Goran Sporis

List of Publications by Year
in descending order

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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	Effects of After-School Volleyball Program on Body Composition in Overweight Adolescent Girls. Children, 2022, 9, 21.	0.6	5
2	Physical Activity and Physical Fitness among University Studentsâ€"A Systematic Review. International Journal of Environmental Research and Public Health, 2022, 19, 158.	1.2	51
3	Effect of Neuromuscular Training Program on Quality of Life After COVID-19 Lockdown Among Young Healthy Participants: A Randomized Controlled Trial. Frontiers in Psychology, 2022, 13, 844678.	1.1	0
4	Whole-Body Vibration Effects on Flexibility in Artistic Gymnasticsâ€"A Systematic Review. Medicina (Lithuania), 2022, 58, 595.	0.8	2
5	Countermovement Jump in Female Sprinters: Kinetic Parameters and Asymmetry. Symmetry, 2022, 14, 1130.	1.1	3
6	Gym Versus Home-Based Training During Transition Period in Adolescent Soccer Players: Effects on Physical Performance. Journal of Men's Health, 2022, 18, 1.	0.1	0
7	Influence of Physical Activity on the Regulation of Disease of Elderly Persons with Metabolic Syndrome. International Journal of Environmental Research and Public Health, 2021, 18, 275.	1.2	6
8	Kinematic Analysis of 2-Point and 3-Point Jump Shot of Elite Young Male and Female Basketball Players. International Journal of Environmental Research and Public Health, 2021, 18, 934.	1.2	12
9	Relationship between Motor Competence, Physical Fitness, and Academic Achievement in Young School-Aged Children. BioMed Research International, 2021, 2021, 1-7.	0.9	10
10	Utjecaj SAQ treninga na razvoj brzine, agilnosti i eksplozivnosti nogometaÅ¡a U-12. Odgojno-obrazovne Teme, 2021, 4, 91-109.	0.0	0
11	Body Composition in Elite Soccer Players from Youth to Senior Squad. International Journal of Environmental Research and Public Health, 2021, 18, 4982.	1.2	10
12	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
13	Intensity-Modified Recreational Volleyball Training Improves Health Markers and Physical Fitness in 25â€"55-Year-Old Men. BioMed Research International, 2021, 2021, 1-9.	0.9	1
14	30â€"15 Intermittent Fitness Test: A Systematic Review of Studies, Examining the VO2max Estimation and Training Programming. Applied Sciences (Switzerland), 2021, 11, 11792.	1.3	2
15	The associations between sleep duration and sleep quality with self-rated health in young adults: a population-based study. International Journal of Adolescent Medicine and Health, 2020, 32, .	0.6	9
16	Effects of Two Different Tapering Protocols on Fitness and Physical Match Performance in Elite Junior Soccer Players. Journal of Strength and Conditioning Research, 2020, 34, 1731-1740.	1.0	6
17	Short-Term Core Strengthening Program Improves Functional Movement Score in Untrained College Students. International Journal of Environmental Research and Public Health, 2020, 17, 8669.	1.2	6
18	Reducing Aggression and Improving Physical Fitness in Adolescents Through an After-School Volleyball Program. Frontiers in Psychology, 2020, 11, 2081.	1.1	11

