Zbigniew JastrzÄbski

List of Publications by Year
in descending order

71	1,002	430874 18	552781 26
papers	citations	h-index	g-index

72	72	72	1423
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	A Comparison of the Physiological and Technical Effects of High-Intensity Running and Small-Sided Games in Young Soccer Players. International Journal of Sports Science and Coaching, 2013, 8, 455-466.	1.4	59
2	Effect of Vitamin D Supplementation on Training Adaptation in Well-Trained Soccer Players. Journal of Strength and Conditioning Research, 2016, 30, 2648-2655.	2.1	45
3	THE +1245G/T POLYMORPHISMS IN THE COLLAGEN TYPE I ALPHA 1 (COL1A1) GENE IN POLISH SKIERS WITH ANTERIOR CRUCIATE LIGAMENT INJURY. Biology of Sport, 2013, 30, 57-60.	3.2	42
4	MCT1 A1470T: A novel polymorphism for sprint performance?. Journal of Science and Medicine in Sport, 2015, 18, 114-118.	1.3	41
5	Effect of 12-week-long aerobic training programme on body composition, aerobic capacity, complete blood count and blood lipid profile among young women. Biochemia Medica, 2015, 25, 103-113.	2.7	40
6	Damage to Liver and Skeletal Muscles in Marathon Runners During a 100 km Run With Regard to Age and Running Speed. Journal of Human Kinetics, 2015, 45, 93-102.	1.5	38
7	AGTR2 gene polymorphism is associated with muscle fibre composition, athletic status and aerobic performance. Experimental Physiology, 2014, 99, 1042-1052.	2.0	36
8	Changes in blood morphology and chosen biochemical parameters in ultra-marathon runners during a 100-km run in relation to the age and speed of runners. International Journal of Occupational Medicine and Environmental Health, 2016, 29, 801-814.	1.3	34
9	Can Supplementation of Vitamin D Improve Aerobic Capacity in Well Trained Youth Soccer Players?. Journal of Human Kinetics, 2018, 61, 63-72.	1.5	30
10	SOD2gene polymorphism and muscle damage markers in elite athletes. Free Radical Research, 2014, 48, 948-955.	3.3	27
11	Assessing effect of interaction between the FTO A/T polymorphism (rs9939609) and physical activity on obesity-related traits. Journal of Sport and Health Science, 2018, 7, 459-464.	6.5	26
12	Body Composition, Physical Fitness, Physical Activity and Nutrition in Polish and Spanish Male Students of Sports Sciences: Differences and Correlations. International Journal of Environmental Research and Public Health, 2019, 16, 1148.	2.6	24
13	Vitamin D and Stress Fractures in Sport: Preventive and Therapeutic Measuresâ€"A Narrative Review. Medicina (Lithuania), 2021, 57, 223.	2.0	23
14	The Pro12Ala Polymorphism of the Peroxisome Proliferator-Activated Receptor Gamma Gene Modifies the Association of Physical Activity and Body Mass Changes in Polish Women. PPAR Research, 2014, 2014, 1-7.	2.4	21
15	Changes in the acid-base balance and lactate concentration in the blood in amateur ultramarathon runners during a 100-km run. Biology of Sport, 2015, 32, 261-265.	3.2	21
16	Vitamin D Supplementation and Physical Activity of Young Soccer Players during High-Intensity Training. Nutrients, 2019, 11, 349.	4.1	21
17	High-Low Impact Exercise Program Including Pelvic Floor Muscle Exercises Improves Pelvic Floor Muscle Function in Healthy Pregnant Women â€“ A Randomized Control Trial. Frontiers in Physiology, 2018, 9, 1867.	2.8	21
18	THE GSTP1 c.313A>G POLYMORPHISM MODULATES THE CARDIORESPIRATORY RESPONSE TO AEROBIC TRAINING. Biology of Sport, 2014, 31, 261-266.	3.2	20

