

# Petr Stastny

## List of Publications by Year in descending order

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Version: 2024-02-01

95  
papers

1,346  
citations

394421  
19  
h-index

454955  
30  
g-index

101  
all docs

101  
docs citations

101  
times ranked

1312  
citing authors

#	ARTICLE	IF	CITATIONS
1	Optimizing post activation potentiation for explosive activities in competitive sports. Journal of Human Kinetics, 2016, 52, 95-106.	1.5	106
2	A systematic review of surface electromyography analyses of the bench press movement task. PLoS ONE, 2017, 12, e0171632.	2.5	80
3	Does Tempo of Resistance Exercise Impact Training Volume?. Journal of Human Kinetics, 2018, 62, 241-250.	1.5	58
4	The Efficacy and Safety of Lower-Limb Plyometric Training in Older Adults: A Systematic Review. Sports Medicine, 2019, 49, 113-131.	6.5	40
5	Systematic review of intra-abdominal and intrathoracic pressures initiated by the Valsalva manoeuvre during high-intensity resistance exercises. Biology of Sport, 2019, 36, 373-386.	3.2	39
6	The Role of Peroxisome Proliferator-Activated Receptors and Their Transcriptional Coactivators Gene Variations in Human Trainability: A Systematic Review. International Journal of Molecular Sciences, 2018, 19, 1472.	4.1	38
7	Does the Dumbbell-Carrying Position Change the Muscle Activity in Split Squats and Walking Lunges?. Journal of Strength and Conditioning Research, 2015, 29, 3177-3187.	2.1	36
8	Strengthening the Gluteus Medius Using Various Bodyweight and Resistance Exercises. Strength and Conditioning Journal, 2016, 38, 91-101.	1.4	36
9	A systematic review of the main factors that determine agility in sport using structural equation modeling. Journal of Human Kinetics, 2016, 52, 115-123.	1.5	33
10	Optimizing Half Squat Postactivation Potential Load in Squat Jump Training for Eliciting Relative Maximal Power in Ski Jumpers. Journal of Strength and Conditioning Research, 2017, 31, 3010-3017.	2.1	33
11	Post-activation Performance Enhancement in the Bench Press Throw: A Systematic Review and Meta-Analysis. Frontiers in Physiology, 2020, 11, 598628.	2.8	32
12	Effects of Pre-exhaustion on the Patterns of Muscular Activity in the Flat Bench Press. Journal of Strength and Conditioning Research, 2017, 31, 1919-1924.	2.1	30
13	Effect of HIIT with Tabata Protocol on Serum Irisin, Physical Performance, and Body Composition in Men. International Journal of Environmental Research and Public Health, 2020, 17, 3589.	2.6	30
14	Anthropometric Variables and Somatotype of Young and Professional Male Basketball Players. Sports, 2018, 6, 9.	1.7	28
15	Changes in Injury Risk Mechanisms After Soccer-Specific Fatigue in Male Youth Soccer Players. Journal of Human Kinetics, 2018, 62, 33-42.	1.5	25
16	Physical fitness and performance of polish ice-hockey players competing at different sports levels. Journal of Human Kinetics, 2016, 51, 201-208.	1.5	24
17	PPARA Intron Polymorphism Associated with Power Performance in 30-s Anaerobic Wingate Test. PLoS ONE, 2014, 9, e107171.	2.5	24
18	Training-induced changes in physical performance can be achieved without body mass reduction after eight week of strength and injury prevention oriented programme in volleyball female players. Biology of Sport, 2017, 2, 205-213.	3.2	23

