

Zhaowei Kong

List of Publications by Year in descending order

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Version: 2024-02-01

67
papers

1,247
citations

430843

18
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454934

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69
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docs citations

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times ranked

1411
citing authors

| # | ARTICLE | IF | CITATIONS |
|----|--|-----|-----------|
| 1 | Comparison of High-Intensity Interval Training and Moderate-to-Vigorous Continuous Training for Cardiometabolic Health and Exercise Enjoyment in Obese Young Women: A Randomized Controlled Trial. <i>PLoS ONE</i> , 2016, 11, e0158589. | 2.5 | 129 |
| 2 | Mental health problems among Chinese adolescents during the COVID-19: The importance of nutrition and physical activity. <i>International Journal of Clinical and Health Psychology</i> , 2021, 21, 100218. | 5.1 | 120 |
| 3 | Short-Term High-Intensity Interval Training on Body Composition and Blood Glucose in Overweight and Obese Young Women. <i>Journal of Diabetes Research</i> , 2016, 2016, 1-9. | 2.3 | 77 |
| 4 | Normobaric hypoxia training causes more weight loss than normoxia training after a 4-week residential camp for obese young adults. <i>Sleep and Breathing</i> , 2014, 18, 591-597. | 1.7 | 63 |
| 5 | Effects of Acute and Chronic Exercises on Executive Function in Children and Adolescents: A Systemic Review and Meta-Analysis. <i>Frontiers in Psychology</i> , 2020, 11, 554915. | 2.1 | 52 |
| 6 | Chen-Style Tai Chi for Individuals (Aged 50 Years Old or Above) with Chronic Non-Specific Low Back Pain: A Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 517. | 2.6 | 43 |
| 7 | Twelve weeks of low volume sprint interval training improves cardio-metabolic health outcomes in overweight females. <i>Journal of Sports Sciences</i> , 2019, 37, 1257-1264. | 2.0 | 42 |
| 8 | Superior Effects of Modified Chen-Style Tai Chi versus 24-Style Tai Chi on Cognitive Function, Fitness, and Balance Performance in Adults over 55. <i>Brain Sciences</i> , 2019, 9, 102. | 2.3 | 34 |
| 9 | Does exercise have a protective effect on cognitive function under hypoxia? A systematic review with meta-analysis. <i>Journal of Sport and Health Science</i> , 2020, 9, 562-577. | 6.5 | 33 |
| 10 | Effects of Short-Term Resistance Training on Serum Leptin Levels in Obese Adolescents. <i>Journal of Exercise Science and Fitness</i> , 2010, 8, 54-60. | 2.2 | 28 |
| 11 | Exercise training-induced visceral fat loss in obese women: The role of training intensity and modality. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 30-43. | 2.9 | 28 |
| 12 | Sex differences in release of cardiac troponin T after endurance exercise. <i>Biomarkers</i> , 2017, 22, 345-350. | 1.9 | 27 |
| 13 | High-Intensity Interval Training in Normobaric Hypoxia Improves Cardiorespiratory Fitness in Overweight Chinese Young Women. <i>Frontiers in Physiology</i> , 2017, 8, 175. | 2.8 | 27 |
| 14 | Comparing Time Efficiency of Sprint vs. High-Intensity Interval Training in Reducing Abdominal Visceral Fat in Obese Young Women: A Randomized, Controlled Trial. <i>Frontiers in Physiology</i> , 2018, 9, 1048. | 2.8 | 27 |
| 15 | The Effects of Tai Chi on Markers of Atherosclerosis, Lower-limb Physical Function, and Cognitive Ability in Adults Aged Over 60: A Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 753. | 2.6 | 27 |
| 16 | Tai Chi as an Alternative Exercise to Improve Physical Fitness for Children and Adolescents with Intellectual Disability. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 1152. | 2.6 | 27 |
| 17 | Regular Tai Chi Practice Is Associated With Improved Memory as Well as Structural and Functional Alterations of the Hippocampus in the Elderly. <i>Frontiers in Aging Neuroscience</i> , 2020, 12, 586770. | 3.4 | 25 |
| 18 | Non-Energy-Restricted Low-Carbohydrate Diet Combined with Exercise Intervention Improved Cardiometabolic Health in Overweight Chinese Females. <i>Nutrients</i> , 2019, 11, 3051. | 4.1 | 23 |

