George P Nassis

List of Publications by Year
in descending order

86 papers	4,785 citations	159358 30 h-index	106150 65 g-index
87 all docs	87 docs citations	87 times ranked	5611 citing authors

#	Article	IF	Citations
1	Coronavirus disease (COVID-19): The need to maintain regular physical activity while taking precautions. Journal of Sport and Health Science, 2020, 9, 103-104.	3.3	774
2	Aerobic exercise training improves insulin sensitivity without changes in body weight, body fat, adiponectin, and inflammatory markers in overweight and obese girls. Metabolism: Clinical and Experimental, 2005, 54, 1472-1479.	1.5	369
3	Training Load and Player Monitoring in High-Level Football: Current Practice and Perceptions. International Journal of Sports Physiology and Performance, 2016, 11, 587-593.	1.1	332
4	Saliva as a tool for monitoring steroid, peptide and immune markers in sport and exercise science. Journal of Science and Medicine in Sport, 2011, 14, 424-434.	0.6	260
5	Consensus recommendations on training and competing in the heat. British Journal of Sports Medicine, 2015, 49, 1164-1173.	3.1	195
6	The athlete monitoring cycle: a practical guide to interpreting and applying training monitoring data. British Journal of Sports Medicine, 2017, 51, 1451-1452.	3.1	169
7	Agility in Team Sports: Testing, Training and Factors Affecting Performance. Sports Medicine, 2016, 46, 421-442.	3.1	164
8	Current Approaches to the Use of Artificial Intelligence for Injury Risk Assessment and Performance Prediction in Team Sports: a Systematic Review. Sports Medicine - Open, 2019, 5, 28.	1.3	152
9	Factors Affecting Match Running Performance of Elite Soccer Players: Shedding Some Light on the Complexity. International Journal of Sports Physiology and Performance, 2015, 10, 516-519.	1.1	144
10	Consensus recommendations on training and competing in the heat. Scandinavian Journal of Medicine and Science in Sports, 2015, 25, 6-19.	1.3	144
11	Physical Activity, Screen Time, and Emotional Well-Being during the 2019 Novel Coronavirus Outbreak in China. International Journal of Environmental Research and Public Health, 2020, 17, 5170.	1.2	132
12	Somatic and Physical Traits Affecting Sprint Swimming Performance in Young Swimmers. International Journal of Sports Medicine, 2005, 26, 139-144.	0.8	118
13	The association of environmental heat stress with performance: analysis of the 2014 FIFA World Cup Brazil. British Journal of Sports Medicine, 2015, 49, 609-613.	3.1	108
14	The Transition Period in Soccer: A Window of Opportunity. Sports Medicine, 2016, 46, 305-313.	3.1	104
15	Strength training in soccer with a specific focus on highly trained players. Sports Medicine - Open, 2015, 1, 17.	1.3	101
16	Returning Chinese school-aged children and adolescents to physical activity in the wake of COVID-19: Actions and precautions. Journal of Sport and Health Science, 2020, 9, 322-324.	3.3	88
17	Elevated total and central adiposity and low physical activity are associated with insulin resistance in children. Metabolism: Clinical and Experimental, 2007, 56, 206-213.	1.5	85
18	Somatotype, size and body composition of competitive female volleyball players. Journal of Science and Medicine in Sport, 2008, 11, 337-344.	0.6	75

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19	Physical activity and health in Chinese children and adolescents: expert consensus statement (2020). British Journal of Sports Medicine, 2020, 54, 1321-1331.	3.1	71
20	Consensus Recommendations on Training and Competing in the Heat. Sports Medicine, 2015, 45, 925-938.	3.1	70
21	Return to elite football after the COVID-19 lockdown. Managing Sport and Leisure, 2022, 27, 172-180.	2.2	70
22	Do Match-Related Contextual Variables Influence Training Load in Highly Trained Soccer Players?. Journal of Strength and Conditioning Research, 2016, 30, 393-399.	1.0	68
23	Central and total adiposity are lower in overweight and obese children with high cardiorespiratory fitness. European Journal of Clinical Nutrition, 2005, 59, 137-141.	1.3	63
24	Testing Strength and Power in Soccer Players. Journal of Strength and Conditioning Research, 2015, 29, 1748-1758.	1.0	53
25	Salivary Hormones, IgA, and Performance During Intense Training and Tapering in Judo Athletes. Journal of Strength and Conditioning Research, 2013, 27, 2569-2580.	1.0	50
26	Which parameters to use for sleep quality monitoring in team sport athletes? A systematic review and meta-analysis. BMJ Open Sport and Exercise Medicine, 2019, 5, bmjsem-2018-000475.	1.4	50
27	Effect of hypocaloric diet plus sibutramine treatment on hormonal and metabolic features in overweight and obese women with polycystic ovary syndrome: a randomized, 24-week study. International Journal of Obesity, 2008, 32, 692-699.	1.6	47
28	Elite football of 2030 will not be the same as that of 2020: Preparing players, coaches, and support staff for the evolution. Scandinavian Journal of Medicine and Science in Sports, 2020, 30, 962-964.	1.3	43
29	Effect of Altitude on Football Performance. Journal of Strength and Conditioning Research, 2013, 27, 703-707.	1.0	41
30	Prevalence of Insufficient Physical Activity, Sedentary Screen Time and Emotional Well-Being During the Early Days of the 2019 Novel Coronavirus (COVID-19) Outbreak in China: A National Cross-Sectional Study. SSRN Electronic Journal, 0, , .	0.4	35
31	Physical Fitness Testing in Youth Soccer: Issues and Considerations Regarding Reliability, Validity, and Sensitivity. Pediatric Exercise Science, 2015, 27, 301-313.	0.5	33
32	Short-term predictors of abdominal obesity in children. European Journal of Public Health, 2006, 16, 520-525.	0.1	32
33	Prevalence of overweight and obesity in a national representative sample of Greek children and adolescents. European Journal of Clinical Nutrition, 2007, 61, 1072-1074.	1.3	32
34	The â€œFootball is Medicineâ€•platformâ€”scientific evidence, largeâ€scale implementation of evidenceâ€based concepts and future perspectives. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 3-7.	1.3	31
35	Salivary hormones and anxiety in winners and losers of an international judo competition. Journal of Sports Sciences, 2016, 34, 1281-1287.	1.0	30
36	Technical and physical analysis of the 2014 FIFA World Cup Brazil: winners vs. losers. Journal of Sports Medicine and Physical Fitness, 2017, 57, 1338-1343.	0.4	28

