Michael R Esco

List of Publications by Year
in descending order

87 papers	2,063 citations	257101 24 h-index	276539 41 g-index
87 all docs	87 docs citations	87 times ranked	2098 citing authors

#	Article	IF	Citations
1	Ultra-short-term heart rate variability indexes at rest and post-exercise in athletes: evaluating the agreement with accepted recommendations. Journal of Sports Science and Medicine, 2014, 13, 535-41.	0.7	117
2	The Accuracy of Acquiring Heart Rate Variability from Portable Devices: A Systematic Review and Meta-Analysis. Sports Medicine, 2019, 49, 417-435.	3.1	109
3	Comparison of Periodized and Non-Periodized Resistance Training on Maximal Strength: A Meta-Analysis. Sports Medicine, 2017, 47, 2083-2100.	3.1	108
4	Validity of the ithleteTM Smart Phone Application for Determining Ultra-Short-Term Heart Rate Variability. Journal of Human Kinetics, 2013, 39, 85-92.	0.7	102
5	Evaluating Individual Training Adaptation With Smartphone-Derived Heart Rate Variability in a Collegiate Female Soccer Team. Journal of Strength and Conditioning Research, 2016, 30, 378-385.	1.0	86
6	Comparison of Total and Segmental Body Composition Using DXA and Multifrequency Bioimpedance in Collegiate Female Athletes. Journal of Strength and Conditioning Research, 2015, 29, 918-925.	1.0	82
7	Smartphone-Derived Heart-Rate Variability and Training Load in a Womenâ€™s Soccer Team. International Journal of Sports Physiology and Performance, 2015, 10, 994-1000.	1.1	79
8	Heart rate variability stabilization in athletes: towards more convenient data acquisition. Clinical Physiology and Functional Imaging, 2016, 36, 331-336.	0.5	77
9	Heart rate variability and psychometric responses to overload and tapering in collegiate sprint-swimmers. Journal of Science and Medicine in Sport, 2017, 20, 606-610.	0.6	68
10	Individual Heart Rate Variability Responses to Preseason Training in High Level Female Soccer Players. Journal of Strength and Conditioning Research, 2017, 31, 531-538.	1.0	66
11	Ultra-Short-Term Heart Rate Variability is Sensitive to Training Effects in Team Sports Players. Journal of Sports Science and Medicine, 2015, 14, 602-5.	0.7	62
12	Interpreting daily heart rate variability changes in collegiate female soccer players. Journal of Sports Medicine and Physical Fitness, 2017, 57, 907-915.	0.4	59
13	Electromyographic Comparison of Traditional and Suspension Push-Ups. Journal of Human Kinetics, 2013, 39, 75-83.	0.7	47
14	Monitoring weekly heart rate variability in futsal players during the preseason: the importance of maintaining high vagal activity. Journal of Sports Sciences, 2016, 34, 2262-2268.	1.0	46
15	Ultra-shortened time-domain HRV parameters at rest and following exercise in athletes: an alternative to frequency computation of sympathovagal balance. European Journal of Applied Physiology, 2018, 118, 175-184.	1.2	46
16	The relationship between resting heart rate variability and heart rate recovery. Clinical Autonomic Research, 2010, 20, 33-38.	1.4	43
17	Intraday and Interday Reliability of Ultra-Short-Term Heart Rate Variability in Rugby Union Players. Journal of Strength and Conditioning Research, 2017, 31, 548-551.	1.0	40
18	Agreement Between a Smartphone Pulse Sensor Application and Electrocardiography for Determining lnRMSSD. Journal of Strength and Conditioning Research, 2017, 31, 380-385.	1.0	34

