Hassane Zouhal

List of Publications by Year
in descending order

160	3,338	186265	206112
papers	citations	28 h-index	48 g-index

168	168	168	4138
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	Catecholamines and the Effects of Exercise, Training and Gender. Sports Medicine, 2008, 38, 401-423.	6.5	368
2	Effects of high vs. moderate exercise intensity during interval training on lipids and adiponectin levels in obese young females. European Journal of Applied Physiology, 2013, 113, 2531-2540.	2.5	239
3	Redox Control of Skeletal Muscle Regeneration. Antioxidants and Redox Signaling, 2017, 27, 276-310.	5.4	124
4	Plyometric exercise combined with high-intensity interval training improves metabolic abnormalities in young obese females more so than interval training alone. Applied Physiology, Nutrition and Metabolism, 2016, 41, 103-109.	1.9	81
5	Inverse relationship between percentage body weight change and finishing time in 643 forty-two-kilometre marathon runners. British Journal of Sports Medicine, 2011, 45, 1101-1105.	6.7	79
6	Catecholamines and Obesity: Effects of Exercise and Training. Sports Medicine, 2013, 43, 591-600.	6.5	62
7	High-Intensity Training and Salivary Immunoglobulin A Responses in Professional Top-Level Soccer Players: Effect of Training Intensity. Journal of Strength and Conditioning Research, 2016, 30, 2460-2469.	2.1	62
8	Multivariate modelling of subjective and objective monitoring data improve the detection of non-contact injury risk in elite Australian footballers. Journal of Science and Medicine in Sport, 2017, 20, 1068-1074.	1.3	60
9	Does green tea extract enhance the antiâ€inflammatory effects of exercise on fat loss?. British Journal of Clinical Pharmacology, 2020, 86, 753-762.	2.4	58
10	Exercise improves the ApoB/ApoAâ€‰ratio, a marker of the metabolic syndrome in obese children. Acta Paediatrica, International Journal of Paediatrics, 2010, 99, 1679-1685.	1.5	50
11	Plasma glucose, insulin and catecholamine responses to a Wingate test in physically active women and men. European Journal of Applied Physiology, 2004, 91, 15-21.	2.5	48
12	Exercise Training and Fasting: Current Insights . Open Access Journal of Sports Medicine, 2020, Volume 11, 1-28.	1.3	48
13	Adrenal Medulla Responsiveness to the Sympathetic Nervous Activity in Sprinters and Untrained Subjects During a Supramaximal Exercise. International Journal of Sports Medicine, 1998, 19, 172-176.	1.7	47
14	Effects of a soccer season on anthropometric characteristics and physical fitness in elite young soccer players. Journal of Sports Sciences, 2013, 31, 589-596.	2.0	47
15	Effects of Playing Surface (Hard and Clay Courts) on Heart Rate and Blood Lactate During Tennis Matches Played by High-Level Players. Journal of Strength and Conditioning Research, 2011, 25, 163-170.	2.1	45
16	Relationship of Pre-season Training Load With In-Season Biochemical Markers, Injuries and Performance in Professional Soccer Players. Frontiers in Physiology, 2019, 10, 409.	2.8	42
17	Effects of green tea extract supplementation and endurance training on irisin, pro-inflammatory cytokines, and adiponectin concentrations in overweight middle-aged men. European Journal of Applied Physiology, 2020, 120, 915-923.	2.5	42
18	Associations Between Variations in Accumulated Workload and Physiological Variables in Young Male Soccer Players Over the Course of a Season. Frontiers in Physiology, 2021, 12, 638180.	2.8	42

#	Article	IF	Citations
19	Influence of exercise intensity on time spent at high percentage of maximal oxygen uptake during an intermittent session in young endurance-trained athletes. European Journal of Applied Physiology, 2007, 102, 19-26.	2.5	41
