

Jãolio A Costa

List of Publications by Year in descending order

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Version: 2024-02-01

20
papers

311
citations

1039406

9
h-index

940134

16
g-index

26
all docs

26
docs citations

26
times ranked

320
citing authors

#	ARTICLE	IF	CITATIONS
1	Comparing Sleep in Shared and Individual Rooms During Training Camps in Elite Youth Soccer Players: A Short Report. <i>Journal of Athletic Training</i> , 2023, 58, 79-83.	0.9	2
2	Cardiac autonomic function and sleep patterns after training sessions and matches in female soccer players. <i>British Journal of Sports Medicine</i> , 2022, 56, 303-304.	3.1	0
3	Validação do FUT-SAT no desempenho tático dos jogadores de futebol para formatos de reduzida complexidade nos jogos reduzidos e condicionados / Validation of FUT-SAT in the tactical performance of football players for low complexity formats in reduced and conditioned games. <i>Brazilian Journal of Development</i> , 2022, 8, 7286-7302.	0.0	0
4	Associations between 24h heart rate variability and aerobic fitness in high-level female soccer players. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2022, 32, 140-149.	1.3	7
5	Associations Between Esports Participation and Health: A Scoping Review. <i>Sports Medicine</i> , 2022, 52, 2039-2060.	3.1	20
6	Associations between Training Load and Well-Being in Elite Beach Soccer Players: A Case Report. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 6209.	1.2	3
7	Sleep Indices and Cardiac Autonomic Activity Responses during an International Tournament in a Youth National Soccer Team. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 2076.	1.2	12
8	Monitoring Individual Sleep and Nocturnal Heart Rate Variability Indices: The Impact of Training and Match Schedule and Load in High-Level Female Soccer Players. <i>Frontiers in Physiology</i> , 2021, 12, 678462.	1.3	20
9	Relationships between Sleep, Athletic and Match Performance, Training Load, and Injuries: A Systematic Review of Soccer Players. <i>Healthcare (Switzerland)</i> , 2021, 9, 808.	1.0	16
10	Heart Rate Variability Changes From Traditional vs. Ultra-Short-Term Recordings in Relation to Preseason Training Load and Performance in Futsal Players. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 2974-2981.	1.0	30
11	Methods to collect and interpret external training load using microtechnology incorporating GPS in professional football: a systematic review. <i>Research in Sports Medicine</i> , 2020, 28, 437-458.	0.7	60
12	Feasibility and safety of a walking football program in middle-aged and older men with type 2 diabetes. <i>Progress in Cardiovascular Diseases</i> , 2020, 63, 786-791.	1.6	12
13	Internal training load monitoring in professional football: a systematic review of methods using rating of perceived exertion. <i>Journal of Sports Medicine and Physical Fitness</i> , 2020, 60, 160-171.	0.4	6
14	Intra-individual variability of sleep and nocturnal cardiac autonomic activity in elite female soccer players during an international tournament. <i>PLoS ONE</i> , 2019, 14, e0218635.	1.1	35
15	Using the Rating of Perceived Exertion and Heart Rate to Quantify Training Intensity in Female Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2019, Publish Ahead of Print, .	1.0	17
16	Does Night Training Load Affect Sleep Patterns and Nocturnal Cardiac Autonomic Activity in High-Level Female Soccer Players?. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 779-787.	1.1	22
17	Sleep patterns and nocturnal cardiac autonomic activity in female athletes are affected by the timing of exercise and match location. <i>Chronobiology International</i> , 2019, 36, 360-373.	0.9	24
18	Resumos - Sociedade Portuguesa de Medicina Desportiva. , 2019, 10, 27-31.		0

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19	Effects of Late-Night Training on "Slow-Wave Sleep Episode" and Hour-by-Hour-Derived Nocturnal Cardiac Autonomic Activity in Female Soccer Players. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 638-644.	1.1	19
20	The Importance of Sleep in Athletes. , 0, , .		3