#	Article	IF	Citations
19	EPAS1 gene variants are associated with sprint/power athletic performance in two cohorts of European athletes. BMC Genomics, 2014, 15, 382.	2.8	19
20	The Exercise-Induced Irisin Is Associated with Improved Levels of Glucose Homeostasis Markers in Pregnant Women Participating in 8-Week Prenatal Group Fitness Program: A Pilot Study. BioMed Research International, 2017, 2017, 1-10.	1.9	19
21	The Influence of COVID-19 Pandemic Lockdown on the Physical Performance of Professional Soccer Players: An Example of German and Polish Leagues. International Journal of Environmental Research and Public Health, 2021, 18, 8796.	2.6	18
22	GSTP1 c.313A>G polymorphism in Russian and Polish athletes. Physiological Genomics, 2017, 49, 127-131.	2.3	17
23	Correlations between body composition, aerobic capacity, speed and distance covered among professional soccer players during official matches. Journal of Sports Medicine and Physical Fitness, 2020, 60, 257-262.	0.7	16
24	Vitamin D Supplementation Causes a Decrease in Blood Cholesterol in Professional Rowers. Journal of Nutritional Science and Vitaminology, 2016, 62, 88-92.	0.6	15
25	The Effect of Vitamin D3 Supplementation on Hepcidin, Iron, and IL-6 Responses after a 100 km Ultra-Marathon. International Journal of Environmental Research and Public Health, 2020, 17, 2962.	2.6	15
26	Effect of In-Season Generic and Soccer-Specific High-Intensity Interval Training in Young Soccer Players. International Journal of Sports Science and Coaching, 2014, 9, 1169-1179.	1.4	14
27	Does the MTHFR A1298C Polymorphism Modulate the Cardiorespiratory Response to Training?. Journal of Human Kinetics, 2016, 54, 43-53.	1.5	14
28	The Association Between Physical Activity and Cataracts Among 17,777 People Aged 15â€“69 Years Residing in Spain. Ophthalmic Epidemiology, 2020, 27, 272-277.	1.7	14
29	Impact of the Polymorphism Near MC4R (rs17782313) on Obesity- and Metabolic-Related Traits in Women Participating in an Aerobic Training Program. Journal of Human Kinetics, 2017, 58, 111-119.	1.5	13
30	Iron, Hematological Parameters and Blood Plasma Lipid Profile in Vitamin D Supplemented and Non-Supplemented Young Soccer Players Subjected to High-Intensity Interval Training. Journal of Nutritional Science and Vitaminology, 2017, 63, 357-364.	0.6	13
31	Prenatal high-low impact exercise program supported by pelvic floor muscle education and training decreases the life impact of postnatal urinary incontinence. Medicine (United States), 2020, 99, e18874.	1.0	13
32	Individual vs General Time-Motion Analysis and Physiological Response in 4 vs 4 and 5 vs 5 Small-Sided Soccer Games. International Journal of Performance Analysis in Sport, 2015, 15, 397-410.	1.1	12
33	The polymorphisms of the PPARD gene modify post-training body mass and biochemical parameter changes in women. PLoS ONE, 2018, 13, e0202557.	2.5	12
34	Relationships between Training Loads and Selected Blood Parameters in Professional Soccer Players during a 12-Day Sports Camp. International Journal of Environmental Research and Public Health, 2020, 17, 8580.	2.6	12
35	Glomerular Filtration Rate Is Unchanged by Ultramarathon. Journal of Strength and Conditioning Research, 2018, 32, 3207-3215.	2.1	11
36	Individual Responsiveness to Exercise-Induced Fat Loss and Improvement of Metabolic Profile in Young Women is Associated with Polymorphisms of Adrenergic Receptor Genes. Journal of Sports Science and Medicine, 2018, 17, 134-144.	1.6	11

#	Article	IF	Citations
37	Differences in Blood Urea and Creatinine Concentrations in Earthed and Unearthed Subjects during Cycling Exercise and Recovery. Evidence-based Complementary and Alternative Medicine, 2013, 2013, 1-6.	1.2	10
38	Leptin and Leptin Receptor Genes Are Associated With Obesity-Related Traits Changes in Response to Aerobic Training Program. Journal of Strength and Conditioning Research, 2018, 32, 1036-1044.	2.1	10
39	The Effect of a 6-Week Plyometric Training on Explosive Power in Volleyball Players. Baltic Journal of Health and Physical Activity, 2014, 6, .	0.5	10
40	Vitamin C, A and E supplementation decreases the expression of HSPA1A and HSPB1 genes in the leukocytes of young polish figure skaters during a 10-day training camp. Journal of the International Society of Sports Nutrition, 2015, 12, 9.	3.9	9
41	Expression analysis of selected classes of circulating exosomal miRNAs in soccer players as an indicator of adaptation to physical activity. Biology of Sport, 2017, 34, 331-338.	3.2	9
42	Acute Postexercise Change in Circulating Irisin Is Related to More Favorable Lipid Profile in Pregnant Women Attending a Structured Exercise Program and to Less Favorable Lipid Profile in Controls: An Experimental Study with Two Groups. International Journal of Endocrinology, 2019, 2019, 1-11.	1.5	9
43	Efficiency of 1-on-1 play situations for high-level soccer players during the World and European championships in relation to position on the pitch and match time. International Journal of Sports Science and Coaching, 2017, 12, 495-503.	1.4	8
44	ADIPOQ polymorphisms are associated with changes in obesityrelated traits in response to aerobic training programme in women. Biology of Sport, 2018, 35, 165-173.	3.2	8
45	Changes of Physical Capacity and Soccer-Related Skills in Young Soccer Players within a One-Year Training Period. Baltic Journal of Health and Physical Activity, 2011, 3, .	0.5	8
46	Effects of Applied Training Loads on the Aerobic Capacity of Young Soccer Players During a Soccer Season. Journal of Strength and Conditioning Research, 2013, 27, 916-923.	2.1	7
47	Effects of a 12-week-long program of vigorous-intensity physical activity on the body composition of 10-and 11-year-old children. Journal of Human Sport and Exercise, 2017, 12, .	0.4	7
48	An Application of Incremental Running Test Results to Train Professional Soccer Players. Baltic Journal of Health and Physical Activity, 2010, 2, .	0.5	7
49	Pacing During and Physiological Response After a 12-Hour Ultra-Marathon in a 95-Year-Old Male Runner. Frontiers in Physiology, 2019, 9, 1875.	2.8	6
50	Comparison of physical activity levels in Spanish people with diabetes with and without cataracts. European Journal of Public Health, 2020, 30, 1201-1205.	0.3	6
51	Effects of 6-week specific low-intensity training on selected aerobic capacity parameters and HSPA1A, HSPB1, and LDHb gene expression in high-level rowers. Genetics and Molecular Research, 2015, 14, 7538-7547.	0.2	5
52	Effects of a 12-week physical education program on the body composition of 10- and 11-year-old children. Science and Sports, 2017, 32, e155-e161.	0.5	5
53	Responses to Low- and High-Intensity Exercise in Adolescents with Type 1 Diabetes in Relation to Their Level of VO2 Max. International Journal of Environmental Research and Public Health, 2021, 18, 692.	2.6	5
54	Evolution of physical performance in professional soccer across four consecutive seasons. Baltic Journal of Health and Physical Activity, 2021, 13, 79-85.	0.5	5

