

# Goran Sporis

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/6402025/publications.pdf>

Version: 2024-02-01

80  
papers

2,812  
citations

279701

23  
h-index

189801

50  
g-index

81  
all docs

81  
docs citations

81  
times ranked

4062  
citing authors

| #  | ARTICLE   | IF  | CITATIONS |
|----|---|-----|-----------|
| 1  | Effectiveness of High-Intensity Interval Training (HIT) and Continuous Endurance Training for VO <sub>2</sub> max Improvements: A Systematic Review and Meta-Analysis of Controlled Trials. <i>Sports Medicine</i> , 2015, 45, 1469-1481. | 3.1 | 604       |
| 2  | Age-related decrease in physical activity and functional fitness among elderly men and women. <i>Clinical Interventions in Aging</i> , 2013, 8, 549.  | 1.3 | 459       |
| 3  | Fitness Profiling in Soccer: Physical and Physiologic Characteristics of Elite Players. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 1947-1953.   | 1.0 | 162       |
| 4  | Reliability and Factorial Validity of Agility Tests for Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 679-686.   | 1.0 | 158       |
| 5  | Is Recreational Soccer Effective for Improving $\dot{V}_{O_2 \max}$ ? A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2015, 45, 1339-1353.  | 3.1 | 97        |
| 6  | Effects of Speed, Agility, Quickness Training Method on Power Performance in Elite Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 1285-1292.  | 1.0 | 96        |
| 7  | Broad-spectrum physical fitness benefits of recreational football: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2019, 53, 926-939.  | 3.1 | 85        |
| 8  | The Reliability of the Mediterranean Diet Quality Index (KIDMED) Questionnaire. <i>Nutrients</i> , 2017, 9, 419.  | 1.7 | 69        |
| 9  | The effect of maternal exercise during pregnancy on abnormal fetal growth. <i>Croatian Medical Journal</i> , 2013, 54, 362-368.   | 0.2 | 56        |
| 10 | Sleep Duration and Sleep Quality Are Associated with Physical Activity in Elderly People Living in Nursing Homes. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 2512.                              | 1.2 | 55        |
| 11 | Physical Activity and Physical Fitness among University Students—A Systematic Review. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 158.   | 1.2 | 51        |
| 12 | The Associations between Sleep Duration and Sleep Quality with Body-Mass Index in a Large Sample of Young Adults. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 758.                               | 1.2 | 49        |
| 13 | Physiological Demands, Morphological Characteristics, Physical Abilities and Injuries of Female Soccer Players. <i>Journal of Human Kinetics</i> , 2017, 60, 77-83.   | 0.7 | 40        |
| 14 | The Effects of 6 Weeks of Preseason Skill-Based Conditioning on Physical Performance in Male Volleyball Players. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 1475-1480.  | 1.0 | 39        |
| 15 | Associations between sleep quality and its domains and insufficient physical activity in a large sample of Croatian young adults: a cross-sectional study. <i>BMJ Open</i> , 2018, 8, e021902.  | 0.8 | 39        |
| 16 | Self-Reported Sleep Duration and Self-Rated Health in Young Adults. <i>Journal of Clinical Sleep Medicine</i> , 2017, 13, 899-904.  | 1.4 | 34        |
| 17 | Fitness profiling in handball: physical and physiological characteristics of elite players. <i>Collegium Antropologicum</i> , 2010, 34, 1009-14.  | 0.1 | 34        |
| 18 | The Anaerobic Endurance of Elite Soccer Players Improved After a High-Intensity Training Intervention in the 8-Week Conditioning Program. <i>Journal of Strength and Conditioning Research</i> , 2008, 22, 559-566.                       | 1.0 | 33        |

