal of Sports Physiology and Performance</i> , 2019 , 1-22	3.5	11
129	Non-local Acute Passive Stretching Effects on Range of Motion in Healthy Adults: A Systematic Review with Meta-analysis. <i>Sports Medicine</i> , 2021 , 51, 945-959	10.6	11
128	Effects of Balance Training on Physical Fitness in Youth and Young Athletes: A Narrative Review. <i>Strength and Conditioning Journal</i> , 2020 , 42, 35-44	2	10
127	Role of the trunk during drop jumps on stable and unstable surfaces. <i>European Journal of Applied Physiology</i> , 2015 , 115, 139-46	3.4	10
126	Effects of Resistance Training on Change-of-Direction Speed in Youth and Young Physically Active and Athletic Adults: A Systematic Review with Meta-Analysis. <i>Sports Medicine</i> , 2020 , 50, 1483-1499	10.6	10
125	The Interaction between Mobility Status and Exercise Specificity in Older Adults. <i>Exercise and Sport Sciences Reviews</i> , 2021 , 49, 15-22	6.7	10
124	Effects of strength training on physical fitness and sport-specific performance in recreational, sub-elite, and elite rowers: A systematic review with meta-analysis. <i>Journal of Sports Sciences</i> , 2020 , 38, 1186-1195	3.6	9
123	Effects of Backpack Carriage on Dual-Task Performance in Children During Standing and Walking. <i>Journal of Motor Behavior</i> , 2016 , 48, 500-508	1.4	9
122	Kinematic Mechanisms of How Power Training Improves Healthy Old Adults' Gait Velocity. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 150-157	1.2	9
121	Effects of a new unstable sandal construction on measures of postural control and muscle activity in women. <i>Swiss Medical Weekly</i> , 2011 , 141, w13182	3.1	9
120	Variable long-term developmental trajectories of short sprint speed and jumping height in English Premier League academy soccer players: An applied case study. <i>Journal of Sports Sciences</i> , 2020 , 38, 2525-2531	3.6	9
119	The long-term use of foot orthoses affects walking kinematics and kinetics of children with flexible flat feet: A randomized controlled trial. <i>PLoS ONE</i> , 2018 , 13, e0205187	3.7	9
118	Balance task difficulty affects postural sway and cortical activity in healthy adolescents. <i>Experimental Brain Research</i> , 2020 , 238, 1323-1333	2.3	8
117	Contribution of the Lateral Prefrontal Cortex to Cognitive-Postural Multitasking. <i>Frontiers in Psychology</i> , 2018 , 9, 1075	3.4	8
116	Alteration of synergistic muscle activity following neuromuscular electrical stimulation of one muscle. <i>Brain and Behavior</i> , 2012 , 2, 640-6	3.4	8
115	The Effect of a Neuromuscular vs. Dynamic Warm-up on Physical Performance in Young Tennis Players. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 2776-2784	3.2	8
114	The Interplay Between Plasma Hormonal Concentrations, Physical Fitness, Workload and Mood State Changes to Periods of Congested Match Play in Professional Soccer Players. <i>Frontiers in Physiology</i> , 2020 , 11, 835	4.6	8
113	Effects of Vertically and Horizontally Orientated Plyometric Training on Physical Performance: A Meta-analytical Comparison. <i>Sports Medicine</i> , 2021 , 51, 65-79	10.6	8

112	Effects of Plyometric Jump Training on Physical Fitness in Amateur and Professional Volleyball: A Meta-Analysis. <i>Frontiers in Physiology</i> , 2021 , 12, 636140	4.6	8
111	Effects of Drop-height and Surface Instability on Jump Performance and Knee Kinematics. <i>International Journal of Sports Medicine</i> , 2018 , 39, 50-57	3.6	8
110	Power Training-induced Increases in Muscle Activation during Gait in Old Adults. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 2198-2025	1.2	7
109	Association Between the Acute to Chronic Workload Ratio and Injury Occurrence in Young Male Team Soccer Players: A Preliminary Study. <i>Frontiers in Physiology</i> , 2020 , 11, 608	4.6	7
108	Age-Related Interference between the Selection of Input-Output Modality Mappings and Postural Control-a Pilot Study. <i>Frontiers in Psychology</i> , 2017 , 8, 613	3.4	7
107	Inline skating for balance and strength promotion in children during physical education. <i>Perceptual and Motor Skills</i> , 2013 , 117, 665-81	2.2	7
106	Evidence-based and evidence-inspired: an intergenerational approach in the promotion of balance and strength for fall prevention. <i>Gerontology</i> , 2011 , 57, 424-6	5.5	7
105	Associations between Change of Direction, Balance, Speed, and Muscle Power in Prepubescent Soccer Players. <i>Journal of Athletic Enhancement</i> , 2017 , 06,		7
104	Effects of a 12-Week Change-of-Direction Sprints Training Program on Selected Physical and Physiological Parameters in Professional Basketball Male Players. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	7
103	Change-of-Direction Performance in Elite Soccer Players: Preliminary Analysis According to Their Playing Positions. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	7
102	Validation of an IMU Gait Analysis Algorithm for Gait Monitoring in Daily Life Situations. <i>Annual International Conference of the IEEE Engineering in Medicine and Biology Society IEEE Engineering in Medicine and Biology Society Annual International Conference</i> , 2020 , 2020, 4229-4232	0.9	7
101	Do you Play or Do you Train? Insights From Individual Sports for Training Load and Injury Risk Management in Team Sports Based on Individualization. <i>Frontiers in Physiology</i> , 2020 , 11, 995	4.6	7
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