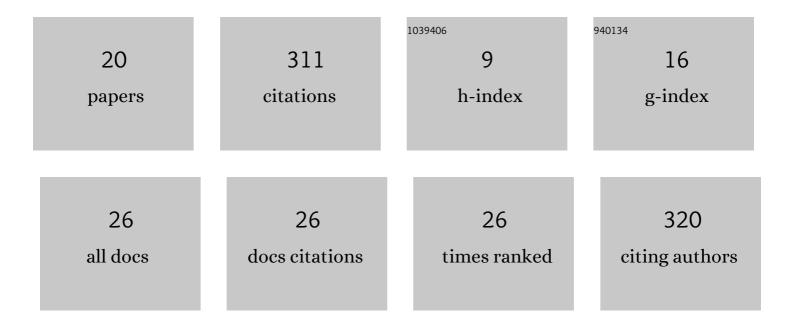
Júlio A Costa

List of Publications by Year in descending order

Source: https://exaly.com/author-pdf/6331875/publications.pdf Version: 2024-02-01



#	Article	IF	CITATIONS
1	Comparing Sleep in Shared and Individual Rooms During Training Camps in Elite Youth Soccer Players: A Short Report. Journal of Athletic Training, 2023, 58, 79-83.	0.9	2
2	Cardiac autonomic function and sleep patterns after training sessions and matches in female soccer players. British Journal of Sports Medicine, 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. Brazilian Journal of Development, 2022, 8, 7286-7302.	0.0	0
4	Associations between 24â€h heart rate variability and aerobic fitness in highâ€level female soccer players. Scandinavian Journal of Medicine and Science in Sports, 2022, 32, 140-149.	1.3	7
5	Associations Between Esports Participation and Health: A Scoping Review. Sports Medicine, 2022, 52, 2039-2060.	3.1	20
6	Associations between Training Load and Well-Being in Elite Beach Soccer Players: A Case Report. International Journal of Environmental Research and Public Health, 2022, 19, 6209.	1.2	3
7	Sleep Indices and Cardiac Autonomic Activity Responses during an International Tournament in a Youth National Soccer Team. International Journal of Environmental Research and Public Health, 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. Frontiers in Physiology, 2021, 12, 678462.	1.3	20
9	Relationships between Sleep, Athletic and Match Performance, Training Load, and Injuries: A Systematic Review of Soccer Players. Healthcare (Switzerland), 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. Journal of Strength and Conditioning Research, 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. Research in Sports Medicine, 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. Progress in Cardiovascular Diseases, 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. Journal of Sports Medicine and Physical Fitness, 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. PLoS ONE, 2019, 14, e0218635.	1.1	35
15	Using the Rating of Perceived Exertion and Heart Rate to Quantify Training Intensity in Female Soccer Players. Journal of Strength and Conditioning Research, 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?. International Journal of Sports Physiology and Performance, 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. Chronobiology International, 2019, 36, 360-373.	0.9	24

18 Resumos - Sociedade Portuguesa de Medicina Desportiva. , 2019, 10, 27-31.

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#	Article	IF	CITATIONS
19	Effects of Late-Night Training on "Slow-Wave Sleep Episode―and Hour-by-Hour-Derived Nocturnal Cardiac Autonomic Activity in Female Soccer Players. International Journal of Sports Physiology and Performance, 2018, 13, 638-644.	1.1	19

20 The Importance of Sleep in Athletes. , 0, , .