

Michael R Esco

List of Publications by Year in descending order

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Version: 2024-02-01

87
papers

2,063
citations

257101

24
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276539

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all docs

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docs citations

87
times ranked

2098
citing authors

#	ARTICLE	IF	CITATIONS
1	Comparison of Heart Rate Variability Responses to Varying Resistance Exercise Volume-Loads. <i>Research Quarterly for Exercise and Sport</i> , 2022, 93, 391-400.	0.8	1
2	Does firefighters' physical fitness influence their cardiac parasympathetic reactivation? Analysis with post-exercise heart rate variability and ultra-short-term measures. <i>International Journal of Occupational Safety and Ergonomics</i> , 2022, 28, 153-161.	1.1	9
3	Validity of a 3-compartment body composition model using body volume derived from a novel 2-dimensional image analysis program. <i>European Journal of Clinical Nutrition</i> , 2022, 76, 111-118.	1.3	8
4	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. <i>Journal of Clinical Densitometry</i> , 2022, 25, 244-251.	0.5	3
5	Are there relationship between internal and external load of aerobic training with heart rate variability in women?. <i>Journal of Physical Education (Maringa)</i> , 2021, 31, .	0.1	0
6	Validity of Wearable Electromyographical Compression Shorts to Predict Lactate Threshold During Incremental Exercise in Healthy Subjects. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 702-708.	1.0	1
7	Examining Race-Related Error in Two-Compartment Models of Body Composition Assessment: A Systematic Review and Meta-Analysis. <i>Journal of Clinical Densitometry</i> , 2021, 24, 156-168.	0.5	7
8	Relationships between Workload, Heart Rate Variability, and Performance in a Recreational Endurance Runner. <i>Journal of Functional Morphology and Kinesiology</i> , 2021, 6, 30.	1.1	4
9	Utilizing a Novel 2D Image Processing System for Relating Body Composition Metrics to Performance in Collegiate Female Rowers. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 2413.	1.2	4
10	Prediction of underwater residual lung volume in healthy men and women. <i>Clinical Physiology and Functional Imaging</i> , 2021, 41, 434-442.	0.5	0
11	Generalized Equations for Predicting Percent Body Fat from Anthropometric Measures Using a Criterion Five-Compartment Model. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 2675-2682.	0.2	2
12	Accuracy of a Mobile 2D Imaging System for Body Volume and Subsequent Composition Estimates in a Three-Compartment Model. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 1003-1009.	0.2	8
13	Inter- and Intra-Day Comparisons of Smartphone-Derived Heart Rate Variability across Resistance Training Overload and Taper Microcycles. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 177.	1.2	1
14	Cardiac-Autonomic Responses to In-Season Training Among Division-1 College Football Players. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1649-1656.	1.0	10
15	Heart Rate Variability Changes From Traditional vs. Ultra-Short-Term Recordings in Relation to Preseason Training Load and Performance in Futsal Players. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 2974-2981.	1.0	30
16	The relative accuracy of skinfolds compared to four-compartment estimates of body composition. <i>Clinical Nutrition</i> , 2020, 39, 1112-1116.	2.3	10
17	Celiac Disease and Bone Health in Children and Adolescents: A Systematic Review and Meta-Analysis. <i>Journal of Clinical Densitometry</i> , 2020, 23, 200-211.	0.5	21
18	Effects of Seasonal Training Load on Performance and Illness Symptoms in Water Polo. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 406-413.	1.0	6

