Shengyan Sun

List of Publications by Year
in descending order

Source: https://exaly.com/author-pdf/7566957/publications.pdf

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19 papers	424 citations	1170033 9 h-index	1051228 16 g-index
19 all docs	19 docs citations	19 times ranked	554 citing authors

#	Article	IF	Citations
1	Hypoxic repeated sprint interval training improves cardiorespiratory fitness in sedentary young women. Journal of Exercise Science and Fitness, 2022, 20, 100-107.	0.8	6
2	Effects of Low-Carbohydrate Diet and Exercise Training on Gut Microbiota. Frontiers in Nutrition, 2022, 9, 884550.	1.6	12
3	Sprint Interval Exercise Improves Cognitive Performance Unrelated to Postprandial Glucose Fluctuations at Different Levels of Normobaric Hypoxia. Journal of Clinical Medicine, 2022, 11, 3159.	1.0	1
4	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. Journal of Sports Sciences, 2021, 39, 1677-1686.	1.0	12
5	Carbohydrate Restriction with or without Exercise Training Improves Blood Pressure and Insulin Sensitivity in Overweight Women. Healthcare (Switzerland), 2021, 9, 637.	1.0	8
6	Affective and Enjoyment Responses to Sprint Interval Exercise at Different Hypoxia Levels. International Journal of Environmental Research and Public Health, 2021, 18, 8171.	1.2	3
7	Short-Term Ketogenic Diet Improves Abdominal Obesity in Overweight/Obese Chinese Young Females. Frontiers in Physiology, 2020, 11, 856.	1.3	19
8	Affective and Enjoyment Responses to Short-Term High-Intensity Interval Training with Low-Carbohydrate Diet in Overweight Young Women. Nutrients, 2020, 12, 442.	1.7	8
9	High-intensity interval exercise lowers postprandial glucose concentrations more in obese adults than lean adults. Primary Care Diabetes, 2019, 13, 568-573.	0.9	6
10	Wuqinxi Qigong as an Alternative Exercise for Improving Risk Factors Associated with Metabolic Syndrome: A Meta-Analysis of Randomized Controlled Trials. International Journal of Environmental Research and Public Health, 2019, 16, 1396.	1.2	29
11	Severe Hypoxia Does Not Offset the Benefits of Exercise on Cognitive Function in Sedentary Young Women. International Journal of Environmental Research and Public Health, 2019, 16, 1003.	1.2	14
12	The Effects of High-Intensity Interval Exercise and Hypoxia on Cognition in Sedentary Young Adults. Medicina (Lithuania), 2019, 55, 43.	0.8	14
13	Non-Energy-Restricted Low-Carbohydrate Diet Combined with Exercise Intervention Improved Cardiometabolic Health in Overweight Chinese Females. Nutrients, 2019, 11, 3051.	1.7	23
14	Twelve weeks of low volume sprint interval training improves cardio-metabolic health outcomes in overweight females. Journal of Sports Sciences, 2019, 37, 1257-1264.	1.0	42
15	Influence of recovery duration during 6-s sprint interval exercise on time spent at high rates of oxygen uptake. Journal of Exercise Science and Fitness, 2018, 16, 16-20.	0.8	18
16	Short-Term High-Intensity Interval Training on Body Composition and Blood Glucose in Overweight and Obese Young Women. Journal of Diabetes Research, 2016, 2016, 1-9.	1.0	77
17	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. PLoS ONE, 2016, 11, e0158589.	1.1	129
18	The Impact of Sprint Interval Exercise in Acute Severe Hypoxia on Executive Function. High Altitude Medicine and Biology, 0, , .	0.5	2

#	Article	IF	Citations
19	Effect of a Low-Carbohydrate Diet With or Without Exercise on Anxiety and Eating Behavior and Associated Changes in Cardiometabolic Health in Overweight Young Women. Frontiers in Nutrition, 0, 9, .	1.6	1