#	Article	IF	Citations
19	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
20	The Importance of Reactive Agility Tests in Differentiating Adolescent Soccer Players. International Journal of Environmental Research and Public Health, 2020, 17, 3839.	1.2	10
21	Sports performance as a moderator of the relationship between coping strategy and emotional intelligence. Kinesiology, 2020, 52, 281-289.	0.3	6
22	Correlation between hypermobility score and injury rate in artistic gymnastics. Journal of Sports Medicine and Physical Fitness, 2019, 59, 330-334.	0.4	7
23	Sex and age correlations of reported and estimated physical fitness in adolescents. PLoS ONE, 2019, 14, e0219217.	1.1	12
24	Domain-specific and total sedentary behaviors associated with psychological distress in older adults . Psychology Research and Behavior Management, 2019, Volume 12, 219-228.	1.3	7
25	Broad-spectrum physical fitness benefits of recreational football: a systematic review and meta-analysis. British Journal of Sports Medicine, 2019, 53, 926-939.	3.1	85
26	Exponential versus linear tapering in junior elite soccer players: effects on physical match performance according to playing positions. Montenegrin Journal of Sports Science and Medicine, 2019, 8, 17-22.	0.3	3
27	The associations of self-reported physical fitness and physical activity with sleep quality in young adults: A population-based study. Mental Health and Physical Activity, 2018, 14, 131-135.	0.9	8
28	Sleep Duration and Sleep Quality as Predictors of Health in Elderly Individuals. Sustainability, 2018, 10, 3918.	1.6	11
29	Sleep Duration and Sleep Quality Are Associated with Physical Activity in Elderly People Living in Nursing Homes. International Journal of Environmental Research and Public Health, 2018, 15, 2512.	1.2	55
30	Frequency of Dietary Intake and Physical Activity in Older Adults: A Cross-Sectional Study. Nutrients, 2018, 10, 1960.	1.7	13
31	Associations between sleep quality and its domains and insufficient physical activity in a large sample of Croatian young adults: a cross-sectional study. BMJ Open, 2018, 8, e021902.	0.8	39
32	The Associations between Sleep Duration and Sleep Quality with Body-Mass Index in a Large Sample of Young Adults. International Journal of Environmental Research and Public Health, 2018, 15, 758.	1.2	49
33	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. PeerJ, 2018, 6, e4700.	0.9	10
34	The relationship between adherence to the Mediterranean diet and body composition in Croatian university students. European Journal of Integrative Medicine, 2017, 13, 41-46.	0.8	10
35	The Influence of Familiarization on Physical Fitness Test Results in Primary School-Aged Children. Pediatric Exercise Science, 2017, 29, 278-284.	0.5	16
36	Physiological Demands, Morphological Characteristics, Physical Abilities and Injuries of Female Soccer Players. Journal of Human Kinetics, 2017, 60, 77-83.	0.7	40

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37	The Reliability of the Mediterranean Diet Quality Index (KIDMED) Questionnaire. Nutrients, 2017, 9, 419.	1.7	69
38	The Relationship between Lifestyle Factors and Body Compositionin Young Adults. International Journal of Environmental Research and Public Health, 2017, 14, 893.	1.2	26
39	Self-Reported Sleep Duration and Self-Rated Health in Young Adults. Journal of Clinical Sleep Medicine, 2017, 13, 899-904.	1.4	34
40	Calcaneus quantitative ultrasound and Body Composition in Preschool Children: Physical Activity Consideration. International Journal of Morphology, 2017, 35, 1249-1253.	0.1	0
41	Relationship Between Morphological Characteristics and Match Performance in Junior Soccer Players. International Journal of Morphology, 2017, 35, 37-41.	0.1	10
42	Reliability, Validity and Usefulness of 30â€“15 Intermittent Fitness Test in Female Soccer Players. Frontiers in Physiology, 2016, 7, 510.	1.3	31
43	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
44	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
45	Single-row arthroscopic cuff repair with double-loaded anchors provides good shoulder function in long-term follow-up. International Orthopaedics, 2015, 39, 233-240.	0.9	7
46	Effectiveness of High-Intensity Interval Training (HIT) and Continuous Endurance Training for VO2max Improvements: A Systematic Review and Meta-Analysis of Controlled Trials. Sports Medicine, 2015, 45, 1469-1481.	3.1	604
47	Is Recreational Soccer Effective for Improving $$ dot{V}{ext{O}}_{2;hbox{max} } $$ V Ë™ O 2 max ? A Systematic Review and Meta-Analysis. Sports Medicine, 2015, 45, 1339-1353.	3.1	97
48	Effects of Programmed Training on the Motor Skills of Female Basketball Players in School Sports Societies / UÄinci programiranog treninga na motoriÄke sposobnosti koÅ¡arkaÅ¡ica u Å¡kolskom sportskom druÅ¡tvu. Croatian Journal of Education, 2015, 17, .	0.2	1
49	Reliability of the Serbian version of the International Physical Activity Questionnaire for older adults. Clinical Interventions in Aging, 2014, 9, 581.	1.3	14
50	Does SAQ training improve the speed and flexibility of young soccer players? A randomized controlled trial. Human Movement Science, 2014, 38, 197-208.	0.6	10
51	A new method for assessing squash tactics using 15 court areas for ball locations. Human Movement Science, 2014, 34, 81-90.	0.6	10
52	Comparison of ventilation threshold and heart rate deflection point in fast and standard treadmill test protocols. Acta Clinica Croatica, 2014, 53, 190-203.	0.1	7
53	The effect of maternal exercise during pregnancy on abnormal fetal growth. Croatian Medical Journal, 2013, 54, 362-368.	0.2	56
54	Effects of a Twelve-Week Aerobic Dance Exercises on Body Compositions Parameters in Young Women. International Journal of Morphology, 2013, 31, 1243-1250.	0.1	11

