

Zhaowei Kong

List of Publications by Year in Descending Order

Source: <https://exaly.com/author-pdf/7180785/zhaowei-kong-publications-by-year.pdf>

Version: 2024-04-28

This document has been generated based on the publications and citations recorded by exaly.com. For the latest version of this publication list, visit the link given above.

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	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
59	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
58	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
57	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
56	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
55	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
54	Effects of Low-Carbohydrate Diet and Exercise Training on Gut Microbiota.. <i>Frontiers in Nutrition</i> , 2022 , 9, 884550	6.2	1
53	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
52	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
51	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
50	Physical Activity and Inhibitory Control: The Mediating Role of Sleep Quality and Sleep Efficiency. <i>Brain Sciences</i> , 2021 , 11,	3.4	1
49	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
48	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
47	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
46	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
45	A Combined Approach for Health Assessment in Adolescent Endurance Runners. <i>Healthcare (Switzerland)</i> , 2021 , 9,	3.4	3
44	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

43	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
42	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
41	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
40	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
39	Short-Term Ketogenic Diet Improves Abdominal Obesity in Overweight/Obese Chinese Young Females. <i>Frontiers in Physiology</i> , 2020 , 11, 856	4.6	6
38	Cognitive Impact of Calorie Restriction: A Narrative Review. <i>Journal of the American Medical Directors Association</i> , 2020 , 21, 1394-1401	5.9	6
37	QTc interval prolongation during recovery from brief high-intensity intermittent exercise in obese adults. <i>Herz</i> , 2020 , 45, 67-71	2.6	2
36	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
35	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
34	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
33	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
32	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
31	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
30	The Effects of High-Intensity Interval Exercise and Hypoxia on Cognition in Sedentary Young Adults. <i>Medicina (Lithuania)</i> , 2019 , 55,	3.1	7
29	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
28	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
27	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
26	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

25	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
24	Effects of Acute Normobaric Hypoxia on Memory Interference. <i>Brain Sciences</i> , 2019 , 9,	3.4	2
23	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
22	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
21	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
20	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
19	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
18	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
17	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
16	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
15	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
14	Sex differences in release of cardiac troponin T after endurance exercise. <i>Biomarkers</i> , 2017 , 22, 345-350	2.6	20
13	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
12	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
11	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
10	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
9	Short sprints (30s) attenuate post-prandial blood glucose in young healthy males. <i>Primary Care Diabetes</i> , 2015 , 9, 446-50	2.4	5
8	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	

7	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
6	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
5	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
4	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
3	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
2	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
1	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