20	Nutritional and Plasmatic Antioxidant Vitamins Status of Ultra Endurance Athletes. Journal of the American College of Nutrition, 2007, 26, 311-316.	1.8	40
21	Effect of Individualized Exercise Training Combined with Diet Restriction on Inflammatory Markers and IGF-1/IGFBP-3 in Obese Children. Annals of Nutrition and Metabolism, 2010, 56, 260-266.	1.9	38
22	Progressive circuit resistance training improves inflammatory biomarkers and insulin resistance in obese men. Physiology and Behavior, 2019, 205, 15-21.	2.1	37
23	Physical Fitness and Plasma Non-Enzymatic Antioxidant Status at Rest and After a Wingate Test. Applied Physiology, Nutrition, and Metabolism, 2003, 28, 79-92.	1.7	35
24	Two-month effects of individualized exercise training with or without caloric restriction on plasma adipocytokine levels in obese female adolescents. Annales D'Endocrinologie, 2009, 70, 235-241.	1.4	35
25	Validation of the Loughborough Soccer Passing Test in Young Soccer Players. Journal of Strength and Conditioning Research, 2014, 28, 1418-1426.	2.1	35
26	The relationship between lower-limb strength and match-related muscle damage in elite level professional European soccer players. Journal of Sports Sciences, 2015, 33, 2100-2105.	2.0	33
27	Strength Training Reduces Injury Rate in Elite Young Soccer Players During One Season. Journal of Strength and Conditioning Research, 2016, 30, 1295-1307.	2.1	33
28	Effects of Ramadan Intermittent Fasting on Gut Hormones and Body Composition in Males with Obesity. International Journal of Environmental Research and Public Health, 2020, 17, 5600.	2.6	33
29	Effects of Ramadan intermittent fasting on inflammatory and biochemical biomarkers in males with obesity. Physiology and Behavior, 2020, 225, 113090.	2.1	33
30	Athletic Performance and Weight Changes during the â€œMarathon of Sandsâ€•in Athletes Well-trained in Endurance. International Journal of Sports Medicine, 2009, 30, 516-521.	1.7	32
31	Extreme Running Competition Decreases Blood Antioxidant Defense Capacity. Journal of the American College of Nutrition, 2004, 23, 358-364.	1.8	31
32	Anaerobic and Aerobic Energy System Contribution to 400-m Flat and 400-m Hurdles Track Running. Journal of Strength and Conditioning Research, 2010, 24, 2309-2315.	2.1	30
33	Effect of the intensity of training on catecholamine responses to supramaximal exercise in endurance-trained men. European Journal of Applied Physiology, 2004, 91, 35-40.	2.5	29
34	The effects of physical activity on adipokines in individuals with overweight/obesity across the lifespan: A narrative review. Obesity Reviews, 2021, 22, e13090.	6.5	29
35	Effects of recovery mode (active vs. passive) on performance during a short high-intensity interval training program: a longitudinal study. European Journal of Applied Physiology, 2013, 113, 1373-1383.	2.5	28
36	Effects of Neuromuscular Training on Agility Performance in Elite Soccer Players. Frontiers in Physiology, 2019, 10, 947.	2.8	28

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37	The Interplay Between Plasma Hormonal Concentrations, Physical Fitness, Workload and Mood State Changes to Periods of Congested Match Play in Professional Soccer Players. Frontiers in Physiology, 2020, 11, 835.	2.8	27
38	Effects of Small-Sided Soccer Games on Physical Fitness, Physiological Responses, and Health Indices in Untrained Individuals and Clinical Populations: A Systematic Review. Sports Medicine, 2020, 50, 987-1007.	6.5	27