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55	Age-related decrease in physical activity and functional fitness among elderly men and women. Clinical Interventions in Aging, 2013, 8, 549.	1.3	459
56	Relationship between Repeated Sprint Ability and Aerobic Capacity in Professional Soccer Players. Scientific World Journal, The, 2013, 2013, 1-5.	0.8	26
57	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
58	The effect of court location and available time on the tactical shot selection of elite squash players. Journal of Sports Science and Medicine, 2013, 12, 66-73.	0.7	8
59	Differences between health-related physical fitness profiles of Croatian children in urban and rural areas. Collegium Antropologicum, 2013, 37, 75-80.	0.1	14
60	How to measure muscular endurance in children: a new approach. Collegium Antropologicum, 2013, 37, 385-90.	0.1	2
61	The Effects of 6 Weeks of Preseason Skill-Based Conditioning on Physical Performance in Male Volleyball Players. Journal of Strength and Conditioning Research, 2012, 26, 1475-1480.	1.0	39
62	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
63	The Assessment of Preschool Children's Motor Skills After Familiarization with Motor Tests. Journal of Strength and Conditioning Research, 2012, 26, 1792-1798.	1.0	9
64	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
65	Biomechanical evaluation of exercises for performing a forward handspring - Case study. Journal of Human Kinetics, 2012, 34, 21-32.	0.7	1
66	The latent structure of soccer in the phases of attack and defense. Collegium Antropologicum, 2012, 36, 593-603.	0.1	1
67	How Reliable Are the Equations for Predicting Maximal Heart Rate Values in Military Personnel?. Military Medicine, 2011, 176, 347-351.	0.4	13
68	Effects of Speed, Agility, Quickness Training Method on Power Performance in Elite Soccer Players. Journal of Strength and Conditioning Research, 2011, 25, 1285-1292.	1.0	96
69	Reliability and Factorial Validity of Flexibility Tests for Team Sports. Journal of Strength and Conditioning Research, 2011, 25, 1168-1176.	1.0	28
70	Differences in Situational and Morphological Parameters between Male Soccer and Futsal - A Comparative Study. International Journal of Performance Analysis in Sport, 2011, 11, 227-238.	0.5	12
71	Impact of body composition on performance in fitness tests among personnel of the Croatian navy. Collegium Antropologicum, 2011, 35, 335-9.	0.1	17
72	Are there any differences in power performance and morphological characteristics of Croatian adolescent soccer players according to the team position?. Collegium Antropologicum, 2011, 35, 1089-94.	0.1	3

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73	Reliability and Factorial Validity of Agility Tests for Soccer Players. Journal of Strength and Conditioning Research, 2010, 24, 679-686.	1.0	158
74	Fitness profiling in handball: physical and physiological characteristics of elite players. Collegium Antropologicum, 2010, 34, 1009-14.	0.1	34
75	Fitness Profiling in Soccer: Physical and Physiologic Characteristics of Elite Players. Journal of Strength and Conditioning Research, 2009, 23, 1947-1953.	1.0	162
76	High volumeâ€low intensity exercise camp and glycemic control in diabetic children. Journal of Paediatrics and Child Health, 2008, 44, 122-128.	0.4	32
77	The Anaerobic Endurance of Elite Soccer Players Improved After a High-Intensity Training Intervention in the 8-Week Conditioning Program. Journal of Strength and Conditioning Research, 2008, 22, 559-566.	1.0	33
78	Relationship between kicking and sprinting performance. International Journal of Performance Analysis in Sport, 2007, 7, 28-35.	0.5	4
79	Self-reported confidence, attitudes and skills in practical procedures among medical students: questionnaire study. Collegium Antropologicum, 2007, 31, 683-8.	0.1	10
80	The latent structure of standard game efficiency indicators in basketball.. International Journal of Performance Analysis in Sport, 2006, 6, 120-129.	0.5	10