#	ARTICLE	IF	CITATIONS
19	Muscular activity patterns of female and male athletes during the flat bench press. <i>Biology of Sport</i> , 2018, 35, 175-179.	3.2	23
20	Association of Elite Sports Status with Gene Variants of Peroxisome Proliferator Activated Receptors and Their Transcriptional Coactivator. <i>International Journal of Molecular Sciences</i> , 2020, 21, 162.	4.1	23
21	The effects of different doses of caffeine on maximal strength and strength endurance in women habituated to caffeine. <i>Journal of the International Society of Sports Nutrition</i> , 2021, 18, 25.	3.9	23
22	A New Approach to EMG Analysis of Closed-Circuit Movements Such as the Flat Bench Press. <i>Sports</i> , 2018, 6, 27.	1.7	22
23	Physiological responses to different neuromuscular movement task during eccentric bench press. <i>Neuroendocrinology Letters</i> , 2018, 39, 26-32.	0.2	22
24	Are genes encoding proteoglycans really associated with the risk of anterior cruciate ligament rupture?. <i>Biology of Sport</i> , 2017, 2, 97-103.	3.2	21
25	Fundamental Motor Skills Mediate the Relationship Between Physical Fitness and Soccer-Specific Motor Skills in Young Soccer Players. <i>Frontiers in Physiology</i> , 2019, 10, 596.	2.8	21
26	The effects of resistance training experience on movement characteristics in the bench press exercise. <i>Biology of Sport</i> , 2020, 37, 79-83.	3.2	21
27	Effect of COL5A1, GDF5, and PPARA Genes on a Movement Screen and Neuromuscular Performance in Adolescent Team Sport Athletes. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 2057-2065.	2.1	19
28	Role of Nutrition and Exercise Programs in Reducing Blood Pressure: A Systematic Review. <i>Journal of Clinical Medicine</i> , 2019, 8, 1393.	2.4	18
29	Neuromuscular Control During the Bench Press Movement in an Elite Disabled and Able-Bodied Athlete. <i>Journal of Human Kinetics</i> , 2017, 60, 209-215.	1.5	17
30	Does maturation influence neuromuscular performance and muscle damage after competitive match-play in youth male soccer players?. <i>European Journal of Sport Science</i> , 2019, 19, 1130-1139.	2.7	15
31	The Role of Visual Feedback on Power Output During Intermittent Wingate Testing in Ice Hockey Players. <i>Sports</i> , 2018, 6, 32.	1.7	14
32	Acute Effects of Continuous and Intermittent Blood Flow Restriction on Movement Velocity During Bench Press Exercise Against Different Loads. <i>Frontiers in Physiology</i> , 2020, 11, 569915.	2.8	14
33	A Comparison of Muscle Activity Between the Cambered and Standard Bar During the Bench Press Exercise. <i>Frontiers in Physiology</i> , 2020, 11, 875.	2.8	14
34	Effect of four different forms of high intensity training on BDNF response to Wingate and Graded Exercise Test. <i>Scientific Reports</i> , 2021, 11, 8599.	3.3	14
35	Enhancement of Countermovement Jump Performance Using a Heavy Load with Velocity-Loss Repetition Control in Female Volleyball Players. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 11530.	2.6	14
36	Force and velocity of impact during upper limb strikes in combat sports: a systematic review and meta-analysis. <i>Sports Biomechanics</i> , 2023, 22, 921-939.	1.6	13

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37	Speed and power-related gene polymorphisms associated with playing position in elite soccer players. <i>Biology of Sport</i> , 2022, 39, 355-366.	3.2	13
38	Muscle Imbalances: Testing and Training Functional Eccentric Hamstring Strength in Athletic Populations. <i>Journal of Visualized Experiments</i> , 2018, , .	0.3	12
39	Hip abductors and thigh muscles strength ratios and their relation to electromyography amplitude during split squat and walking lunge exercises. <i>Acta Gymnica</i> , 2015, 45, 51-59.	1.1	12
40	The Polymorphisms of the Peroxisome-Proliferator Activated Receptorsâ€™ Alfa Gene Modify the Aerobic Training Induced Changes of Cholesterol and Glucose. <i>Journal of Clinical Medicine</i> , 2019, 8, 1043.	2.4	11
41	The Gluteus Medius Vs. Thigh Muscles Strength Ratio and Their Relation to Electromyography Amplitude During a Farmerâ€™s Walk Exercise. <i>Journal of Human Kinetics</i> , 2015, 45, 157-165.	1.5	10
42	The effect of targeted resistance training on bench press performance and the alternation of prime mover muscle activation patterns. <i>Sports Biomechanics</i> , 2022, 21, 1262-1276.	1.6	10
43	Field-Based and Lab-Based Assisted Jumping: Unveiling the Testing and Training Implications. <i>Frontiers in Physiology</i> , 2018, 9, 1284.	2.8	9
44	Differences in motivation during the bench press movement with progressive loads using EEG analysis. <i>Biology of Sport</i> , 2019, 36, 351-356.	3.2	9
45	Contrast Tempo of Movement and Its Effect on Power Output and Bar Velocity During Resistance Exercise. <i>Frontiers in Physiology</i> , 2020, 11, 629199.	2.8	8
46	Impact of Ischemic Intra-Conditioning on Power Output and Bar Velocity of the Upper Limbs. <i>Frontiers in Physiology</i> , 2021, 12, 626915.	2.8	8
47	Morning fatigue and structured exercise interact to affect non-exercise physical activity of fit and healthy older adults. <i>BMC Geriatrics</i> , 2021, 21, 179.	2.7	8
48	Effect of an Acute Resistance Training Bout and Long-Term Resistance Training Program on Arterial Stiffness: A Systematic Review and Meta-Analysis. <i>Journal of Clinical Medicine</i> , 2021, 10, 3492.	2.4	8
49	Kinetic and Kinematic Differences in a Golf Swing in One and Both Lower Limb Amputees. <i>Journal of Human Kinetics</i> , 2015, 48, 33-41.	1.5	8
50	Changes in Isokinetic Muscle Strength in Adolescent Soccer Players after 10 Weeks of Pre-Season Training. <i>The Open Sports Sciences Journal</i> , 2017, 10, 27-36.	0.4	8
51	Upper Limb Strikes Reactive Forces in Mix Martial Art Athletes during Ground and Pound Tactics. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 7782.	2.6	7
52	The Effects of Low-Energy Moderate-Carbohydrate (MCD) and Mixed (MixD) Diets on Serum Lipid Profiles and Body Composition in Middle-Aged Men: A Randomized Controlled Parallel-Group Clinical Trial. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 1332.	2.6	7
53	Fundamental motor skills of Czech children at the end of the preschool period. <i>Acta Gymnica</i> , 2017, 47, 193-200.	1.1	7
54	Are and Gene Variants Associated with Anterior Cruciate Ligament Rupture Susceptibility?. <i>Journal of Sports Science and Medicine</i> , 2019, 18, 137-145.	1.6	7