39	How to Use Global Positioning Systems (GPS) Data to Monitor Training Load in the â€œReal Worldâ€•of Elite Soccer. Frontiers in Physiology, 2020, 11, 944.	2.8	26
40	Effects of a six-week period of congested match play on plasma volume variations, hematological parameters, training workload and physical fitness in elite soccer players. PLoS ONE, 2019, 14, e0219692.	2.5	25
41	Effects of physical training on anthropometrics, physical and physiological capacities in individuals with obesity: A systematic review. Obesity Reviews, 2020, 21, e13039.	6.5	25
42	Draftingâ€™s Improvement of 3000-m Running Performance in Elite Athletes: Is It a Placebo Effect?. International Journal of Sports Physiology and Performance, 2015, 10, 147-152.	2.3	24
43	Effect of physical exercise and training on gastrointestinal hormones in populations with different weight statuses. Nutrition Reviews, 2019, 77, 455-477.	5.8	23
44	Heart Rate Variability is Correlated with Perceived Physical Fitness in Elite Soccer Players. Journal of Human Kinetics, 2020, 72, 141-150.	1.5	23
45	Effects of active recovery between series on performance during an intermittent exercise model in young endurance athletes. European Journal of Applied Physiology, 2004, 93, 145-152.	2.5	22
46	Intense exercise training induces adaptation in expression and responsiveness of cardiac Î²-adrenoceptors in diabetic rats. Cardiovascular Diabetology, 2010, 9, 72.	6.8	22
47	Redox Status of Professional Soccer Players is Influenced by Training Load Throughout a Season. International Journal of Sports Medicine, 2016, 37, 680-686.	1.7	22
48	Effects of polyphenol (carob) supplementation on body composition and aerobic capacity in taekwondo athletes. Physiology and Behavior, 2019, 205, 22-28.	2.1	21
49	Multivitamin-Mineral Supplementation Prevents Lipid Peroxidation during â€œThe Marathon des Sablesâ€• Journal of the American College of Nutrition, 2007, 26, 111-120.	1.8	20
50	Androgen Responses to Sprint Exercise in Young Men. International Journal of Sports Medicine, 2010, 31, 291-297.	1.7	20
51	Energy System Contribution to Olympic Distances in Flat Water Kayaking (500 and 1,000 m) in Highly Trained Subjects. Journal of Strength and Conditioning Research, 2012, 26, 825-831.	2.1	20
52	Effects of a 12-Week Change-of-Direction Sprints Training Program on Selected Physical and Physiological Parameters in Professional Basketball Male Players. International Journal of Environmental Research and Public Health, 2020, 17, 8214.	2.6	20
53	Training Status (Endurance or Sprint) and Catecholamine Response to the Wingate-Test in Women. International Journal of Sports Medicine, 2002, 23, 342-347.	1.7	19
54	Plasma retinol-binding protein-4 and tumor necrosis factor-Î± are reduced in postmenopausal women after combination of different intensities of circuit resistance training and Zataria supplementation. Sport Sciences for Health, 2019, 15, 551-558.	1.3	19

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55	Association of Short-Passing Ability with Athletic Performances in Youth Soccer Players. Asian Journal of Sports Medicine, 2012, 4, 41-8.	0.3	19
56	Effect of training and detraining on catecholamine responses to sprint exercise in adolescent girls. European Journal of Applied Physiology, 2006, 97, 68-75.	2.5	18
57	Laterality Influences Agility Performance in Elite Soccer Players. Frontiers in Physiology, 2018, 9, 807.	2.8	18
58	Oral contraception and energy intake in women: Impact on substrate oxidation during exercise. Applied Physiology, Nutrition and Metabolism, 2012, 37, 646-656.	1.9	17