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19	Development of a Body Mass Index-based Body Fat Equation: Effect of Handgrip Strength. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 2459-2465.	0.2	5
20	Validity of Smartphone Heart Rate Variability Pre- and Post-Resistance Exercise. <i>Sensors</i> , 2020, 20, 5738.	2.1	10
21	Acute Photobiomodulation by LED Does Not Alter Muscle Fatigue and Cycling Performance. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 2448-2458.	0.2	19
22	Profiles of Heart Rate Variability and Bar Velocity after Resistance Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 1825-1833.	0.2	2
23	Bench Press Load-Velocity Profiles and Strength After Overload and Taper Microcycles in Male Powerlifters. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 3338-3345.	1.0	6
24	Effects of exercise on symptoms, vestibular/ocular motor screening and postural stability in a college-aged sample. <i>Concussion</i> , 2020, 5, CNC73.	1.2	14
25	The effects of different body positions on the accuracy of ultra-short-term heart rate variability indexes. <i>Journal of High Technology Management Research</i> , 2020, 31, 100375.	2.7	7
26	Compliance of self-measured HRV using smartphone applications in collegiate athletes. <i>Journal of High Technology Management Research</i> , 2020, 31, 100376.	2.7	4
27	Development of a dual-energy X-ray absorptiometry-derived body volume equation in Hispanic adults for administering a four-compartment model. <i>British Journal of Nutrition</i> , 2020, 123, 1373-1381.	1.2	5
28	Fat-free mass characteristics of Hispanic adults: Comparisons with non-Hispanic Caucasians and cadaver reference values. <i>Clinical Nutrition</i> , 2020, 39, 3080-3085.	2.3	9
29	The Validity of Relative Fat Mass and Body Adiposity Index as Measures of Body Composition in Healthy Adults. <i>Measurement in Physical Education and Exercise Science</i> , 2020, 24, 137-146.	1.3	11
30	Internal Training Load Measures During a Competitive Season in Collegiate Women Lacrosse Athletes. <i>International Journal of Exercise Science</i> , 2020, 13, 778-788.	0.5	1
31	Agreement between supine and standing bioimpedance spectroscopy devices and dual-energy X-ray absorptiometry for body composition determination. <i>Clinical Physiology and Functional Imaging</i> , 2019, 39, 355-361.	0.5	16
32	Importance of Agility Performance in Professional Futsal Players; Reliability and Applicability of Newly Developed Testing Protocols. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 3246.	1.2	27
33	The Accuracy of Acquiring Heart Rate Variability from Portable Devices: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2019, 49, 417-435.	3.1	109
34	Heart Rate Variability and Stress Recovery Responses during a Training Camp in Elite Young Canoe Sprint Athletes. <i>Sports</i> , 2019, 7, 126.	0.7	4
35	Age-Based Prediction of Maximal Heart Rate in Children and Adolescents: A Systematic Review and Meta-Analysis. <i>Research Quarterly for Exercise and Sport</i> , 2019, 90, 417-428.	0.8	25
36	Daily Heart Rate Variability before and after Concussion in an American College Football Player. <i>Sports</i> , 2019, 7, 97.	0.7	7