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19	The Accuracy of Hand-to-Hand Bioelectrical Impedance Analysis in Predicting Body Composition in College-Age Female Athletes. Journal of Strength and Conditioning Research, 2011, 25, 1040-1045.	1.0	31
20	Associations of body adiposity index, waist circumference, and body mass index in young adults. Clinical Nutrition, 2019, 38, 715-720.	2.3	31
21	Heart Rate Variability Changes From Traditional vs. Ultraâ€“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
22	Skinfold Thickness is Related to Cardiovascular Autonomic Control as Assessed by Heart Rate Variability and Heart Rate Recovery. Journal of Strength and Conditioning Research, 2011, 25, 2304-2310.	1.0	29
23	Field-Based Performance Tests Are Related to Body Fat Percentage and Fat-Free Mass, But Not Body Mass Index, in Youth Soccer Players. Sports, 2018, 6, 105.	0.7	29
24	Importance of Agility Performance in Professional Futsal Players; Reliability and Applicability of Newly Developed Testing Protocols. International Journal of Environmental Research and Public Health, 2019, 16, 3246.	1.2	27
25	Age-Based Prediction of Maximal Heart Rate in Children and Adolescents: A Systematic Review and Meta-Analysis. Research Quarterly for Exercise and Sport, 2019, 90, 417-428.	0.8	25
26	Analysis of the association between isokinetic knee strength with offensive and defensive jumping capacity in high-level female volleyball athletes. Journal of Science and Medicine in Sport, 2015, 18, 613-618.	0.6	24
27	Heart Rate Variability and Training Load Among National Collegiate Athletic Association Division 1 College Football Players Throughout Spring Camp. Journal of Strength and Conditioning Research, 2018, 32, 3127-3134.	1.0	24
28	A novel method of utilizing skinfolds and bioimpedance for determining body fat percentage via a field-based three-compartment model. European Journal of Clinical Nutrition, 2018, 72, 1431-1438.	1.3	23
29	Comparison of Body Composition Variables Across a Large Sample of National Collegiate Athletic Association Women Athletes From 6 Competitive Sports. Journal of Strength and Conditioning Research, 2018, 32, 2452-2457.	1.0	23
30	Adequacy of the Ultra-Short-Term HRV to Assess Adaptive Processes in Youth Female Basketball Players. Journal of Human Kinetics, 2017, 56, 73-80.	0.7	21
31	Celiac Disease and Bone Health in Children and Adolescents: A Systematic Review and Meta-Analysis. Journal of Clinical Densitometry, 2020, 23, 200-211.	0.5	21
32	The Accuracy of the Body Adiposity Index for Predicting Body Fat Percentage in Collegiate Female Athletes. Journal of Strength and Conditioning Research, 2013, 27, 1679-1683.	1.0	20
33	Validity of BMI-Based Body Fat Equations in Men and Women: A 4-Compartment Model Comparison. Journal of Strength and Conditioning Research, 2018, 32, 121-129.	1.0	20
34	Reliability, Validity, and Applicability of Isolated and Combined Sport-Specific Tests of Conditioning Capacities in Top-Level Junior Water Polo Athletes. Journal of Strength and Conditioning Research, 2014, 28, 1595-1605.	1.0	19
35	Acute Photobiomodulation by LED Does Not Alter Muscle Fatigue and Cycling Performance. Medicine and Science in Sports and Exercise, 2020, 52, 2448-2458.	0.2	19
36	Heart rate variability and recovery as predictors of elite, African, male badminton playersâ€™ performance levels. International Journal of Performance Analysis in Sport, 2018, 18, 1-16.	0.5	18