59	Bone Variables in Active Overweight/Obese Men and Sedentary Overweight/Obese Men. Journal of Clinical Densitometry, 2017, 20, 239-246.	1.2	16
60	Effects of Exercise Training on Anabolic and Catabolic Hormones with Advanced Age: A Systematic Review. Sports Medicine, 2022, 52, 1353-1368.	6.5	16
61	Running Interval Training and Estimated Plasma-Volume Variation. International Journal of Sports Physiology and Performance, 2013, 8, 358-365.	2.3	15
62	Effect of age and combined sprint and strength training on plasma catecholamine responses to a Wingate-test. European Journal of Applied Physiology, 2014, 114, 969-982.	2.5	15
63	Change-of-Direction Performance in Elite Soccer Players: Preliminary Analysis According to Their Playing Positions. International Journal of Environmental Research and Public Health, 2020, 17, 8360.	2.6	15
64	Do you Play or Do you Train? Insights From Individual Sports for Training Load and Injury Risk Management in Team Sports Based on Individualization. Frontiers in Physiology, 2020, 11, 995.	2.8	15
65	Effects of Combined Balance and Strength Training on Measures of Balance and Muscle Strength in Older Women With a History of Falls. Frontiers in Physiology, 2020, 11, 619016.	2.8	15
66	Physiological profile of handball players. Journal of Sports Medicine and Physical Fitness, 2001, 41, 349-53.	0.7	15
67	Effect of an individualized physical training program on resting cortisol and growth hormone levels and fat oxidation during exercise in obese children. Annales D'Endocrinologie, 2011, 72, 34-41.	1.4	14
68	Catecholamine Response to Exercise in Obese, Overweight, and Lean Adolescent Boys. Medicine and Science in Sports and Exercise, 2011, 43, 408-415.	0.4	14
69	Stress Markers During a Rally Car Competition. Journal of Strength and Conditioning Research, 2016, 30, 605-614.	2.1	14
70	Hormonal (Cortical-Gonadotropic Axis) and Physical Changes With Two Years Intense Exercise Training in Elite Young Soccer Players. Journal of Strength and Conditioning Research, 2017, 31, 2388-2397.	2.1	14
71	Physical activity and adipokine levels in individuals with type 2 diabetes: A literature review and practical applications. Reviews in Endocrine and Metabolic Disorders, 2021, 22, 987-1011.	5.7	14
72	Physiological Responses of General vs. Specific Aerobic Endurance Exercises in Soccer. Asian Journal of Sports Medicine, 2013, 4, 213-20.	0.3	13

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73	Heart rate recovery and heart rate variability: use and relevance in European professional soccer. International Journal of Performance Analysis in Sport, 2018, 18, 168-183.	1.1	12
74	Biomarkers of insulin action during single soccer sessions before and after a 12-week training period in type 2 diabetes patients on a caloric-restricted diet. Physiology and Behavior, 2019, 209, 112618.	2.1	12
75	Association Between the Acute to Chronic Workload Ratio and Injury Occurrence in Young Male Team Soccer Players: A Preliminary Study. Frontiers in Physiology, 2020, 11, 608.	2.8	12
76	Vitamin D and Trabecular Bone Score in a Group of Young Lebanese Adults. Journal of Clinical Densitometry, 2018, 21, 453-458.	1.2	11
77	Maximal Oxygen Consumption and Composite Indices of Femoral Neck Strength in a Group of Young Overweight and Obese Men. Journal of Clinical Densitometry, 2018, 21, 310-311.	1.2	11
78	Increase interval training intensity improves plasma volume variations and aerobic performances in response to intermittent exercise. Physiology and Behavior, 2019, 199, 137-145.	2.1	11
79	Hematology, Hormones, Inflammation, and Muscle Damage in Elite and Professional Soccer Players: A Systematic Review with Implications for Exercise. Sports Medicine, 2021, 51, 2607-2627.	6.5	11