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55	Endocrine response to high intensity barbell squats performed with constant movement tempo and variable training volume. <i>Neuroendocrinology Letters</i> , 2018, 39, 342-348.	0.2	7
56	The relative force in squat jump is the best laboratory predictor of sprint performance in adolescent soccer players. <i>Human Movement</i> , 2017, 2017, 83-90.	0.9	6
57	Kinematic Determinants of Front Kick Dynamics Across Different Loading Conditions. <i>Military Medicine</i> , 2022, 187, e147-e153.	0.8	6
58	Fast Eccentric Movement Tempo Elicits Higher Physiological Responses than Medium Eccentric Tempo in Ice-Hockey Players. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 7694.	2.6	6
59	Assisted Jumping in Healthy Older Adults. <i>Journal of Strength and Conditioning Research</i> , 2020, Publish Ahead of Print, .	2.1	6
60	Can Anthropometric Variables and Maturation Predict the Playing Position in Youth Basketball Players?. <i>Journal of Human Kinetics</i> , 2019, 69, 109-123.	1.5	6
61	Isokinetic Strength of Rotators, Flexors and Hip Extensors is Strongly Related to Front Kick Dynamics in Military Professionals. <i>Journal of Human Kinetics</i> , 2019, 68, 145-155.	1.5	6
62	Knee joint muscles neuromuscular activity during load-carrying walking. <i>Neuroendocrinology Letters</i> , 2014, 35, 633-9.	0.2	6
63	The Specificity of Motor Learning Tasks Determines the Kind of Skating Skill Development in Older School-Age Children. <i>Sports</i> , 2020, 8, 126.	1.7	5
64	Effect of a Simulated Match on Lower Limb Neuromuscular Performance in Youth Footballersâ€”A Two Year Longitudinal Study. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 8579.	2.6	5
65	Acute Effects of Different Blood Flow Restriction Protocols on Bar Velocity During the Squat Exercise. <i>Frontiers in Physiology</i> , 2021, 12, 652896.	2.8	5
66	Concurrent validity of Myotest for assessing explosive strength indicators in countermovement jump. <i>Acta Gymnica</i> , 2018, 48, 95-102.	1.1	5
67	Acute impact of blood flow restriction on strength-endurance performance during the bench press exercise. <i>Biology of Sport</i> , 2021, 38, 653-658.	3.2	4
68	The influence of rest interval on total training load during 10 sets of the bench press exercise performed to concentric failure. <i>Medicina Dello Sport</i> , 2019, 72, .	0.1	4
69	Performance and Kinematic Differences in Putting Between Healthy and Disabled Elite Golfers. <i>Journal of Human Kinetics</i> , 2017, 60, 233-241.	1.5	3
70	Exerciseâ€”Based Cardiac Rehabilitation with and without Neuromuscular Electrical Stimulation and its Effect on Exercise Tolerance and Life Quality of Persons with Chronic Heart Failure. <i>Journal of Human Kinetics</i> , 2018, 65, 151-164.	1.5	3
71	Muscle Strength Variations of Knee Joint Muscles in Elite Female Handball Players after Pre-Season Conditioning. <i>Journal of Human Kinetics</i> , 2018, 63, 105-115.	1.5	3
72	The Effect of Traditional and Stabilization-Oriented Exercises on Deep Stabilization System Function in Elite Futsal Players. <i>Sports</i> , 2020, 8, 153.	1.7	3