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|----|--|-----|-----------|
| 19 | Mind-Body Exercise (Wuqinxi) for Patients with Chronic Obstructive Pulmonary Disease: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 72. | 2.6 | 21 |
| 20 | Qigong-Based Therapy for Treating Adults with Major Depressive Disorder: A Meta-Analysis of Randomized Controlled Trials. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 826. | 2.6 | 21 |
| 21 | Impact of high-intensity interval training and moderate-intensity continuous training on resting and postexercise cardiac troponin T concentration. <i>Experimental Physiology</i> , 2018, 103, 370-380. | 2.0 | 20 |
| 22 | Short-Term Ketogenic Diet Improves Abdominal Obesity in Overweight/Obese Chinese Young Females. <i>Frontiers in Physiology</i> , 2020, 11, 856. | 2.8 | 19 |
| 23 | Effects of High-Intensity Interval vs. Moderate-Intensity Continuous Training on Cardiac Rehabilitation in Patients With Cardiovascular Disease: A Systematic Review and Meta-Analysis. <i>Frontiers in Cardiovascular Medicine</i> , 2022, 9, 845225. | 2.4 | 19 |
| 24 | Influence of recovery duration during 6-s sprint interval exercise on time spent at high rates of oxygen uptake. <i>Journal of Exercise Science and Fitness</i> , 2018, 16, 16-20. | 2.2 | 18 |
| 25 | Effects of Basketball and Baduanjin Exercise Interventions on Problematic Smartphone Use and Mental Health among College Students: A Randomized Controlled Trial. <i>Evidence-based Complementary and Alternative Medicine</i> , 2021, 2021, 1-12. | 1.2 | 18 |
| 26 | Cognitive Impact of Calorie Restriction: A Narrative Review. <i>Journal of the American Medical Directors Association</i> , 2020, 21, 1394-1401. | 2.5 | 17 |
| 27 | Physical Activity and Inhibitory Control: The Mediating Role of Sleep Quality and Sleep Efficiency. <i>Brain Sciences</i> , 2021, 11, 664. | 2.3 | 17 |
| 28 | Acute changes in glycemic homeostasis in response to brief high-intensity intermittent exercise in obese adults. <i>Journal of Exercise Science and Fitness</i> , 2012, 10, 97-100. | 2.2 | 14 |
| 29 | Severe Hypoxia Does Not Offset the Benefits of Exercise on Cognitive Function in Sedentary Young Women. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 1003. | 2.6 | 14 |
| 30 | The Effects of High-Intensity Interval Exercise and Hypoxia on Cognition in Sedentary Young Adults. <i>Medicina (Lithuania)</i> , 2019, 55, 43. | 2.0 | 14 |
| 31 | Serum Oxidant and Antioxidant Status Following an All-Out 21-km Run in Adolescent Runners Undergoing Professional Training—A One-Year Prospective Trial. <i>International Journal of Molecular Sciences</i> , 2013, 14, 15167-15178. | 4.1 | 13 |
| 32 | Brain Structure, Cardiorespiratory Fitness, and Executive Control Changes after a 9-Week Exercise Intervention in Young Adults: A Randomized Controlled Trial. <i>Life</i> , 2021, 11, 292. | 2.4 | 13 |
| 33 | Interval training causes the same exercise enjoyment as moderate-intensity training to improve cardiorespiratory fitness and body composition in young Chinese women with elevated BMI. <i>Journal of Sports Sciences</i> , 2021, 39, 1677-1686. | 2.0 | 12 |
| 34 | Effects of Low-Carbohydrate Diet and Exercise Training on Gut Microbiota. <i>Frontiers in Nutrition</i> , 2022, 9, 884550. | 3.7 | 12 |
| 35 | The impact of high-intensity interval training on the cTnT response to acute exercise in sedentary obese young women. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2019, 29, 160-170. | 2.9 | 10 |
| 36 | The influence of basketball dribbling on repeated high-intensity intermittent runs. <i>Journal of Exercise Science and Fitness</i> , 2015, 13, 117-122. | 2.2 | 8 |

