

Zhaowei Kong

List of Publications by Citations

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

60
papers

624
citations

14
h-index

22
g-index

69
ext. papers

951
ext. citations

3.6
avg, IF

4.26
L-index

#	Paper	IF	Citations
60	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	3.7	92
59	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, 591-7	3.1	50
58	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, 4073618	3.9	50
57	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	43
56	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,	4.6	21
55	Sex differences in release of cardiac troponin T after endurance exercise. <i>Biomarkers</i> , 2017 , 22, 345-350	2.6	20
54	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	3.6	19
53	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,	3.4	17
52	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,	4.6	17
51	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	4.6	17
50	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	3.1	17
49	High-Intensity Interval Training in Normobaric Hypoxia Improves Cardiorespiratory Fitness in Overweight Chinese Young Women. <i>Frontiers in Physiology</i> , 2017 , 8, 175	4.6	16
48	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	3.4	16
47	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,	4.6	15
46	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	8.2	14
45	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	2.4	14
44	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, 15167-78	6.3	13

43	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> , 2018 , 16,	4.6	12
42	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	3.1	12
41	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	3.1	11
40	Non-Energy-Restricted Low-Carbohydrate Diet Combined with Exercise Intervention Improved Cardiometabolic Health in Overweight Chinese Females. <i>Nutrients</i> , 2019 , 11,	6.7	10
39	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	4.6	10
38	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,	4.6	8
37	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	5.3	8
36	The Effects of High-Intensity Interval Exercise and Hypoxia on Cognition in Sedentary Young Adults. <i>Medicina (Lithuania)</i> , 2019 , 55,	3.1	7
35	The influence of basketball dribbling on repeated high-intensity intermittent runs. <i>Journal of Exercise Science and Fitness</i> , 2015 , 13, 117-122	3.1	7
34	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,	4.6	6
33	Affective and Enjoyment Responses to Short-Term High-Intensity Interval Training with Low-Carbohydrate Diet in Overweight Young Women. <i>Nutrients</i> , 2020 , 12,	6.7	6
32	Short-Term Ketogenic Diet Improves Abdominal Obesity in Overweight/Obese Chinese Young Females. <i>Frontiers in Physiology</i> , 2020 , 11, 856	4.6	6
31	Cognitive Impact of Calorie Restriction: A Narrative Review. <i>Journal of the American Medical Directors Association</i> , 2020 , 21, 1394-1401	5.9	6
30	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	4.6	6
29	Short sprints (30s) attenuate post-prandial blood glucose in young healthy males. <i>Primary Care Diabetes</i> , 2015 , 9, 446-50	2.4	5
28	The Policies and Practice of Preschoolers' Outdoor Play: A Chinese Perspective on Greeting the Millennium. <i>Childhood Education</i> , 2014 , 90, 202-211	0.3	5
27	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	3.6	5
26	High-intensity interval exercise lowers postprandial glucose concentrations more in obese adults than lean adults. <i>Primary Care Diabetes</i> , 2019 , 13, 568-573	2.4	4

25	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	3.6	4
24	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	3.4	4
23	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	4.4	4
22	A Combined Approach for Health Assessment in Adolescent Endurance Runners. <i>Healthcare (Switzerland)</i> , 2021 , 9,	3.4	3
21	Comparable Effects of Brief Resistance Exercise and Isotime Sprint Interval Exercise on Glucose Homeostasis in Men. <i>Journal of Diabetes Research</i> , 2017 , 2017, 8083738	3.9	2
20	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 ,	1.6	2
19	Hypoxic repeated sprint interval training improves cardiorespiratory fitness in sedentary young women.. <i>Journal of Exercise Science and Fitness</i> , 2022 , 20, 100-107	3.1	2
18	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,	3	2
17	Carbohydrate Restriction with or without Exercise Training Improves Blood Pressure and Insulin Sensitivity in Overweight Women. <i>Healthcare (Switzerland)</i> , 2021 , 9,	3.4	2
16	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, 4848015	6.7	2
15	Effects of Acute Normobaric Hypoxia on Memory Interference. <i>Brain Sciences</i> , 2019 , 9,	3.4	2
14	QTc interval prolongation during recovery from brief high-intensity intermittent exercise in obese adults. <i>Herz</i> , 2020 , 45, 67-71	2.6	2
13	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, 8880716	2.3	2
12	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	2	1
11	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	2.7	1
10	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	1.4	1
9	Physical Activity and Inhibitory Control: The Mediating Role of Sleep Quality and Sleep Efficiency. <i>Brain Sciences</i> , 2021 , 11,	3.4	1
8	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> , 1	1.3	1

7	Effects of Low-Carbohydrate Diet and Exercise Training on Gut Microbiota.. <i>Frontiers in Nutrition</i> , 2022 , 9, 884550	6.2	1
6	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	3.1	0
5	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	5.4	0
4	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	3.4	0
3	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	3.5	0
2	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	5.1	0
1	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	3.1	