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37	Validity of Selected Bioimpedance Equations for Estimating Body Composition in Men and Women: A Four-Compartment Model Comparison. Journal of Strength and Conditioning Research, 2017, 31, 1963-1972.	1.0	16
38	Association between Subjective Indicators of Recovery Status and Heart Rate Variability among Divison-1 Sprint-Swimmers. Sports, 2018, 6, 93.	0.7	16
39	Agreement between supine and standing bioimpedance spectroscopy devices and dualâ€energy Xâ€ray absorptiometry for body composition determination. Clinical Physiology and Functional Imaging, 2019, 39, 355-361.	0.5	16
40	Validity of Field and Laboratory Three-Compartment Models in Healthy Adults. Medicine and Science in Sports and Exercise, 2019, 51, 1032-1039.	0.2	16
41	Relative accuracy of body adiposity index and relative fat mass in participants with and without down syndrome. European Journal of Clinical Nutrition, 2019, 73, 1117-1121.	1.3	16
42	Validity of the body adiposity index in adults with Down syndrome. Research in Developmental Disabilities, 2015, 38, 92-96.	1.2	15
43	The association between body-built and injury occurrence in pre-professional ballet dancers â€“ Separated analysis for the injured body-locations. International Journal of Occupational Medicine and Environmental Health, 2017, 30, 151-159.	0.6	15
44	Effects of exercise on symptoms, vestibular/ocular motor screening and postural stability in a college-aged sample. Concussion, 2020, 5, CNC73.	1.2	14
45	Tracking Changes in Maximal Oxygen Consumption with the Heart Rate Index in Female Collegiate Soccer Players. Journal of Human Kinetics, 2014, 42, 103-111.	0.7	12
46	Cross-Validation of Age-Predicted Maximal Heart Rate Equations Among Female Collegiate Athletes. Journal of Strength and Conditioning Research, 2015, 29, 3053-3059.	1.0	12
47	The Validity of Relative Fat Mass and Body Adiposity Index as Measures of Body Composition in Healthy Adults. Measurement in Physical Education and Exercise Science, 2020, 24, 137-146.	1.3	11
48	Impact of Measured vs. Predicted Residual Lung Volume on Body Fat Percentage Using Underwater Weighing and 4-Compartment Model. Journal of Strength and Conditioning Research, 2017, 31, 2519-2527.	1.0	10
49	Cardiac-Autonomic Responses to In-Season Training Among Division-1 College Football Players. Journal of Strength and Conditioning Research, 2020, 34, 1649-1656.	1.0	10
50	The relative accuracy of skinfolds compared to four-compartment estimates of body composition. Clinical Nutrition, 2020, 39, 1112-1116.	2.3	10
51	Validity of Smartphone Heart Rate Variability Pre- and Post-Resistance Exercise. Sensors, 2020, 20, 5738.	2.1	10
52	Postexercise heart rate variability following treadmill and cycle exercise: a comparison study. Clinical Physiology and Functional Imaging, 2017, 37, 322-327.	0.5	9
53	Electromyographical Comparison of a Traditional, Suspension Device, and Towel Pull-Up. Journal of Human Kinetics, 2017, 58, 5-13.	0.7	9
54	Fat-free mass characteristics of Hispanic adults: Comparisons with non-Hispanic Caucasians and cadaver reference values. Clinical Nutrition, 2020, 39, 3080-3085.	2.3	9

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55	Does firefightersâ€™ physical fitness influence their cardiac parasympathetic reactivation? Analysis with post-exercise heart rate variability and ultra-short-term measures. International Journal of Occupational Safety and Ergonomics, 2022, 28, 153-161.	1.1	9
56	Validity of a 3-compartment body composition model using body volume derived from a novel 2-dimensional image analysis program. European Journal of Clinical Nutrition, 2022, 76, 111-118.	1.3	8
57	Accuracy of a Mobile 2D Imaging System for Body Volume and Subsequent Composition Estimates in a Three-Compartment Model. Medicine and Science in Sports and Exercise, 2021, 53, 1003-1009.	0.2	8
58	Agreement of BMI-Based Equations and DXA in Determining Body-Fat Percentage in Adults With Down Syndrome. Adapted Physical Activity Quarterly, 2016, 33, 89-96.	0.6	7
59	Daily Heart Rate Variability before and after Concussion in an American College Football Player. Sports, 2019, 7, 97.	0.7	7
60	The effects of different body positions on the accuracy of ultra-short-term heart rate variability indexes. Journal of High Technology Management Research, 2020, 31, 100375.	2.7	7
61	Examining Race-Related Error in Two-Compartment Models of Body Composition Assessment: A Systematic Review and Meta-Analysis. Journal of Clinical Densitometry, 2021, 24, 156-168.	0.5	7
62	Effects of Seasonal Training Load on Performance and Illness Symptoms in Water Polo. Journal of Strength and Conditioning Research, 2020, 34, 406-413.	1.0	6
63	Bench Press Load-Velocity Profiles and Strength After Overload and Taper Microcyles in Male Powerlifters. Journal of Strength and Conditioning Research, 2020, 34, 3338-3345.	1.0	6
64	Relationship between Autonomic Markers of Heart Rate and Subjective Indicators of Recovery Status in Male, Elite Badminton Players. Journal of Sports Science and Medicine, 2016, 15, 658-669.	0.7	6
65	Age-Predicted Maximal Heart Rate Equations Are Inaccurate for Use in Youth Male Soccer Players. Pediatric Exercise Science, 2018, 30, 495-499.	0.5	5
66	Development of a Body Mass Indexâ€“based Body Fat Equation: Effect of Handgrip Strength. Medicine and Science in Sports and Exercise, 2020, 52, 2459-2465.	0.2	5
67	Development of a dual-energy X-ray absorptiometry-derived body volume equation in Hispanic adults for administering a four-compartment model. British Journal of Nutrition, 2020, 123, 1373-1381.	1.2	5
68	Balance, Basic Anthropometrics and Performance in Young Alpine Skiers; Longitudinal Analysis of the Associations During Two Competitive Seasons. Journal of Human Kinetics, 2017, 57, 7-16.	0.7	5
69	Comparison of bioelectrical impedance and DXA for measuring body composition among adults with Down syndrome. Disability and Health Journal, 2017, 10, 548-551.	1.6	4
70	Heart Rate Variability and Stress Recovery Responses during a Training Camp in Elite Young Canoe Sprint Athletes. Sports, 2019, 7, 126.	0.7	4
71	Compliance of self-measured HRV using smartphone applications in collegiate athletes. Journal of High Technology Management Research, 2020, 31, 100376.	2.7	4
72	Relationships between Workload, Heart Rate Variability, and Performance in a Recreational Endurance Runner. Journal of Functional Morphology and Kinesiology, 2021, 6, 30.	1.1	4