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|----|--|-----|-----------|
| 37 | Effects of Acute Normobaric Hypoxia on Memory Interference. <i>Brain Sciences</i> , 2019, 9, 323. | 2.3 | 8 |
| 38 | The impact of exercise modality and menstrual cycle phase on circulating cardiac troponin T. <i>Journal of Science and Medicine in Sport</i> , 2020, 23, 309-314. | 1.3 | 8 |
| 39 | Affective and Enjoyment Responses to Short-Term High-Intensity Interval Training with Low-Carbohydrate Diet in Overweight Young Women. <i>Nutrients</i> , 2020, 12, 442. | 4.1 | 8 |
| 40 | Carbohydrate Restriction with or without Exercise Training Improves Blood Pressure and Insulin Sensitivity in Overweight Women. <i>Healthcare (Switzerland)</i> , 2021, 9, 637. | 2.0 | 8 |
| 41 | The Policies and Practice of Preschoolers' Outdoor Play: A Chinese Perspective on Greeting the Millennium. <i>Childhood Education</i> , 2014, 90, 202-211. | 0.1 | 7 |
| 42 | Cardiac autonomic disturbance following sprint-interval exercise in untrained young males: Does exercise volume matter?. <i>Journal of Exercise Science and Fitness</i> , 2022, 20, 32-39. | 2.2 | 7 |
| 43 | Chinese preschool children's physical fitness, motor competence, executive functioning, and receptive language, math, and science performance in Kindergarten. <i>Children and Youth Services Review</i> , 2022, 136, 106397. | 1.9 | 7 |
| 44 | Neurobehavioral mechanisms underlying the effects of physical exercise break on episodic memory during prolonged sitting. <i>Complementary Therapies in Clinical Practice</i> , 2022, 48, 101553. | 1.7 | 7 |
| 45 | High-intensity interval exercise lowers postprandial glucose concentrations more in obese adults than lean adults. <i>Primary Care Diabetes</i> , 2019, 13, 568-573. | 1.8 | 6 |
| 46 | Family Physical Activities Choice, Parental Views of Physical Activities, and Chinese Preschool Children's Physical Fitness and Motor Development. <i>Early Childhood Education Journal</i> , 2022, 50, 841-853. | 2.7 | 6 |
| 47 | 20 Hz Transcranial Alternating Current Stimulation Inhibits Observation-Execution-Related Motor Cortex Excitability. <i>Journal of Personalized Medicine</i> , 2021, 11, 979. | 2.5 | 6 |
| 48 | Hypoxic repeated sprint interval training improves cardiorespiratory fitness in sedentary young women. <i>Journal of Exercise Science and Fitness</i> , 2022, 20, 100-107. | 2.2 | 6 |
| 49 | Short sprints (30s) attenuate post-prandial blood glucose in young healthy males. <i>Primary Care Diabetes</i> , 2015, 9, 446-450. | 1.8 | 5 |
| 50 | High-intensity interval training elicits more enjoyment and positive affective valence than moderate-intensity training over a 12-week intervention in overweight young women. <i>Journal of Exercise Science and Fitness</i> , 2022, 20, 249-255. | 2.2 | 5 |
| 51 | Effects of 12-Week Endurance Training at Natural Low Altitude on the Blood Redox Homeostasis of Professional Adolescent Athletes: A Quasi-Experimental Field Trial. <i>Oxidative Medicine and Cellular Longevity</i> , 2016, 2016, 1-9. | 4.0 | 4 |
| 52 | Comparable Effects of Brief Resistance Exercise and Isotime Sprint Interval Exercise on Glucose Homeostasis in Men. <i>Journal of Diabetes Research</i> , 2017, 2017, 1-8. | 2.3 | 4 |
| 53 | Effects of Combined Training on Physical Fitness and Anthropometric Measures among Boys Aged 8 to 12 Years in the Physical Education Setting. <i>Sustainability</i> , 2019, 11, 1219. | 3.2 | 4 |
| 54 | The cTnT response to acute exercise at the onset of an endurance training program: evidence of exercise preconditioning?. <i>European Journal of Applied Physiology</i> , 2019, 119, 847-855. | 2.5 | 4 |