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|----|--|-----|-----------|
| 19 | High volume&low intensity exercise camp and glycemic control in diabetic children. Journal of Paediatrics and Child Health, 2008, 44, 122-128.   | 0.4 | 32        |
| 20 | Health-Related Physical Fitness in Healthy Untrained Men: Effects on VO2max, Jump Performance and Flexibility of Soccer and Moderate-Intensity Continuous Running. PLoS ONE, 2015, 10, e0135319. | 1.1 | 31        |
| 21 | Reliability, Validity and Usefulness of 30&#x2013;15 Intermittent Fitness Test in Female Soccer Players. Frontiers in Physiology, 2016, 7, 510.  | 1.3 | 31        |
| 22 | Reliability and Factorial Validity of Flexibility Tests for Team Sports. Journal of Strength and Conditioning Research, 2011, 25, 1168-1176.   | 1.0 | 28        |
| 23 | Effects of a Training Program for Special Operations Battalion on Soldiers' Fitness Characteristics. Journal of Strength and Conditioning Research, 2012, 26, 2872-2882.                         | 1.0 | 26        |
| 24 | Relationship between Repeated Sprint Ability and Aerobic Capacity in Professional Soccer Players. Scientific World Journal, The, 2013, 2013, 1-5.  | 0.8 | 26        |
| 25 | The Relationship between Lifestyle Factors and Body Composition in Young Adults. International Journal of Environmental Research and Public Health, 2017, 14, 893.                               | 1.2 | 26        |
| 26 | Soccer vs. running training effects in young adult men: which programme is more effective in improvement of body composition? Randomized controlled trial. Biology of Sport, 2015, 32, 301-305.  | 1.7 | 22        |
| 27 | Differences in Body Composite and Physical Match Performance in Female Soccer Players According to Team Position. Journal of Human Sport and Exercise, 2012, 7, S67-S72.                         | 0.2 | 18        |
| 28 | Impact of body composition on performance in fitness tests among personnel of the Croatian navy. Collegium Antropologicum, 2011, 35, 335-9.  | 0.1 | 17        |
| 29 | The Influence of Familiarization on Physical Fitness Test Results in Primary School-Aged Children. Pediatric Exercise Science, 2017, 29, 278-284.  | 0.5 | 16        |
| 30 | Effects of a 12 Week SAQ Training Programme on Agility with and without the Ball among Young Soccer Players. Journal of Sports Science and Medicine, 2013, 12, 97-103.                           | 0.7 | 16        |
| 31 | Reliability of the Serbian version of the International Physical Activity Questionnaire for older adults. Clinical Interventions in Aging, 2014, 9, 581.   | 1.3 | 14        |
| 32 | Differences between health-related physical fitness profiles of Croatian children in urban and rural areas. Collegium Antropologicum, 2013, 37, 75-80.   | 0.1 | 14        |
| 33 | How Reliable Are the Equations for Predicting Maximal Heart Rate Values in Military Personnel?. Military Medicine, 2011, 176, 347-351.   | 0.4 | 13        |
| 34 | Frequency of Dietary Intake and Physical Activity in Older Adults: A Cross-Sectional Study. Nutrients, 2018, 10, 1960.   | 1.7 | 13        |
| 35 | Effects of Small-Sided Recreational Volleyball on Health Markers and Physical Fitness in Middle-Aged Men. International Journal of Environmental Research and Public Health, 2020, 17, 3021.     | 1.2 | 13        |
| 36 | Speed, Change of Direction Speed and Reactive Agility in Adolescent Soccer Players: Age Related Differences. International Journal of Environmental Research and Public Health, 2021, 18, 5883.  | 1.2 | 13        |

