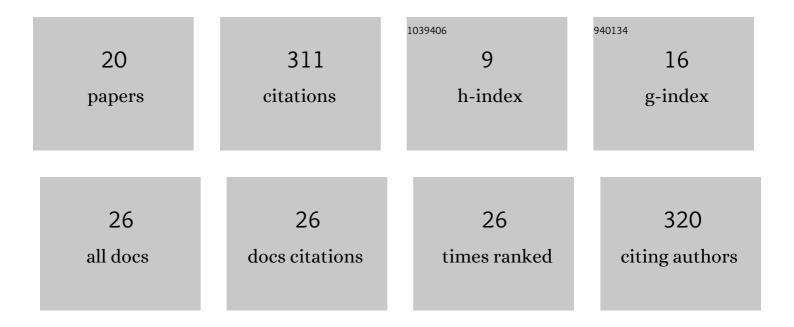
Júlio A Costa

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.

3

| # | 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, , .