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37	Validity of Field and Laboratory Three-Compartment Models in Healthy Adults. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 1032-1039.	0.2	16
38	Relative accuracy of body adiposity index and relative fat mass in participants with and without down syndrome. <i>European Journal of Clinical Nutrition</i> , 2019, 73, 1117-1121.	1.3	16
39	Associations of body adiposity index, waist circumference, and body mass index in young adults. <i>Clinical Nutrition</i> , 2019, 38, 715-720.	2.3	31
40	Authors'™ reply to Medeiros et al.: Make it easier! Evaluation of the "vagal-sympathetic effect"™ in different conditions with R" intervals monitoring. <i>European Journal of Applied Physiology</i> , 2018, 118, 1289-1290.	1.2	1
41	Heart rate variability and recovery as predictors of elite, African, male badminton players'™ performance levels. <i>International Journal of Performance Analysis in Sport</i> , 2018, 18, 1-16.	0.5	18
42	A novel method of utilizing skinfolds and bioimpedance for determining body fat percentage via a field-based three-compartment model. <i>European Journal of Clinical Nutrition</i> , 2018, 72, 1431-1438.	1.3	23
43	Age-Predicted Maximal Heart Rate Equations Are Inaccurate for Use in Youth Male Soccer Players. <i>Pediatric Exercise Science</i> , 2018, 30, 495-499.	0.5	5
44	Validity of BMI-Based Body Fat Equations in Men and Women: A 4-Compartment Model Comparison. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 121-129.	1.0	20
45	Heart Rate Variability and Training Load Among National Collegiate Athletic Association Division 1 College Football Players Throughout Spring Camp. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 3127-3134.	1.0	24
46	Author's™ Reply to Nunes et al.: Comment on: "Comparison of Periodized and Non-Periodized Resistance Training on Maximal Strength: A Meta-Analysis" Sports Medicine, 2018, 48, 495-496.	3.1	2
47	Comparison of Body Composition Variables Across a Large Sample of National Collegiate Athletic Association Women Athletes From 6 Competitive Sports. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 2452-2457.	1.0	23
48	Ultra-shortened time-domain HRV parameters at rest and following exercise in athletes: an alternative to frequency computation of sympathovagal balance. <i>European Journal of Applied Physiology</i> , 2018, 118, 175-184.	1.2	46
49	Field-Based Performance Tests Are Related to Body Fat Percentage and Fat-Free Mass, But Not Body Mass Index, in Youth Soccer Players. <i>Sports</i> , 2018, 6, 105.	0.7	29
50	Heart Rate Variability Responses to an Undulating Resistance Training Program in Free-Living Conditions: A Case Study in a Collegiate Athlete. <i>Sports</i> , 2018, 6, 121.	0.7	1
51	Association between Subjective Indicators of Recovery Status and Heart Rate Variability among Divison-1 Sprint-Swimmers. <i>Sports</i> , 2018, 6, 93.	0.7	16
52	The Predictability of Peak Oxygen Consumption Using Submaximal Ratings of Perceived Exertion in Adolescents. <i>International Journal of Exercise Science</i> , 2018, 11, 1173-1183.	0.5	2
53	Postexercise heart rate variability following treadmill and cycle exercise: a comparison study. <i>Clinical Physiology and Functional Imaging</i> , 2017, 37, 322-327.	0.5	9
54	Individual Heart Rate Variability Responses to Preseason Training in High Level Female Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 531-538.	1.0	66

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55	Comparison of Periodized and Non-Periodized Resistance Training on Maximal Strength: A Meta-Analysis. <i>Sports Medicine</i> , 2017, 47, 2083-2100.	3.1	108
56	Comparison of bioelectrical impedance and DXA for measuring body composition among adults with Down syndrome. <i>Disability and Health Journal</i> , 2017, 10, 548-551.	1.6	4
57	Impact of Measured vs. Predicted Residual Lung Volume on Body Fat Percentage Using Underwater Weighing and 4-Compartment Model. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 2519-2527.	1.0	10
58	Validity of Selected Bioimpedance Equations for Estimating Body Composition in Men and Women: A Four-Compartment Model Comparison. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 1963-1972.	1.0	16
59	Adequacy of the Ultra-Short-Term HRV to Assess Adaptive Processes in Youth Female Basketball Players. <i>Journal of Human Kinetics</i> , 2017, 56, 73-80.	0.7	21
60	Intraday and Interday Reliability of Ultra-Short-Term Heart Rate Variability in Rugby Union Players. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 548-551.	1.0	40
61	Agreement Between a Smartphone Pulse Sensor Application and Electrocardiography for Determining lnRMSSD. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 380-385.	1.0	34
62	Electromyographical Comparison of a Traditional, Suspension Device, and Towel Pull-Up. <i>Journal of Human Kinetics</i> , 2017, 58, 5-13.	0.7	9
63	Heart rate variability and psychometric responses to overload and tapering in collegiate sprint-swimmers. <i>Journal of Science and Medicine in Sport</i> , 2017, 20, 606-610.	0.6	68
64	Interpreting daily heart rate variability changes in collegiate female soccer players. <i>Journal of Sports Medicine and Physical Fitness</i> , 2017, 57, 907-915.	0.4	59
65	The association between body-built and injury occurrence in pre-professional ballet dancers “Separated analysis for the injured body-locations. <i>International Journal of Occupational Medicine and Environmental Health</i> , 2017, 30, 151-159.	0.6	15
66	Balance, Basic Anthropometrics and Performance in Young Alpine Skiers; Longitudinal Analysis of the Associations During Two Competitive Seasons. <i>Journal of Human Kinetics</i> , 2017, 57, 7-16.	0.7	5
67	Effects of Heat Exposure on Body Water Assessed using Single-Frequency Bioelectrical Impedance Analysis and Bioimpedance Spectroscopy. <i>International Journal of Exercise Science</i> , 2017, 10, 1085-1093.	0.5	4
68	Evaluating Individual Training Adaptation With Smartphone-Derived Heart Rate Variability in a Collegiate Female Soccer Team. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 378-385.	1.0	86
69	Monitoring weekly heart rate variability in futsal players during the preseason: the importance of maintaining high vagal activity. <i>Journal of Sports Sciences</i> , 2016, 34, 2262-2268.	1.0	46
70	Agreement of BMI-Based Equations and DXA in Determining Body-Fat Percentage in Adults With Down Syndrome. <i>Adapted Physical Activity Quarterly</i> , 2016, 33, 89-96.	0.6	7
71	Heart rate variability stabilization in athletes: towards more convenient data acquisition. <i>Clinical Physiology and Functional Imaging</i> , 2016, 36, 331-336.	0.5	77
72	Relationship between Autonomic Markers of Heart Rate and Subjective Indicators of Recovery Status in Male, Elite Badminton Players. <i>Journal of Sports Science and Medicine</i> , 2016, 15, 658-669.	0.7	6