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73	Isokinetic testing of muscle strength of older individuals with sarcopenia or frailty: A systematic review. <i>Isokinetics and Exercise Science</i> , 2020, , 1-11.	0.4	3
74	The Combined Effect of Neuromuscular Electrical Stimulation and Insulin Therapy on Glycated Hemoglobin Concentrations, Lipid Profiles and Hemodynamic Parameters in Patients with Type-2-Diabetes and Hemiplegia Related to Ischemic Stroke: A Pilot Study. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 3433.	2.6	3
75	Overspeed Stimulus Provided by Assisted Jumping Encourages Rapid Increases in Strength and Power Performance of Older Adults. <i>Journal of Aging and Physical Activity</i> , 2021, 29, 259-266.	1.0	3
76	Does a linear position transducer placed on a stick and belt provide sufficient validity and reliability of countermovement jump performance outcomes?. <i>Biology of Sport</i> , 2022, 39, 341-348.	3.2	3
77	Muscle activity during the incline shoulder press in relation to the exercise intensity. <i>Acta Gymnica</i> , 2018, 48, 141-146.	1.1	3
78	Gender and Age Related Differences in Leg Stiffness and Reactive Strength in Adolescent Team Sports Players. <i>Journal of Human Kinetics</i> , 2020, 74, 119-129.	1.5	3
79	Off-Ice Agility Provide Motor Transfer to On-Ice Skating Performance and Agility in Adolescent Ice Hockey Players. <i>Journal of Sports Science and Medicine</i> , 2019, 18, 680-694.	1.6	3
80	The slow exercise tempo during conventional squat elicits higher glycolytic and muscle damage but not the endocrine response. <i>Neuroendocrinology Letters</i> , 2021, 41, 301-307.	0.2	3
81	The effect of breathing technique on sticking region during maximal bench press. <i>Biology of Sport</i> , 2021, 38, 445-450.	3.2	2
82	The Effects of High Mineral Alkaline Water Consumed over Three Consecutive Days on Reaction Time Following Anaerobic Exercise – A Randomized Placebo-Controlled Crossover Pilot Study. <i>Journal of Human Kinetics</i> , 2021, 78, 111-119.	1.5	2
83	Long-term and actual golf performance and their relation to putting success and accuracy in amateur players. <i>International Journal of Performance Analysis in Sport</i> , 2021, 21, 728-740.	1.1	2
84	Evidence-Based Functional Training to Improve Front Push Kick Technique, Speed, and Net Force Production. <i>Strength and Conditioning Journal</i> , 2021, Publish Ahead of Print, .	1.4	2
85	Meta-analyses of the effect of flossing on ankle range of motion and power jump performance. <i>Baltic Journal of Health and Physical Activity</i> , 2020, 12, 19-26.	0.5	2
86	Benefits of physical activity interventions combining self-monitoring with other components versus self-monitoring alone: a systematic review and meta-analysis. <i>Lancet, The</i> , 2021, 398, S87.	13.7	2
87	Current State and Design Recommendations of Exoskeletons of Lower Limbs in Military Applications. <i>Lecture Notes in Computer Science</i> , 2022, , 452-463.	1.3	2
88	School injuries and their prevention from the present perspective. <i>Baltic Journal of Health and Physical Activity</i> , 2021, 13, 45-53.	0.5	1
89	Training with a Heavy Puck Elicits a Higher Increase of Shooting Speed Than Unloaded Training in Midget Ice Hockey Players. <i>Journal of Human Kinetics</i> , 0, 82, 191-200.	1.5	1
90	Analysis of the Contact Area for Three Types of Upper Limb Strikes. <i>Journal of Functional Morphology and Kinesiology</i> , 2022, 7, 50.	2.4	1

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91	Effects of Krankcycle Training on Performance and Body Composition in Wheelchair Users. Journal of Human Kinetics, 2015, 48, 71-78.	1.5	0
92	Holographic Sight Improves the Static Shooting Accuracy and Vertical Sway Precision During High-Intensity Dynamic Action in the Police Task Force. Motor Control, 2021, 25, 541-552.	0.6	0
93	Gluteus medius and thigh muscles electromyography during load carrying walking. Acta Universitatis Carolinae: Kinanthropologica, 2015, 51, 51-64.	0.3	0
94	The Influence of Womanâ€™s Mastectomy on Breathing Kinematics. Advances in Intelligent Systems and Computing, 2019, , 36-44.	0.6	0
95	Correction to: The Influence of Womanâ€™s Mastectomy on Breathing Kinematics. Advances in Intelligent Systems and Computing, 2019, , E1-E1.	0.6	0