

# Zbigniew JastrzÄbski

## List of Publications by Year in descending order

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71  
papers

1,002  
citations

430874

18  
h-index

552781

26  
g-index

72  
all docs

72  
docs citations

72  
times ranked

1423  
citing authors

#	ARTICLE	IF	CITATIONS
1	Correlation between the Positive Effect of Vitamin D Supplementation and Physical Performance in Young Male Soccer Players. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 5138.	2.6	5
2	Vitamin D and Stress Fractures in Sport: Preventive and Therapeutic Measures – A Narrative Review. <i>Medicina (Lithuania)</i> , 2021, 57, 223.	2.0	23
3	Gender differences in the association between physical activity and obesity in adults with vision and hearing losses. <i>European Journal of Public Health</i> , 2021, 31, 835-840.	0.3	4
4	The Influence of COVID-19 Pandemic Lockdown on the Physical Performance of Professional Soccer Players: An Example of German and Polish Leagues. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 8796.	2.6	18
5	Responses to Low- and High-Intensity Exercise in Adolescents with Type 1 Diabetes in Relation to Their Level of VO <sub>2</sub> Max. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 692.	2.6	5
6	Evolution of physical performance in professional soccer across four consecutive seasons. <i>Baltic Journal of Health and Physical Activity</i> , 2021, 13, 79-85.	0.5	5
7	Body composition, physical fitness, physical activity and nutrition in Polish and Spanish female students of sports sciences. <i>Science and Sports</i> , 2020, 35, e21-e28.	0.5	2
8	Relationships between Training Loads and Selected Blood Parameters in Professional Soccer Players during a 12-Day Sports Camp. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 8580.	2.6	12
9	Comparison of physical activity levels in Spanish people with diabetes with and without cataracts. <i>European Journal of Public Health</i> , 2020, 30, 1201-1205.	0.3	6
10	Prenatal high-low impact exercise program supported by pelvic floor muscle education and training decreases the life impact of postnatal urinary incontinence. <i>Medicine (United States)</i> , 2020, 99, e18874.	1.0	13
11	Acute Responses to Low and High Intensity Exercise in Type 1 Diabetic Adolescents in Relation to Their Level of Serum 25(OH)D. <i>Nutrients</i> , 2020, 12, 454.	4.1	4
12	The Association Between Physical Activity and Cataracts Among 17,777 People Aged 15–69 Years Residing in Spain. <i>Ophthalmic Epidemiology</i> , 2020, 27, 272-277.	1.7	14
13	The Effect of Vitamin D <sub>3</sub> Supplementation on Hepcidin, Iron, and IL-6 Responses after a 100 km Ultra-Marathon. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 2962.	2.6	15
14	Correlations between body composition, aerobic capacity, speed and distance covered among professional soccer players during official matches. <i>Journal of Sports Medicine and Physical Fitness</i> , 2020, 60, 257-262.	0.7	16
15	Pacing During and Physiological Response After a 12-Hour Ultra-Marathon in a 95-Year-Old Male Runner. <i>Frontiers in Physiology</i> , 2019, 9, 1875.	2.8	6
16	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. <i>International Journal of Endocrinology</i> , 2019, 2019, 1-11.	1.5	9
17	Body Composition, Physical Fitness, Physical Activity and Nutrition in Polish and Spanish Male Students of Sports Sciences: Differences and Correlations. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 1148.	2.6	24
18	Vitamin D Supplementation and Physical Activity of Young Soccer Players during High-Intensity Training. <i>Nutrients</i> , 2019, 11, 349.	4.1	21

