

# Tomasz Podgrski

## 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.

34  
papers

258  
citations

9  
h-index

15  
g-index

45  
ext. papers

367  
ext. citations

3.6  
avg, IF

3.49  
L-index

#	Paper	IF	Citations
34	The Effect of a 12-Week Beta-hydroxy-beta-methylbutyrate (HMB) Supplementation on Highly-Trained Combat Sports Athletes: A Randomised, Double-Blind, Placebo-Controlled Crossover Study. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	34
33	Effects of supplementation with acai ( <i>Euterpe oleracea</i> Mart.) berry-based juice blend on the blood antioxidant defence capacity and lipid profile in junior hurdlers. A pilot study. <i>Biology of Sport</i> , <b>2015</b> , 32, 161-8	4.3	32
32	The effect of chronic progressive-dose sodium bicarbonate ingestion on CrossFit-like performance: A double-blind, randomized cross-over trial. <i>PLoS ONE</i> , <b>2018</b> , 13, e0197480	3.7	22
31	Effects of medium-term green tea extract supplementation combined with CrossFit workout on blood antioxidant status and serum brain-derived neurotrophic factor in young men: a pilot study. <i>Journal of the International Society of Sports Nutrition</i> , <b>2019</b> , 16, 13	4.5	20
30	Effects of Six-Week Ginkgo biloba Supplementation on Aerobic Performance, Blood Pro/Antioxidant Balance, and Serum Brain-Derived Neurotrophic Factor in Physically Active Men. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	20
29	Does low serum carnosinase activity favor high-intensity exercise capacity?. <i>Journal of Applied Physiology</i> , <b>2014</b> , 116, 553-9	3.7	17
28	The Effect of a New Sodium Bicarbonate Loading Regimen on Anaerobic Capacity and Wrestling Performance. <i>Nutrients</i> , <b>2018</b> , 10,	6.7	16
27	Saffron ( <i>Crocus sativus</i> L.) powder as an ingredient of rye bread: an anti-diabetic evaluation. <i>Journal of Medicinal Food</i> , <b>2013</b> , 16, 847-56	2.8	13
26	The gender dependent influence of sodium bicarbonate supplementation on anaerobic power and specific performance in female and male wrestlers. <i>Scientific Reports</i> , <b>2020</b> , 10, 1878	4.9	9
25	Relationship between body composition and the level of aerobic and anaerobic capacity in highly trained male rowers. <i>Journal of Sports Medicine and Physical Fitness</i> , <b>2019</b> , 59, 1526-1535	1.4	9
24	Iron Metabolism in Field Hockey Players During an Annual Training Cycle. <i>Journal of Human Kinetics</i> , <b>2015</b> , 47, 107-14	2.6	8
23	Is a Four-Week Ketogenic Diet an Effective Nutritional Strategy in CrossFit-Trained Female and Male Athletes?. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	7
22	Does field hockey increase morphofunctional asymmetry? A pilot study. <i>HOMO- Journal of Comparative Human Biology</i> , <b>2018</b> , 69, 43-49	0.5	6
21	The influence of progressive-chronic and acute sodium bicarbonate supplementation on anaerobic power and specific performance in team sports: a randomized, double-blind, placebo-controlled crossover study. <i>Nutrition and Metabolism</i> , <b>2020</b> , 17, 38	4.6	5
20	Skeletal Muscle Cell Damage Indicators in Volleyball Players after the Competitive Phase of the Annual Training Cycle. <i>Journal of Human Kinetics</i> , <b>2018</b> , 62, 81-90	2.6	5
19	Influence of low versus moderate glycemic index of diet on substrate oxidation and energy expenditure during incremental exercise in endurance athletes: a randomized counterbalanced cross-over trial. <i>International Journal of Food Sciences and Nutrition</i> , <b>2018</b> , 69, 741-752	3.7	4
18	Gas exchange threshold in male speed-power versus endurance athletes ages 20-90 years. <i>Medicine and Science in Sports and Exercise</i> , <b>2012</b> , 44, 2415-22	1.2	3

17	Endocrine Responses to Various 1 ½ Small-Sided Games in Youth Soccer Players. <i>International Journal of Environmental Research and Public Health</i> , <b>2019</b> , 16,	4.6	3
16	Anabolic-catabolic hormonal responses in youth soccer players during a half-season. <i>Research in Sports Medicine</i> , <b>2021</b> , 29, 141-154	3.8	3
15	In vitro and in vivo analyses of Morus alba Polish var. wielkolistna zolwinska leaf ethanol/water extract antioxidant and hypocholesterolemic activities in hyperlipideamic rats. <i>European Journal of Lipid Science and Technology</i> , <b>2017</b> , 119, 1600514	3	2
14	Effects of annual training cycle on the metabolic response to supra-maximal exercise test in beach volleyball players. <i>Journal of Human Kinetics</i> , <b>2011</b> , 27, 80-94	2.6	1
13	Variations in Functional and Morphological Characteristics of Elite Polish Field Hockey Players in a Complete Macrocycle. <i>International Journal of Sports Science and Coaching</i> , <b>2012</b> , 7, 527-541	1.8	1
12	A Practical Approach to Monitoring Biomarkers of Inflammation and Muscle Damage in Youth Soccer Players During a 6-Month Training Cycle. <i>Journal of Human Kinetics</i> , <b>2021</b> , 80, 185-197	2.6	1
11	Use of the six-minute walk test in exercise prescription in male patients after coronary artery bypass surgery. <i>Kardiochirurgia I Torakochirurgia Polska</i> , <b>2020</b> , 17, 183-188	0.3	1
10	Comparison of the Levels of Hematological Parameters at Rest and after Maximum Exercise between Physically Active People with Spinal Cord Injury and Able-Bodied People. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	1
9	Muscle strength and inflammatory response to the training load in rowers. <i>PeerJ</i> , <b>2020</b> , 8, e10355	3.1	1
8	Two early rehabilitation training models in male patients after coronary artery bypass surgery: application of continuous walking training as an alternative to interval cycle ergometer training. <i>Kardiochirurgia I Torakochirurgia Polska</i> , <b>2020</b> , 17, 87-93	0.3	1
7	Evaluation of the repeatability and reliability of the cross-training specific Fight Gone Bad workout and its relation to aerobic fitness. <i>Scientific Reports</i> , <b>2021</b> , 11, 7263	4.9	1
6	A Pilot Study of Influence of Endurance Training on the Prooxidative and Antioxidant Status of Women after Breast Cancer. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	1
5	Aerobic and concentration training and allele 7 in the dopamine receptor D4 () gene increase chances of smoking cessation in young Polish women. <i>Archives of Medical Science</i> , <b>2018</b> , 14, 199-206	2.9	1
4	The Impulse of Force as an Effective Indicator of Exercise Capacity in Competitive Rowers and Canoeists. <i>Journal of Human Kinetics</i> , <b>2021</b> , 79, 87-99	2.6	0
3	Determination of Antioxidant Biomarkers in Biological Fluids. <i>Food Bioactive Ingredients</i> , <b>2021</b> , 263-308	0.2	0
2	Hypothesised and Actual Changes in the General Motor Parameters of Field Hockey Players During the Training Cycle. <i>Polish Journal of Sport and Tourism</i> , <b>2018</b> , 25, 31-38	0.4	
1	How training loads in the preparation and competitive period affect the biochemical indicators of training stress in youth soccer players?. <i>PeerJ</i> , <b>2022</b> , 10, e13367	3.1	