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|----|---|-----|-----------|
| 55 | A Combined Approach for Health Assessment in Adolescent Endurance Runners. <i>Healthcare (Switzerland)</i> , 2021, 9, 163. | 2.0 | 4 |
| 56 | Impact of high-intensity interval and moderate-intensity continuous exercise on heart rate variability and cardiac troponin. <i>Journal of Sports Medicine and Physical Fitness</i> , 2021, 61, 1301-1308. | 0.7 | 4 |
| 57 | QTc interval prolongation during recovery from brief high-intensity intermittent exercise in obese adults. <i>Herz</i> , 2020, 45, 67-71. | 1.1 | 3 |
| 58 | Affective and Enjoyment Responses to Sprint Interval Exercise at Different Hypoxia Levels. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 8171. | 2.6 | 3 |
| 59 | Effects of Specific Core Re-Warm-Ups on Core Function, Leg Perfusion and Second-Half Team Sport-Specific Sprint Performance: A Randomized Crossover Study. <i>Journal of Sports Science and Medicine</i> , 2019, 18, 479-489. | 1.6 | 3 |
| 60 | Impact of High-intensity Interval Exercise and Moderate-Intensity Continuous Exercise on the Cardiac Troponin T Level at an Early Stage of Training. <i>Journal of Visualized Experiments</i> , 2019, , . | 0.3 | 2 |
| 61 | The Impact of Sprint Interval Exercise in Acute Severe Hypoxia on Executive Function. <i>High Altitude Medicine and Biology</i> , 0, , . | 0.9 | 2 |
| 62 | Affective and Enjoyment Responses to Sprint Interval Training in Healthy Individuals: A Systematic Review and Meta-Analysis. <i>Frontiers in Psychology</i> , 2022, 13, 820228. | 2.1 | 1 |
| 63 | Sprint Interval Exercise Improves Cognitive Performance Unrelated to Postprandial Glucose Fluctuations at Different Levels of Normobaric Hypoxia. <i>Journal of Clinical Medicine</i> , 2022, 11, 3159. | 2.4 | 1 |
| 64 | Cardiac autonomic disturbance following resistance and sprint-interval exercises in non-obese and obese young men. <i>Applied Physiology, Nutrition and Metabolism</i> , 0, , . | 1.9 | 1 |
| 65 | Author response to: hypoxia a consequence of obesity and also a tool to treat excessive weight loss. <i>Sleep and Breathing</i> , 2015, 19, 9-10. | 1.7 | 0 |
| 66 | The Acute Effects of Aerobic Dance Exercise with and without Face Mask Use on Attention, Perceived Exertion and Mood States. <i>International Journal of Mental Health Promotion</i> , 2021, 23, 513-520. | 0.8 | 0 |
| 67 | Exercise Training Increases Serum Cardiac Troponin T Independent of Left Ventricular Mass. <i>International Journal of Sports Medicine</i> , 2021, , . | 1.7 | 0 |