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19	Relationships Between the Expression of the ACTN3 Gene and Explosive Power of Soccer Players. <i>Journal of Human Kinetics</i> , 2019, 69, 79-87.	1.5	4
20	Leptin and Leptin Receptor Genes Are Associated With Obesity-Related Traits Changes in Response to Aerobic Training Program. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 1036-1044.	2.1	10
21	Glomerular Filtration Rate Is Unchanged by Ultramarathon. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 3207-3215.	2.1	11
22	Can Supplementation of Vitamin D Improve Aerobic Capacity in Well Trained Youth Soccer Players?. <i>Journal of Human Kinetics</i> , 2018, 61, 63-72.	1.5	30
23	Assessing effect of interaction between the FTO A/T polymorphism (rs9939609) and physical activity on obesity-related traits. <i>Journal of Sport and Health Science</i> , 2018, 7, 459-464.	6.5	26
24	The polymorphisms of the PPARD gene modify post-training body mass and biochemical parameter changes in women. <i>PLoS ONE</i> , 2018, 13, e0202557.	2.5	12
25	ADIPOQ polymorphisms are associated with changes in obesity-related traits in response to aerobic training programme in women. <i>Biology of Sport</i> , 2018, 35, 165-173.	3.2	8
26	High-Low Impact Exercise Program Including Pelvic Floor Muscle Exercises Improves Pelvic Floor Muscle Function in Healthy Pregnant Women – A Randomized Control Trial. <i>Frontiers in Physiology</i> , 2018, 9, 1867.	2.8	21
27	Analysis of the <i>PPARD</i> gene expression level changes in football players in response to the training cycle. <i>Balkan Journal of Medical Genetics</i> , 2018, 21, 19-25.	0.5	2
28	Individual Responsiveness to Exercise-Induced Fat Loss and Improvement of Metabolic Profile in Young Women is Associated with Polymorphisms of Adrenergic Receptor Genes. <i>Journal of Sports Science and Medicine</i> , 2018, 17, 134-144.	1.6	11
29	<i>GSTP1</i> c.313A>G polymorphism in Russian and Polish athletes. <i>Physiological Genomics</i> , 2017, 49, 127-131.	2.3	17
30	Impact of the Polymorphism Near <i>MC4R</i> (rs17782313) on Obesity- and Metabolic-Related Traits in Women Participating in an Aerobic Training Program. <i>Journal of Human Kinetics</i> , 2017, 58, 111-119.	1.5	13
31	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. <i>International Journal of Sports Science and Coaching</i> , 2017, 12, 495-503.	1.4	8
32	Effects of a 12-week physical education program on the body composition of 10- and 11-year-old children. <i>Science and Sports</i> , 2017, 32, e155-e161.	0.5	5
33	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. <i>BioMed Research International</i> , 2017, 2017, 1-10.	1.9	19
34	Expression analysis of selected classes of circulating exosomal miRNAs in soccer players as an indicator of adaptation to physical activity. <i>Biology of Sport</i> , 2017, 34, 331-338.	3.2	9
35	Iron, Hematological Parameters and Blood Plasma Lipid Profile in Vitamin D Supplemented and Non-Supplemented Young Soccer Players Subjected to High-Intensity Interval Training. <i>Journal of Nutritional Science and Vitaminology</i> , 2017, 63, 357-364.	0.6	13
36	SP196KIDNEY FUNCTION DURING AND AFTER A 100 KM RUN. <i>Nephrology Dialysis Transplantation</i> , 2017, 32, iii169-iii170.	0.7	0

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37	Effects of a 12-week-long program of vigorous-intensity physical activity on the body composition of 10-and 11-year-old children. <i>Journal of Human Sport and Exercise</i> , 2017, 12, .	0.4	7
38	Default and individual comparison of physiological responses and time-motion analysis in male and female soccer players during small-sided games. <i>Journal of Human Sport and Exercise</i> , 2017, 12, .	0.4	4
39	High and low impact aerobic exercise as a method of early prevention of hypercholesterolaemia development among young women. <i>Human Movement</i> , 2016, 17, 242-249.	0.9	0
40	Does the <i>MTHFR</i> A1298C Polymorphism Modulate the Cardiorespiratory Response to Training?. <i>Journal of Human Kinetics</i> , 2016, 54, 43-53.	1.5	14
41	Vitamin D Supplementation Causes a Decrease in Blood Cholesterol in Professional Rowers. <i>Journal of Nutritional Science and Vitaminology</i> , 2016, 62, 88-92.	0.6	15
42	Effect of Vitamin D Supplementation on Training Adaptation in Well-Trained Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 2648-2655.	2.1	45
43	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. <i>International Journal of Occupational Medicine and Environmental Health</i> , 2016, 29, 801-814.	1.3	34
44	Individual vs General Time-Motion Analysis and Physiological Response in 4 vs 4 and 5 vs 5 Small-Sided Soccer Games. <i>International Journal of Performance Analysis in Sport</i> , 2015, 15, 397-410.	1.1	12
45	Changes in the acid-base balance and lactate concentration in the blood in amateur ultramarathon runners during a 100-km run. <i>Biology of Sport</i> , 2015, 32, 261-265.	3.2	21
46	Effects of 6-week specific low-intensity training on selected aerobic capacity parameters and <i>HSPA1A</i> , <i>HSPB1</i> , and <i>LDHb</i> gene expression in high-level rowers. <i>Genetics and Molecular Research</i> , 2015, 14, 7538-7547.	0.2	5
47	Effect of 12-week-long aerobic training programme on body composition, aerobic capacity, complete blood count and blood lipid profile among young women. <i>Biochemia Medica</i> , 2015, 25, 103-113.	2.7	40
48	Damage to Liver and Skeletal Muscles in Marathon Runners During a 100 km Run With Regard to Age and Running Speed. <i>Journal of Human Kinetics</i> , 2015, 45, 93-102.	1.5	38
49	Vitamin C, A and E supplementation decreases the expression of <i>HSPA1A</i> and <i>HSPB1</i> genes in the leukocytes of young polish figure skaters during a 10-day training camp. <i>Journal of the International Society of Sports Nutrition</i> , 2015, 12, 9.	3.9	9
50	<i>MCT1</i> A1470T: A novel polymorphism for sprint performance?. <i>Journal of Science and Medicine in Sport</i> , 2015, 18, 114-118.	1.3	41
51	THE <i>GSTP1</i> c.313A>G POLYMORPHISM MODULATES THE CARDIORESPIRATORY RESPONSE TO AEROBIC TRAINING. <i>Biology of Sport</i> , 2014, 31, 261-266.	3.2	20
52	The Pro12Ala Polymorphism of the Peroxisome Proliferator-Activated Receptor Gamma Gene Modifies the Association of Physical Activity and Body Mass Changes in Polish Women. <i>PPAR Research</i> , 2014, 2014, 1-7.	2.4	21
53	<i>SOD2</i> gene polymorphism and muscle damage markers in elite athletes. <i>Free Radical Research</i> , 2014, 48, 948-955.	3.3	27
54	<i>EPAS1</i> gene variants are associated with sprint/power athletic performance in two cohorts of European athletes. <i>BMC Genomics</i> , 2014, 15, 382.	2.8	19

