

# Michał, Staniszewski

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/8037606/publications.pdf>

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11  
papers

19  
citations

2258059

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2272923

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#	ARTICLE	IF	CITATIONS
1	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
2	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
3	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
4	Biomechanical conditions of maintaining balance in snowboarding. <i>Journal of Sports Medicine and Physical Fitness</i> , 2019, 59, 1870-1877.	0.7	0
5	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
6	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
7	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
8	Evaluation of Laterality in the Snowboard Basic Position. <i>Human Movement</i> , 2016, 17, .	0.9	3
9	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
10	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
11	Evaluation of muscular stabilization ability during a static workout. <i>Acta of Bioengineering and Biomechanics</i> , 2010, 12, 35-40.	0.4	0