80	The Effects of Aerobic-Resistance Training and Broccoli Supplementation on Plasma Dectin-1 and Insulin Resistance in Males with Type 2 Diabetes. Nutrients, 2021, 13, 3144.	4.1	11
81	Obesity and catecholamine responses to maximal exercise in adolescent girls. European Journal of Applied Physiology, 2010, 110, 247-254.	2.5	10
82	Sprint and jump performances in highly trained young soccer players of different chronological age: Effects of linear VS. CHANGEâ€“OFâ€“DIRECTION sprint training. Journal of Exercise Science and Fitness, 2021, 19, 81-90.	2.2	10
83	Between 21 and 34 Years of Age, Aging Alters the Catecholamine Responses to Supramaximal Exercise in Endurance Trained Athletes. International Journal of Sports Medicine, 1999, 20, 343-348.	1.7	9
84	Recovery (Passive vs. Active) during Interval Training and Plasma Catecholamine Responses. International Journal of Sports Medicine, 2013, 34, 742-747.	1.7	9
85	Effects of Acute Supramaximal Cycle Exercise on Plasma FFA Concentration in Obese Adolescent Boys. PLoS ONE, 2015, 10, e0129654.	2.5	9
86	The effect of time-of-day of training during Ramadan on physiological parameters in highly trained endurance athletes. Biological Rhythm Research, 2017, 48, 541-555.	0.9	9
87	Diabetes, Insulin Resistance, Fetuin-B and Exercise Training. Annals of Applied Sport Science, 2019, 7, 1-2.	0.4	9
88	Independent and Combined Effects of Antioxidant Supplementation and Circuit Resistance Training on Selected Adipokines in Postmenopausal Women. Frontiers in Physiology, 2019, 10, 484.	2.8	9
89	High-intensity Interval Training Improves Lipocalin-2 and Omentin-1 Levels in Men with Obesity. International Journal of Sports Medicine, 2022, 43, 328-335.	1.7	9
90	Effect of sprint duration (6 s or 30 s) on plasma glucose regulation in untrained male subjects. Journal of Sports Medicine and Physical Fitness, 2003, 43, 546-53.	0.7	9

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91	Effects of Three Different Modes of Resistance Training on Appetite Hormones in Males With Obesity. Frontiers in Physiology, 2022, 13, 827335.	2.8	9
92	Concurrent Training Promotes Greater Gains on Body Composition and Components of Physical Fitness Than Single-Mode Training (Endurance or Resistance) in Youth With Obesity. Frontiers in Physiology, 2022, 13, .	2.8	9
93	Vitamin D Level and Composite Indices of Femoral Neck Strength in a Group of Young Lebanese Men. Journal of Clinical Densitometry, 2016, 19, 492-493.	1.2	8
94	High-intensity interval training improves acute plasma volume responses to exercise that is age dependent. Physiological Reports, 2018, 6, e13609.	1.7	8
95	Physical performances and anthropometric characteristics of young elite North-African female soccer players compared with international standards. Science and Sports, 2020, 35, 67-74.	0.5	8
96	Association between ACTN3 R577X genotype and risk of non-contact injury in trained athletes: A systematic review. Journal of Sport and Health Science, 2023, 12, 359-368.	6.5	8
97	Resistance training, gremlin 1 and macrophage migration inhibitory factor in obese men: a randomised trial. Archives of Physiology and Biochemistry, 2020, , 1-9.	2.1	8
98	Somatotype Hormone Levels and Physical Fitness in Elite Young Soccer Players over a Two-Year Monitoring Period. Journal of Sports Science and Medicine, 2018, 17, 455-464.	1.6	8
99	Effect of training status on the sympathoadrenal activity during a supramaximal exercise in human. Journal of Sports Medicine and Physical Fitness, 2001, 41, 330-6.	0.7	8