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55	<i>AGTR2</i> gene polymorphism is associated with muscle fibre composition, athletic status and aerobic performance. <i>Experimental Physiology</i> , 2014, 99, 1042-1052.	2.0	36
56	Effect of In-Season Generic and Soccer-Specific High-Intensity Interval Training in Young Soccer Players. <i>International Journal of Sports Science and Coaching</i> , 2014, 9, 1169-1179.	1.4	14
57	The Effect of a 6-Week Plyometric Training on Explosive Power in Volleyball Players. <i>Baltic Journal of Health and Physical Activity</i> , 2014, 6, .	0.5	10
58	Are changes in HSPA1A, HSPB1 and LDHb genes expression during physical performance until exhaustion independent of their exercise possibility?. <i>Baltic Journal of Health and Physical Activity</i> , 2014, 6, .	0.5	2
59	Association of the ACTN3 R577X polymorphism in Polish rowers. <i>Baltic Journal of Health and Physical Activity</i> , 2014, 6, .	0.5	3
60	Generic versus specific sprint training in young soccer players. <i>Baltic Journal of Health and Physical Activity</i> , 2013, 5, .	0.5	0
61	A Comparison of the Physiological and Technical Effects of High-Intensity Running and Small-Sided Games in Young Soccer Players. <i>International Journal of Sports Science and Coaching</i> , 2013, 8, 455-466.	1.4	59
62	Effects of Applied Training Loads on the Aerobic Capacity of Young Soccer Players During a Soccer Season. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 916-923.	2.1	7
63	THE +1245G/T POLYMORPHISMS IN THE COLLAGEN TYPE I ALPHA 1 (COL1A1) GENE IN POLISH SKIERS WITH ANTERIOR CRUCIATE LIGAMENT INJURY. <i>Biology of Sport</i> , 2013, 30, 57-60.	3.2	42
64	Differences in Blood Urea and Creatinine Concentrations in Earthed and Unearthed Subjects during Cycling Exercise and Recovery. <i>Evidence-based Complementary and Alternative Medicine</i> , 2013, 2013, 1-6.	1.2	10
65	Training Load Structure of Young Soccer Players in a Typical Training Microcycle during the Competitive and the Transition Period. <i>Baltic Journal of Health and Physical Activity</i> , 2011, 3, .	0.5	2
66	Lactate Threshold Changes in Soccer Players during the Preparation Period. <i>Baltic Journal of Health and Physical Activity</i> , 2011, 3, .	0.5	4
67	Changes of Physical Capacity and Soccer-Related Skills in Young Soccer Players within a One-Year Training Period. <i>Baltic Journal of Health and Physical Activity</i> , 2011, 3, .	0.5	8
68	Social, Educational and Sports Character of Football Academy in Malbork. <i>Baltic Journal of Health and Physical Activity</i> , 2011, 3, .	0.5	1
69	An Application of Incremental Running Test Results to Train Professional Soccer Players. <i>Baltic Journal of Health and Physical Activity</i> , 2010, 2, .	0.5	7
70	Changes of Lactate Threshold during a Half-Year Training Cycle in "Arka Gdynia" Football Players. <i>Baltic Journal of Health and Physical Activity</i> , 2010, 2, .	0.5	1
71	Physical capacity and body composition in 13-16 year old soccer players during three-year training cycle. <i>Baltic Journal of Health and Physical Activity</i> , 0, , 47-57.	0.5	0