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|----|--|-----|-----------|
| 37 | Differences in Situational and Morphological Parameters between Male Soccer and Futsal - A Comparative Study. <i>International Journal of Performance Analysis in Sport</i> , 2011, 11, 227-238.         | 0.5 | 12        |
| 38 | Sex and age correlations of reported and estimated physical fitness in adolescents. <i>PLoS ONE</i> , 2019, 14, e0219217.  | 1.1 | 12        |
| 39 | Kinematic Analysis of 2-Point and 3-Point Jump Shot of Elite Young Male and Female Basketball Players. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 934.         | 1.2 | 12        |
| 40 | Effects of a Twelve-Week Aerobic Dance Exercises on Body Compositions Parameters in Young Women. <i>International Journal of Morphology</i> , 2013, 31, 1243-1250.                                       | 0.1 | 11        |
| 41 | Sleep Duration and Sleep Quality as Predictors of Health in Elderly Individuals. <i>Sustainability</i> , 2018, 10, 3918.   | 1.6 | 11        |
| 42 | Reducing Aggression and Improving Physical Fitness in Adolescents Through an After-School Volleyball Program. <i>Frontiers in Psychology</i> , 2020, 11, 2081.   | 1.1 | 11        |
| 43 | The latent structure of standard game efficiency indicators in basketball.. <i>International Journal of Performance Analysis in Sport</i> , 2006, 6, 120-129.  | 0.5 | 10        |
| 44 | Does SAQ training improve the speed and flexibility of young soccer players? A randomized controlled trial. <i>Human Movement Science</i> , 2014, 38, 197-208.   | 0.6 | 10        |
| 45 | A new method for assessing squash tactics using 15 court areas for ball locations. <i>Human Movement Science</i> , 2014, 34, 81-90.  | 0.6 | 10        |
| 46 | The relationship between adherence to the Mediterranean diet and body composition in Croatian university students. <i>European Journal of Integrative Medicine</i> , 2017, 13, 41-46.                    | 0.8 | 10        |
| 47 | Relationship Between Morphological Characteristics and Match Performance in Junior Soccer Players. <i>International Journal of Morphology</i> , 2017, 35, 37-41.   | 0.1 | 10        |
| 48 | The Importance of Reactive Agility Tests in Differentiating Adolescent Soccer Players. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 3839.                        | 1.2 | 10        |
| 49 | Relationship between Motor Competence, Physical Fitness, and Academic Achievement in Young School-Aged Children. <i>BioMed Research International</i> , 2021, 2021, 1-7.                                 | 0.9 | 10        |
| 50 | Body Composition in Elite Soccer Players from Youth to Senior Squad. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 4982.  | 1.2 | 10        |
| 51 | Are lower levels of physical activity and self-rated fitness associated with higher levels of psychological distress in Croatian young adults? A cross-sectional study. <i>PeerJ</i> , 2018, 6, e4700.   | 0.9 | 10        |
| 52 | Self-reported confidence, attitudes and skills in practical procedures among medical students: questionnaire study. <i>Collegium Antropologicum</i> , 2007, 31, 683-8.                                   | 0.1 | 10        |
| 53 | The Assessment of Preschool Children's Motor Skills After Familiarization with Motor Tests. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 1792-1798.                                  | 1.0 | 9         |
| 54 | The associations between sleep duration and sleep quality with self-rated health in young adults: a population-based study. <i>International Journal of Adolescent Medicine and Health</i> , 2020, 32, . | 0.6 | 9         |