100	The Effects of Preferred Music and Its Timing on Performance, Pacing, and Psychophysiological Responses During the 6â€‐min Test. Journal of Human Kinetics, 0, 82, 123-133.	1.5	8
101	Sex Effect on Catecholamine Responses to Sprint Exercise in Adolescents and Adults. Pediatric Exercise Science, 2007, 19, 132-144.	1.0	7
102	Early advancing age alters plasma glucose and glucoregulatory hormones in response to supramaximal exercise. Journal of Science and Medicine in Sport, 2009, 12, 652-656.	1.3	7
103	Original Research: Effect of sprint and strength training on glucoregulatory hormones: Effect of advanced age. Experimental Biology and Medicine, 2017, 242, 113-123.	2.4	7
104	Lower Cardiovascular Stress during Resistance Training Performed with Inter-Repetition Rests in Elderly Coronary Patients. Medicina (Lithuania), 2020, 56, 264.	2.0	7
105	Internal and External Training Load in Under-19 versus Professional Soccer Players during the In-Season Period. International Journal of Environmental Research and Public Health, 2021, 18, 558.	2.6	7
106	The Effects of Eccentric and Plyometric Training Programs and Their Combination on Stability and the Functional Performance in the Post-ACL-Surgical Rehabilitation Period of Elite Female Athletes. Frontiers in Physiology, 2021, 12, 688385.	2.8	7
107	Wearable Inertial Measurement Unit to Accelerometer-Based Training Monotony and Strain during a Soccer Season: A within-Group Study for Starters and Non-Starters. International Journal of Environmental Research and Public Health, 2021, 18, 8007.	2.6	7
108	Effects of exercise training on type 2-diabetes: the role of Meteorinlike protein. Health Promotion Perspectives, 2019, 9, 89-91.	1.9	7

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109	The TNF-Î±, P53 Protein Response and Lung Respiratory Changes Related to Exercise, Chronic Hypoxia and Adiantum capillus-Veneris Supplementation. Advances in Respiratory Medicine, 2019, 87, 226-234.	1.0	7
110	Effects of Recovery Mode during High Intensity Interval Training on Glucoregulatory Hormones and Glucose Metabolism in Response to Maximal Exercise. Journal of Athletic Enhancement, 2018, 07, .	0.2	6
111	Racial differences in hemoglobin and plasma volume variation: implications for muscle performance and recovery. Ethnicity and Health, 2019, 24, 182-193.	2.5	6
112	Influence of resistance training and herbal supplementation on plasma apelin and metabolic syndrome risk factors in postmenopausal women. Science and Sports, 2020, 35, 109.e1-109.e5.	0.5	6
113	Effects of different resistance training frequencies on body composition and muscular performance adaptations in men. PeerJ, 2021, 9, e10537.	2.0	6
114	Sex-specific effects of small-sided games in basketball on psychometric and physiological markers during Ramadan intermittent fasting: a pilot study. BMC Sports Science, Medicine and Rehabilitation, 2021, 13, 56.	1.7	6
115	Differential Effects of Exercise Programs on Neuregulin 4, Body Composition and Cardiometabolic Risk Factors in Men With Obesity. Frontiers in Physiology, 2021, 12, 797574.	2.8	6
116	Vitamin D Level and Composite Indices of Femoral Neck Strength in a Group of Young Lebanese Women. Journal of Clinical Densitometry, 2018, 21, 308-309.	1.2	5
117	Pulmonary diffusing capacity measured by NO/CO transfer in Tunisian boys. Pediatric Pulmonology, 2020, 55, 2754-2761.	2.0	5
118	Maximal Oxygen Consumption and Composite Indices of Femoral Neck Strength in a Group of Young Women. Lecture Notes in Computer Science, 2017, , 369-375.	1.3	5
