

Michał, Staniszewski

List of Publications by Year in descending order

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Version: 2024-02-01

11
papers

19
citations

2258059

3
h-index

2272923

4
g-index

12
all docs

12
docs citations

12
times ranked

22
citing authors

| # | ARTICLE | IF | CITATIONS |
|----|--|-----|-----------|
| 1 | Effect of a strength or hypertrophy training protocol, each performed using two different modes of resistance, on biomechanical, biochemical and anthropometric parameters. <i>Biology of Sport</i> , 2020, 37, 85-91. | 3.2 | 4 |
| 2 | Evaluation of Changes in the Parameters of Body Stability in the Participants of a Nine-Day Snowboarding Course. <i>Polish Journal of Sport and Tourism</i> , 2017, 24, 97-101. | 0.4 | 4 |
| 3 | Evaluation of Laterality in the Snowboard Basic Position. <i>Human Movement</i> , 2016, 17, . | 0.9 | 3 |
| 4 | Effect of concentric vs. eccentric variant of lower limbs plyometric training on biomechanical and biochemical parameters. <i>European Journal of Sport Science</i> , 2021, 21, 351-358. | 2.7 | 3 |
| 5 | Analysis of the effectiveness of ActivLife training in people over 60 years of age: A pilot study. <i>Gerontechnology</i> , 2017, 16, 189-195. | 0.1 | 2 |
| 6 | Use of a variable-cam for strength training of the elbow flexors. <i>Isokinetics and Exercise Science</i> , 2015, 23, 161-168. | 0.4 | 1 |
| 7 | Comparison of changes in the load components for intense training on two machines: with a variable-cam and with a disc plate. <i>Journal of Sports Medicine and Physical Fitness</i> , 2017, 57, 782-789. | 0.7 | 1 |
| 8 | The characteristics of plantar flexors and dorsiflexors strength in patients after complete three-bundle Achilles tendon reconstruction. <i>Advances in Rehabilitation</i> , 2019, 2019, 37-45. | 0.6 | 1 |
| 9 | Biomechanical conditions of maintaining balance in snowboarding. <i>Journal of Sports Medicine and Physical Fitness</i> , 2019, 59, 1870-1877. | 0.7 | 0 |
| 10 | Evaluation of muscular stabilization ability during a static workout. <i>Acta of Bioengineering and Biomechanics</i> , 2010, 12, 35-40. | 0.4 | 0 |
| 11 | Evaluation of the effectiveness of training on a machine with a variable-cam. <i>Acta of Bioengineering and Biomechanics</i> , 2013, 15, 93-102. | 0.4 | 0 |