

Tomasz PodgÅ³rski

List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/7537638/publications.pdf>

Version: 2024-02-01

44
papers

450
citations

840119

11
h-index

794141

19
g-index

45
all docs

45
docs citations

45
times ranked

750
citing authors

#	ARTICLE	IF	CITATIONS
1	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> , 2017, 9, 753.	1.7	46
2	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. <i>Biology of Sport</i> , 2014, 32, 161-168.	1.7	40
3	The effect of chronic progressive-dose sodium bicarbonate ingestion on CrossFit-like performance: A double-blind, randomized cross-over trial. <i>PLoS ONE</i> , 2018, 13, e0197480.	1.1	37
4	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> , 2019, 16, 13.	1.7	31
5	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> , 2017, 9, 803.	1.7	24
6	Does low serum carnosinase activity favor high-intensity exercise capacity?. <i>Journal of Applied Physiology</i> , 2014, 116, 553-559.	1.2	23
7	The Effect of a New Sodium Bicarbonate Loading Regimen on Anaerobic Capacity and Wrestling Performance. <i>Nutrients</i> , 2018, 10, 697.	1.7	22
8	The gender dependent influence of sodium bicarbonate supplementation on anaerobic power and specific performance in female and male wrestlers. <i>Scientific Reports</i> , 2020, 10, 1878.	1.6	21
9	Is a Four-Week Ketogenic Diet an Effective Nutritional Strategy in CrossFit-Trained Female and Male Athletes?. <i>Nutrients</i> , 2021, 13, 864.	1.7	20
10	Saffron (<i>Crocus sativus</i> L.) Powder as an Ingredient of Rye Bread: An Anti-Diabetic Evaluation. <i>Journal of Medicinal Food</i> , 2013, 16, 847-856.	0.8	17
11	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> , 2019, 59, 1526-1535.	0.4	17
12	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> , 2020, 17, 38.	1.3	12
13	Does field hockey increase morphofunctional asymmetry? A pilot study. <i>HOMO- Journal of Comparative Human Biology</i> , 2018, 69, 43-49.	0.3	11
14	Iron Metabolism in Field Hockey Players During an Annual Training Cycle. <i>Journal of Human Kinetics</i> , 2015, 47, 107-114.	0.7	10
15	Anabolicâ€œcatabolic hormonal responses in youth soccer players during a half-season. <i>Research in Sports Medicine</i> , 2021, 29, 141-154.	0.7	10
16	Effect of a Four-Week Vegan Diet on Performance, Training Efficiency and Blood Biochemical Indices in CrossFit-Trained Participants. <i>Nutrients</i> , 2022, 14, 894.	1.7	10
17	A Half Century of Scientific Research in Field Hockey. <i>Human Movement</i> , 2011, 12, .	0.5	9
18	Skeletal Muscle Cell Damage Indicators in Volleyball Players after the Competitive Phase of the Annual Training Cycle. <i>Journal of Human Kinetics</i> , 2018, 62, 81-90.	0.7	9

#	ARTICLE	IF	CITATIONS
19	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> , 2021, 11, 7263.	1.6	7
20	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> , 2018, 69, 741-752.	1.3	6
21	Endocrine Responses to Various 1 Å— 1 Small-Sided Games in Youth Soccer Players. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 4974.	1.2	6
22	A Practical Approach to Monitoring Biomarkers of Inflammation and Muscle Damage in Youth Soccer Players During a 6â€Month Training Cycle. <i>Journal of Human Kinetics</i> , 2021, 80, 185-197.	0.7	6
23	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> , 2012, 7, 527-541.	0.7	5
24	Muscle strength and inflammatory response to the training load in rowers. <i>PeerJ</i> , 2020, 8, e10355.	0.9	5
25	Oxidative Stress and Total Phenolics Concentration in COPD Patientsâ€™The Effect of Exercises: A Randomized Controlled Trial. <i>Nutrients</i> , 2022, 14, 1947.	1.7	5
26	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> , 2021, 18, 2822.	1.2	4
27	The Influence of Parentsâ€™ Nutritional Education Program on Their Infantsâ€™ Metabolic Health. <i>Nutrients</i> , 2022, 14, 2671.	1.7	4
28	Gas Exchange Threshold in Male Speedâ€Power versus Endurance Athletes Ages 20â€90 Years. <i>Medicine and Science in Sports and Exercise</i> , 2012, 44, 2415-2422.	0.2	3
29	In vitro and in vivo analyses of <i>Morus alba</i> Polish var. wielkolistna zolwinska leaf ethanol-water extract-antioxidant and hypocholesterolemic activities in hyperlipideamic rats. <i>European Journal of Lipid Science and Technology</i> , 2017, 119, 1600514.	1.0	3
30	The Impulse of Force as an Effective Indicator of Exercise Capacity in Competitive Rowers and Canoeists. <i>Journal of Human Kinetics</i> , 2021, 79, 87-99.	0.7	3
31	The Level of Zinc, Copper and Antioxidant Status in the Blood Serum of Women with Hashimotoâ€™s Thyroiditis. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 7805.	1.2	3
32	The Influence of Intensive Nutritional Education on the Iron Status in Infants. <i>Nutrients</i> , 2022, 14, 2453.	1.7	3
33	Aerobic and concentration training and allele 7 in the dopamine receptor D4 (D4DR) gene increase chances of smoking cessation in young Polish women. <i>Archives of Medical Science</i> , 2018, 1, 199-206.	0.4	2
34	Effect of Simulated Matches on Post-Exercise Biochemical Parameters in Womenâ€™s Indoor and Beach Handball. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 5046.	1.2	2
35	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> , 2020, 17, 87-93.	0.1	2
36	Does the Minerals Content and Osmolarity of the Fluids Taken during Exercise by Female Field Hockey Players Influence on the Indicators of Water-Electrolyte and Acid-Basic Balance?. <i>Nutrients</i> , 2021, 13, 505.	1.7	2

#	ARTICLE	IF	CITATIONS
37	Use of the six-minute walk test in exercise prescription in male patients after coronary artery bypass surgery. <i>Kardiochirurgia I Torakochirurgia Polska</i> , 2020, 17, 183-188.	0.1	2
38	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> , 2021, 18, 12323.	1.2	2
39	Physical Fitness and Inflammatory Response to the Training Load of Wheelchair Rugby Players. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 2228.	1.2	2
40	Effects of annual training cycle on the metabolic response to supra-maximal exercise test in beach volleyball players. <i>Journal of Human Kinetics</i> , 2011, 27, 80-94.	0.7	1
41	Effects of unextruded and extruded cranberry pomace on selected metabolic parameters in high-fat diet fed rats [pdf]. <i>Acta Scientiarum Polonorum, Technologia Alimentaria</i> , 2018, 17, 91-100.	0.2	1
42	Motor Unit Fatigability following Chronic Carnosine Supplementation in Aged Rats. <i>Nutrients</i> , 2022, 14, 514.	1.7	1
43	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> , 2018, 25, 31-38.	0.2	0
44	How training loads in the preparation and competitive period affect the biochemical indicators of training stress in youth soccer players?. <i>PeerJ</i> , 2022, 10, e13367.	0.9	0