#	Article	IF	Citations
55	Correlation between the Positive Effect of Vitamin D Supplementation and Physical Performance in Young Male Soccer Players. International Journal of Environmental Research and Public Health, 2022, 19, 5138.	2.6	5
56	Acute Responses to Low and High Intensity Exercise in Type 1 Diabetic Adolescents in Relation to Their Level of Serum 25(OH)D. Nutrients, 2020, 12, 454.	4.1	4
57	Gender differences in the association between physical activity and obesity in adults with vision and hearing losses. European Journal of Public Health, 2021, 31, 835-840.	0.3	4
58	Relationships Between the Expression of the ACTN3 Gene and Explosive Power of Soccer Players. Journal of Human Kinetics, 2019, 69, 79-87.	1.5	4
59	Lactate Threshold Changes in Soccer Players during the Preparation Period. Baltic Journal of Health and Physical Activity, 2011, 3, .	0.5	4
60	Default and individual comparison of physiological responses and time-motion analysis in male and female soccer players during small-sided games. Journal of Human Sport and Exercise, 2017, 12, .	0.4	4
61	Association of the ACTN3 R577X polymorphism in Polish rowers. Baltic Journal of Health and Physical Activity, 2014, 6, .	0.5	3
62	Training Load Structure of Young Soccer Players in a Typical Training Microcycle during the Competitive and the Transition Period. Baltic Journal of Health and Physical Activity, 2011, 3, .	0.5	2
63	Body composition, physical fitness, physical activity and nutrition in Polish and Spanish female students of sports sciences. Science and Sports, 2020, 35, e21-e28.	0.5	2
64	Analysis of the PPARD gene expression level changes in football players in response to the training cycle. Balkan Journal of Medical Genetics, 2018, 21, 19-25.	0.5	2
65	Are changes in HSPA1A, HSPB1 and LDHb genes expression during physical performance â€till exhaustionâ€•independent of their exercise possibility?. Baltic Journal of Health and Physical Activity, 2014, 6, .	0.5	2
66	Social, Educational and Sports Character of Football Academy in Malbork. Baltic Journal of Health and Physical Activity, 2011, 3, .	0.5	1
67	Changes of Lactate Threshold during a Half-Year Training Cycle in "Arka Gdynia" Football Players. Baltic Journal of Health and Physical Activity, 2010, 2, .	0.5	1
68	Generic versus specific sprint training in young soccer players. Baltic Journal of Health and Physical Activity, 2013, 5, .	0.5	0
69	High and low impact aerobic exercise as a method of early prevention of hypercholesterolaemia development among young women. Human Movement, 2016, 17, 242-249.	0.9	0
70	SP196KIDNEY FUNCTION DURING AND AFTER A 100 KM RUN. Nephrology Dialysis Transplantation, 2017, 32, iii169-iii170.	0.7	0
71	Physical capacity and body composition in 13-16 year old soccer players during three-year training cycle. Baltic Journal of Health and Physical Activity, 0, , 47-57.	0.5	0