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73	Utilizing a Novel 2D Image Processing System for Relating Body Composition Metrics to Performance in Collegiate Female Rowers. International Journal of Environmental Research and Public Health, 2021, 18, 2413.	1.2	4
74	Effects of Heat Exposure on Body Water Assessed using Single-Frequency Bioelectrical Impedance Analysis and Bioimpedance Spectroscopy. International Journal of Exercise Science, 2017, 10, 1085-1093.	0.5	4
75	Agreement Between A 2-Dimensional Digital Image-Based 3-Compartment Body Composition Model and Dual Energy X-Ray Absorptiometry for The Estimation of Relative Adiposity. Journal of Clinical Densitometry, 2022, 25, 244-251.	0.5	3
76	Authorâ€™s Reply to Nunes et al.: Comment on: â€œComparison of Periodized and Non-Periodized Resistance Training on Maximal Strength: A Meta-Analysisâ€. Sports Medicine, 2018, 48, 495-496.	3.1	2
77	Profiles of Heart Rate Variability and Bar Velocity after Resistance Exercise. Medicine and Science in Sports and Exercise, 2020, 52, 1825-1833.	0.2	2
78	Generalized Equations for Predicting Percent Body Fat from Anthropometric Measures Using a Criterion Five-Compartment Model. Medicine and Science in Sports and Exercise, 2021, 53, 2675-2682.	0.2	2
79	The Predictability of Peak Oxygen Consumption Using Submaximal Ratings of Perceived Exertion in Adolescents. International Journal of Exercise Science, 2018, 11, 1173-1183.	0.5	2
80	Authorsâ€™ reply to Medeiros et al.: Make it easier! Evaluation of the â€˜vagal-sympathetic effectâ€™ in different conditions with Râ€“R intervals monitoring. European Journal of Applied Physiology, 2018, 118, 1289-1290.	1.2	1
81	Heart Rate Variability Responses to an Undulating Resistance Training Program in Free-Living Conditions: A Case Study in a Collegiate Athlete. Sports, 2018, 6, 121.	0.7	1
82	Comparison of Heart Rate Variability Responses to Varying Resistance Exercise Volume-Loads. Research Quarterly for Exercise and Sport, 2022, 93, 391-400.	0.8	1
83	Validity of Wearable Electromyographical Compression Shorts to Predict Lactate Threshold During Incremental Exercise in Healthy Subjects. Journal of Strength and Conditioning Research, 2021, 35, 702-708.	1.0	1
84	Inter- and Intra-Day Comparisons of Smartphone-Derived Heart Rate Variability across Resistance Training Overload and Taper Microcycles. International Journal of Environmental Research and Public Health, 2021, 18, 177.	1.2	1
85	Internal Training Load Measures During a Competitive Season in Collegiate Women Lacrosse Athletes. International Journal of Exercise Science, 2020, 13, 778-788.	0.5	1
86	Are there relantionship between internal and external load of aerobic training with heart rate variability in women?. Journal of Physical Education (Maringa), 2021, 31, .	0.1	0
87	Prediction of underwater residual lung volume in healthy men and women. Clinical Physiology and Functional Imaging, 2021, 41, 434-442.	0.5	0