119	The Effects of Exercise Training on Plasma Volume Variations: A Systematic Review. International Journal of Sports Medicine, 2023, 44, 406-419.	1.7	5
120	Influence of playing style on the physiological responses of offensive players in table tennis. Journal of Sports Medicine and Physical Fitness, 2015, 55, 1517-23.	0.7	5
121	Pre-exercise hyperventilation can significantly increase performance in the 50-meter front crawl. Science and Sports, 2015, 30, 173-176.	0.5	4
122	Effect of Crocus Sativus Linnaeus (saffron) supplementations combined with circuit resistance training on total creatine kinase, lactate dehydrogenase and creatine kinase MB levels in young untrained men. Science and Sports, 2019, 34, e53-e58.	0.5	4
123	Improvement of Physical Performance Following a 6 Week Change-of-Direction Training Program in Elite Youth Soccer Players of Different Maturity Levels. Frontiers in Physiology, 2021, 12, 668437.	2.8	4
124	Effects of Endurance Training Intensity on Pulmonary Diffusing Capacity at Rest and after Maximal Aerobic Exercise in Young Athletes. International Journal of Environmental Research and Public Health, 2021, 18, 12359.	2.6	4
125	Thermal dysregulation in patients with multiple sclerosis during SARS-CoV-2 infection. The potential therapeutic role of exercise. Multiple Sclerosis and Related Disorders, 2022, 59, 103557.	2.0	4
126	Effect of Intensity on Changes in Cardiac Autonomic Control of Heart Rate and Arterial Stiffness After Equated Continuous Running Training Programs. Frontiers in Physiology, 2021, 12, 758299.	2.8	4

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127	Intensity Dependent Effects of Interval Resistance Training on Myokines and Cardiovascular Risk Factors in Males With Obesity. Frontiers in Endocrinology, 0, 13, .	3.5	4
128	La rÃ©alisation d'unÂmarathon n'affecte pas lesÂperformances aÃ©robies mesurÃ©es enÂlaboratoire chezÂdesÂmarathoniens deÂniveau national. Science and Sports, 2006, 21, 303-305.	0.5	3
129	Effet dâ€™une hyperventilation volontaire prÃ©exercice sur la performance lors de lâ€™Ã©preuve de Wingate. Science and Sports, 2008, 23, 83-86.	0.5	3
130	Effect of hyperventilation followed by a 1min recovery on the Wingate performance. Science and Sports, 2013, 28, e15-e18.	0.5	3
131	Plasma volume variation with exercise: a crucial consideration for obese adolescent boys. Applied Physiology, Nutrition and Metabolism, 2014, 39, 95-100.	1.9	3
132	Supplementation of Adiantum capillus-veneris Modulates Alveolar Apoptosis under Hypoxia Condition in Wistar Rats Exposed to Exercise. Medicina (Lithuania), 2019, 55, 401.	2.0	3
133	Resistance Exercise in a Hot Environment Alters Serum Markers in Untrained Males. Frontiers in Physiology, 2020, 11, 597.	2.8	3
134	Effect of Ramadan fasting: Association with time of day on time-motion, technical aspect and psychophysiological response to simulated karate competition in young amateur competitors. International Journal of Sports Science and Coaching, 2020, 15, 195-203.	1.4	3
135	Hemoglobin, hematocrit and plasma volume variations following combined sprint and strength: Effect of advanced age. Science and Sports, 2021, 36, e13-e21.	0.5	3
136	Physical Activity and Natural Products and Minerals in the SARS-CoV-2 Pandemic: An Update. Annals of Applied Sport Science, 2021, 9, 0-0.	0.4	3
137	Inflammatory cytokines and metabolic responses to high-intensity intermittent training: effect of the exercise intensity. Biology of Sport, 2022, 39, 263-272.	3.2	3
138	Multimodal Benefits of Exercise in Patients With Multiple Sclerosis and COVID-19. Frontiers in Physiology, 2022, 13, 783251.	2.8	3