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|----|--|-----|-----------|
| 55 | The associations of self-reported physical fitness and physical activity with sleep quality in young adults: A population-based study. <i>Mental Health and Physical Activity</i> , 2018, 14, 131-135.               | 0.9 | 8         |
| 56 | The effect of court location and available time on the tactical shot selection of elite squash players. <i>Journal of Sports Science and Medicine</i> , 2013, 12, 66-73.   | 0.7 | 8         |
| 57 | Single-row arthroscopic cuff repair with double-loaded anchors provides good shoulder function in long-term follow-up. <i>International Orthopaedics</i> , 2015, 39, 233-240.  | 0.9 | 7         |
| 58 | Correlation between hypermobility score and injury rate in artistic gymnastics. <i>Journal of Sports Medicine and Physical Fitness</i> , 2019, 59, 330-334.  | 0.4 | 7         |
| 59 | <p>&lt;p>Domain-specific and total sedentary behaviors associated with psychological distress in older adults&lt;/p>. <i>Psychology Research and Behavior Management</i> , 2019, Volume 12, 219-228.                 | 1.3 | 7         |
| 60 | Comparison of ventilation threshold and heart rate deflection point in fast and standard treadmill test protocols. <i>Acta Clinica Croatica</i> , 2014, 53, 190-203.   | 0.1 | 7         |
| 61 | Effects of Two Different Tapering Protocols on Fitness and Physical Match Performance in Elite Junior Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1731-1740.                    | 1.0 | 6         |
| 62 | Short-Term Core Strengthening Program Improves Functional Movement Score in Untrained College Students. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 8669.                   | 1.2 | 6         |
| 63 | Influence of Physical Activity on the Regulation of Disease of Elderly Persons with Metabolic Syndrome. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 275.                    | 1.2 | 6         |
| 64 | Sports performance as a moderator of the relationship between coping strategy and emotional intelligence. <i>Kinesiology</i> , 2020, 52, 281-289.  | 0.3 | 6         |
| 65 | Effects of After-School Volleyball Program on Body Composition in Overweight Adolescent Girls. <i>Children</i> , 2022, 9, 21.  | 0.6 | 5         |
| 66 | Relationship between kicking and sprinting performance. <i>International Journal of Performance Analysis in Sport</i> , 2007, 7, 28-35.  | 0.5 | 4         |
| 67 | Exponential versus linear tapering in junior elite soccer players: effects on physical match performance according to playing positions. <i>Montenegrin Journal of Sports Science and Medicine</i> , 2019, 8, 17-22. | 0.3 | 3         |
| 68 | Are there any differences in power performance and morphological characteristics of Croatian adolescent soccer players according to the team position?. <i>Collegium Antropologicum</i> , 2011, 35, 1089-94.         | 0.1 | 3         |
| 69 | Countermovement Jump in Female Sprinters: Kinetic Parameters and Asymmetry. <i>Symmetry</i> , 2022, 14, 1130.  | 1.1 | 3         |
| 70 | How to measure muscular endurance in children: a new approach. <i>Collegium Antropologicum</i> , 2013, 37, 385-90.   | 0.1 | 2         |
| 71 | 30â€“15 Intermittent Fitness Test: A Systematic Review of Studies, Examining the VO2max Estimation and Training Programming. <i>Applied Sciences (Switzerland)</i> , 2021, 11, 11792.                                | 1.3 | 2         |
| 72 | Whole-Body Vibration Effects on Flexibility in Artistic Gymnasticsâ€”A Systematic Review. <i>Medicina (Lithuania)</i> , 2022, 58, 595.   | 0.8 | 2         |

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|----|--|-----|-----------|
| 73 | Intensity-Modified Recreational Volleyball Training Improves Health Markers and Physical Fitness in 25-55-Year-Old Men. <i>BioMed Research International</i> , 2021, 2021, 1-9.  | 0.9 | 1         |
| 74 | Biomechanical evaluation of exercises for performing a forward handspring - Case study. <i>Journal of Human Kinetics</i> , 2012, 34, 21-32.  | 0.7 | 1         |
| 75 | Effects of Programmed Training on the Motor Skills of Female Basketball Players in School Sports Societies / Učinci programiranog treninga na motoričke sposobnosti košarkašica u školskom sportskom društvu. <i>Croatian Journal of Education</i> , 2015, 17, . | 0.2 | 1         |
| 76 | The latent structure of soccer in the phases of attack and defense. <i>Collegium Antropologicum</i> , 2012, 36, 593-603.   | 0.1 | 1         |
| 77 | Calcaneus quantitative ultrasound and Body Composition in Preschool Children: Physical Activity Consideration. <i>International Journal of Morphology</i> , 2017, 35, 1249-1253.   | 0.1 | 0         |
| 78 | Utjecaj SAQ treninga na razvoj brzine, agilnosti i eksplozivnosti nogometaša U-12. <i>Odgojno-obrazovne Teme</i> , 2021, 4, 91-109.  | 0.0 | 0         |
| 79 | Effect of Neuromuscular Training Program on Quality of Life After COVID-19 Lockdown Among Young Healthy Participants: A Randomized Controlled Trial. <i>Frontiers in Psychology</i> , 2022, 13, 844678.  | 1.1 | 0         |
| 80 | Gym Versus Home-Based Training During Transition Period in Adolescent Soccer Players: Effects on Physical Performance. <i>Journal of Men's Health</i> , 2022, 18, 1.   | 0.1 | 0         |