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73	Smartphone-Derived Heart-Rate Variability and Training Load in a Women's Soccer Team. <i>International Journal of Sports Physiology and Performance</i> , 2015, 10, 994-1000.	1.1	79
74	Cross-Validation of Age-Predicted Maximal Heart Rate Equations Among Female Collegiate Athletes. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 3053-3059.	1.0	12
75	Validity of the body adiposity index in adults with Down syndrome. <i>Research in Developmental Disabilities</i> , 2015, 38, 92-96.	1.2	15
76	Comparison of Total and Segmental Body Composition Using DXA and Multifrequency Bioimpedance in Collegiate Female Athletes. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 918-925.	1.0	82
77	Analysis of the association between isokinetic knee strength with offensive and defensive jumping capacity in high-level female volleyball athletes. <i>Journal of Science and Medicine in Sport</i> , 2015, 18, 613-618.	0.6	24
78	Ultra-Short-Term Heart Rate Variability is Sensitive to Training Effects in Team Sports Players. <i>Journal of Sports Science and Medicine</i> , 2015, 14, 602-5.	0.7	62
79	Reliability, Validity, and Applicability of Isolated and Combined Sport-Specific Tests of Conditioning Capacities in Top-Level Junior Water Polo Athletes. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 1595-1605.	1.0	19
80	Tracking Changes in Maximal Oxygen Consumption with the Heart Rate Index in Female Collegiate Soccer Players. <i>Journal of Human Kinetics</i> , 2014, 42, 103-111.	0.7	12
81	Ultra-short-term heart rate variability indexes at rest and post-exercise in athletes: evaluating the agreement with accepted recommendations. <i>Journal of Sports Science and Medicine</i> , 2014, 13, 535-41.	0.7	117
82	Electromyographic Comparison of Traditional and Suspension Push-Ups. <i>Journal of Human Kinetics</i> , 2013, 39, 75-83.	0.7	47
83	Validity of the athlete™ Smart Phone Application for Determining Ultra-Short-Term Heart Rate Variability. <i>Journal of Human Kinetics</i> , 2013, 39, 85-92.	0.7	102
84	The Accuracy of the Body Adiposity Index for Predicting Body Fat Percentage in Collegiate Female Athletes. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 1679-1683.	1.0	20
85	Skinfold Thickness is Related to Cardiovascular Autonomic Control as Assessed by Heart Rate Variability and Heart Rate Recovery. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 2304-2310.	1.0	29
86	The Accuracy of Hand-to-Hand Bioelectrical Impedance Analysis in Predicting Body Composition in College-Age Female Athletes. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 1040-1045.	1.0	31
87	The relationship between resting heart rate variability and heart rate recovery. <i>Clinical Autonomic Research</i> , 2010, 20, 33-38.	1.4	43