

Rochelle Rocha Costa

List of Publications by Year in Descending Order

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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.

32
papers

351
citations

9
h-index

18
g-index

42
ext. papers

524
ext. citations

2.8
avg, IF

3.76
L-index

#	Paper	IF	Citations
32	Quantifying physiological and biomechanical responses of shallow water walking: a systematic review and meta-analysis.. <i>Research in Sports Medicine</i> , 2022 , 1-15	3.8	1
31	Correlations Between Jump Performance in Block and Attack and the Performance in Official Games, Squat Jumps, and Countermovement Jumps of Professional Volleyball Players. <i>Journal of Strength and Conditioning Research</i> , 2021 , 35, S64-S69	3.2	4
30	Pilates training improves aerobic capacity, but not lipid or lipoprotein levels in elderly women with dyslipidemia: A controlled trial. <i>Journal of Bodywork and Movement Therapies</i> , 2021 , 26, 227-232	1.6	2
29	Effects of aerobic training with and without progression on blood pressure in patients with type 2 diabetes: A systematic review with meta-analyses and meta-regressions. <i>Diabetes Research and Clinical Practice</i> , 2021 , 171, 108581	7.4	1
28	Gait parameters of Parkinson's disease compared with healthy controls: a systematic review and meta-analysis. <i>Scientific Reports</i> , 2021 , 11, 752	4.9	20
27	Effect of different physical training modalities on peak oxygen consumptions in post-acute myocardial infarction patients: systematic review and meta-analysis. <i>Jornal Vascular Brasileiro</i> , 2021 , 20, e20210056	0.9	
26	Statin Use Improves Cardiometabolic Protection Promoted By Physical Training in an Aquatic Environment: A Randomized Clinical Trial. <i>Arquivos Brasileiros De Cardiologia</i> , 2021 , 117, 270-278	1.2	1
25	External Loads of Elite Soccer Referees: A Systematic Review with meta-analysis. <i>Research in Sports Medicine</i> , 2021 , 1-15	3.8	
24	Nordic walking training in elderly, a randomized clinical trial. Part II: Biomechanical and metabolic adaptations. <i>Sports Medicine - Open</i> , 2020 , 6, 3	6.1	12
23	Effects of supervised exercise training on lipid profile of children and adolescents: Systematic review, meta-analysis and meta-regression. <i>Science and Sports</i> , 2020 , 35, 321-329	0.8	3
22	Stress and recovery perception, creatine kinase levels, and performance parameters of male volleyball athletes in a preseason for a championship. <i>Sports Medicine - Open</i> , 2020 , 6, 26	6.1	5
21	The beneficial effects of a water-based aerobic exercise session on the blood lipids of women with dyslipidemia are independent of their training status. <i>Clinics</i> , 2020 , 75, e1183	2.3	2
20	Long-Term Effects of Three Water-Based Training Programs on Resting Blood Pressure in Older Women. <i>Journal of Aging and Physical Activity</i> , 2020 , 1-9	1.6	
19	Short and long-term effects of water-based aerobic and concurrent training on cardiorespiratory capacity and strength of older women. <i>Experimental Gerontology</i> , 2020 , 142, 111103	4.5	1
18	The Role of Aerobic Training Variables Progression on Glycemic Control of Patients with Type 2 Diabetes: a Systematic Review with Meta-analysis. <i>Sports Medicine - Open</i> , 2019 , 5, 22	6.1	8
17	Effects of Nordic walking training on quality of life, balance and functional mobility in elderly: A randomized clinical trial. <i>PLoS ONE</i> , 2019 , 14, e0211472	3.7	23
16	Effects of Different Models of Water-Based Resistance Training on Muscular Function of Older Women. <i>Research Quarterly for Exercise and Sport</i> , 2019 , 90, 46-53	1.9	2

15	Water-Based Aerobic and Resistance Training as a Treatment to Improve the Lipid Profile of Women With Dyslipidemia: A Randomized Controlled Trial. <i>Journal of Physical Activity and Health</i> , 2019 , 16, 348-354	2.5	3
14	Effect of Strength Training on Lipid and Inflammatory Outcomes: Systematic Review With Meta-Analysis and Meta-Regression. <i>Journal of Physical Activity and Health</i> , 2019 , 16, 477-491	2.5	10
13	Aquatic and land aerobic training for patients with chronic low back pain: a randomized study. <i>Human Movement</i> , 2019 , 20, 1-8	0.8	2
12	Improvement in muscular strength and aerobic capacities in elderly people occurs independently of physical training type or exercise model. <i>Clinics</i> , 2019 , 74, e833	2.3	4
11	Low- and High-Volume Water-Based Resistance Training Induces Similar Strength and Functional Capacity Improvements in Older Women: A Randomized Study. <i>Journal of Physical Activity and Health</i> , 2018 , 15, 592-599	2.5	2
10	Aquatic Training in Upright Position as an Alternative to Improve Blood Pressure in Adults and Elderly: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2018 , 48, 1727-1737	10.6	9
9	A 9-Week Nordic and Free Walking Improve Postural Balance in Parkinson's Disease. <i>Sports Medicine International Open</i> , 2018 , 2, E28-E34	1.7	11
8	Water-based aerobic training improves strength parameters and cardiorespiratory outcomes in elderly women. <i>Experimental Gerontology</i> , 2018 , 108, 231-239	4.5	15
7	Water-Based Aerobic Training Successfully Improves Lipid Profile of Dyslipidemic Women: A Randomized Controlled Trial. <i>Research Quarterly for Exercise and Sport</i> , 2018 , 89, 173-182	1.9	7
6	Acute glycemic and pressure responses of continuous and interval aerobic exercise in patients with type 2 diabetes. <i>Clinical and Experimental Hypertension</i> , 2018 , 40, 179-185	2.2	8
5	Effects of dance practice on functional mobility, motor symptoms and quality of life in people with Parkinson's disease: a systematic review with meta-analysis. <i>Aging Clinical and Experimental Research</i> , 2018 , 30, 727-735	4.8	122
4	Processos de amostragem e cálculo para determinação do tamanho da amostra: critérios e métodos adotados em teses e dissertações em Ciências do Movimento Humano - um estudo descritivo. <i>Revista Brasileira De Cineantropometria E Desempenho Humano</i> , 2018 , 20, 480-490	0.1	0
3	Effects of dancing compared to walking on cardiovascular risk and functional capacity of older women: A randomized controlled trial. <i>Experimental Gerontology</i> , 2018 , 114, 67-77	4.5	18
2	Short-term water-based aerobic training promotes improvements in aerobic conditioning parameters of mature women. <i>Complementary Therapies in Clinical Practice</i> , 2017 , 28, 131-135	3.5	2
1	Effects of aerobic exercise performed in fasted v. fed state on fat and carbohydrate metabolism in adults: a systematic review and meta-analysis. <i>British Journal of Nutrition</i> , 2016 , 116, 1153-1164	3.6	52