139	Reliability and Validity of a New Taekwondo-Specific Change-of-Direction Speed Test With Striking Techniques in Elite Taekwondo Athletes: A Pilot Study. Frontiers in Physiology, 2022, 13, 774546.	2.8	3
140	High-Intensity Interval Training Improves Cardiac Function by miR-206 Dependent HSP60 Induction in Diabetic Rats. Frontiers in Cardiovascular Medicine, 0, 9, .	2.4	3
141	Effets de lâ€™entraÃ®nement de sprint et du dÃ©sentraÃ®nement sur les variations du volume plasmatique induites par un test supramaximal chez des adolescents. Science and Sports, 2009, 24, 166-172.	0.5	2
142	RÃ1e de la combinaison de la restriction calorique et de lâ€™entraÃ®nement physique individualisÃ© dans la prise en charge de lâ€™obÃ©sitÃ© infantile. Science and Sports, 2010, 25, 111-120.	0.5	2
143	Ã‰tude observationnelle sur lâ€™impact du type dâ€™activitÃ© physique sur la densitÃ© minÃ©rale osseuse, la gÃ©omÃ©trie osseuse de la hanche et le TBS chez des hommes adultes. Kinesitherapie, 2015, 15, 24-29.	0.1	2
144	Positive Correlations Between Free Vitamin D and Bone Variables in a Group of Young Lebanese Women. Journal of Clinical Densitometry, 2018, 21, 446-452.	1.2	2

#	Article	IF	Citations
145	Positive Correlations Between Free Vitamin D and Bone Variables in a Group of Young Lebanese Men. Journal of Clinical Densitometry, 2018, 21, 459-461.	1.2	2
146	Walking exercise and lower-body blood flow restriction: Effects on systemic inflammation, lipid profiles and hematological indices in overweight middle-aged males. Research in Sports Medicine, 2021, , 1-9.	1.3	2
147	Relationship between anthropometry and stroking parameters of front crawl sprint performance in young swimmers. Medicina Dello Sport, 2019, 72, .	0.1	2
148	Biochemical Markers and Wellness Status During a Congested Match Play Period in Elite Soccer Players. International Journal of Sports Physiology and Performance, 2022, , 1-16.	2.3	2
149	Effet de l'intensitÃ© de l'entraÃ®nement sur les rÃ©ponses en catÃ©cholamines Ã l'exercice supramaximal chez des endurants de sexe masculin. Science and Sports, 2003, 18, 26-28.	0.5	1
150	Influence duÂcycle menstruel ouÂdeÂlaÂprise d'unÂcontraceptif oral surÂlaÂperformance lors deÂl'Ã©preuve deÂWingate. Science and Sports, 2006, 21, 20-22.	0.5	1
151	Les dÃ©terminants de santÃ© corrÃ©lables Ã la densitÃ© minÃ©rale osseuse apprÃ©ciÃ©e par ultrasonomÃ©trie. Kinesitherapie, 2016, 16, 9-14.	0.1	1
152	Exercise and Training Effects on Appetite-Regulating Hormones in Individuals with Obesity. Contemporary Endocrinology, 2020, , 535-562.	0.1	1
153	Ã‰volution de la lactatÃ©mie lors d'une sÃ©ance de vitesse chez des sprinters de niveau national. Science and Sports, 2002, 17, 31-34.	0.5	0
154	Effets d'unÂentraÃ®nement deÂtype sprint surÂlesÂrÃ©ponses catÃ©cholaminergiques ÃÂl'exercice bref etÂintense chezÂdesÂadolescents. Science and Sports, 2006, 21, 93-95.	0.5	0
155	Aptitude aÃ©robie et puissance pic chez lâ€™adolescent obÃ¨se, en surpoids et non obÃ¨se. Science and Sports, 2010, 25, 204-206.	0.5	0
156	Obesity, Inflammation, Dectin-1 and Exercise Training. Journal of Diabetes & Metabolism, 2018, 09, .	0.2	0
157	Health Benefits of Exercise and Fasting. , 2021, , 1979-1997.		0
158	L-Arginine Improves Endurance to High-Intensity Interval Exercises in Overweight Men. International Journal of Sport Nutrition and Exercise Metabolism, 2021, 31, 46-54.	2.1	0
159	Football de haut-niveauÂ: analyses physique et physiologique â€“ blessures et prÃ©vention. Science and Sports, 2021, 36, 332-332.	0.5	0
160	Health Benefits of Exercise and Fasting. , 2021, , 1-20.		0