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37	Cardiac output decline in prolonged dynamic exercise is affected by the exercise mode. Pflugers Archiv European Journal of Physiology, 2002, 445, 398-404.	1.3	21
38	Acute responses of soccer match play on hip strength and flexibility measures: potential measure of injury risk. Journal of Sports Sciences, 2014, 32, 1318-1323.	1.0	21
39	The effect of a concentrated period of soccer-specific fitness training with small-sided games on physical fitness in youth players. Journal of Sports Medicine and Physical Fitness, 2019, 59, 962-968.	0.4	21
40	Effect of a carbohydrate-electrolyte drink on endurance capacity during prolonged intermittent high intensity running. British Journal of Sports Medicine, 1998, 32, 248-252.	3.1	20
41	Blood Pressure Control at Rest and during Exercise in Obese Children and Adults. Journal of Obesity, 2012, 2012, 1-10.	1.1	20
42	Relationship Between the 20-m Multistage Shuttle Run Test and 2 Soccer-Specific Field Tests for the Assessment of Aerobic Fitness in Adult Semi-professional Soccer Players. Journal of Strength and Conditioning Research, 2010, 24, 2693-2697.	1.0	19
43	Effects of acute postexercise chocolate milk consumption during intensive judo training on the recovery of salivary hormones, salivary SIgA, mood state, muscle soreness, and judo-related performance. Applied Physiology, Nutrition and Metabolism, 2015, 40, 1116-1122.	0.9	17
44	Is workload associated with injuries and performance in elite football? A call for action. British Journal of Sports Medicine, 2017, 51, 486-487.	3.1	17
45	Injury prevention training in football: letâ€™s bring it to the real world. British Journal of Sports Medicine, 2019, 53, 1328-1329.	3.1	16
46	Effect of water ingestion on cardiovascular and thermal responses to prolonged cycling and running in humans: a comparison. European Journal of Applied Physiology, 2002, 88, 227-234.	1.2	13
47	Physical Fitness Testing in Youth Soccer: Issues and Considerations Regarding Reliability, Validity and Sensitivity. Pediatric Exercise Science, 2015, 27, 301-313.	0.5	13
48	Elite womenâ€™s football: Evolution and challenges for the years ahead. Scandinavian Journal of Medicine and Science in Sports, 2022, 32, 7-11.	1.3	13
49	Effect of Eating Frequency on Body Composition in 9 - 11-Year-Old Children. International Journal of Sports Medicine, 2007, 28, 265-270.	0.8	12
50	Top 50 most-cited articles in medicine and science in football. BMJ Open Sport and Exercise Medicine, 2018, 4, e000388.	1.4	12
51	Match-Related Time Course of Perceived Recovery in Youth Football Players. International Journal of Sports Physiology and Performance, 2019, 14, 339-342.	1.1	12
52	Methods for assessing body composition, cardiovascular and metabolic function in children and adolescents: implications for exercise studies. Current Opinion in Clinical Nutrition and Metabolic Care, 2006, 9, 560-567.	1.3	11
53	The role of muscle pump in the development of cardiovascular drift. European Journal of Applied Physiology, 2008, 103, 99-107.	1.2	11
54	Evolutionary Trends of Playersâ€™ Technical Characteristics in the UEFA Champions League. Frontiers in Psychology, 2020, 11, 1032.	1.1	10

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55	Association between relative handgrip strength and hypertension in Chinese adults: An analysis of four successive national surveys with 712,442 individuals (2000-2014). PLoS ONE, 2021, 16, e0258763.	1.1	10
56	Recreational football practice attenuates postprandial lipaemia in normal and overweight individuals. European Journal of Applied Physiology, 2018, 118, 261-270.	1.2	9
57	Within-Subject Correlation Between Salivary IgA and Measures of Training Load in Elite Football Players. International Journal of Sports Physiology and Performance, 2019, 14, 847-849.	1.1	9
58	A Mixed-Method Approach of Pre-Cooling Enhances High-Intensity Running Performance in the Heat. Journal of Sports Science and Medicine, 2021, 20, 26-34.	0.7	9
59	Repeated Interval Loughborough Soccer Passing Tests: An Ecologically Valid Motor Task to Induce Mental Fatigue in Soccer. Frontiers in Physiology, 2021, 12, 803528.	1.3	9
60	Does Early Recruitment Predict Greater Physical Performance in Academy Soccer Players?. Sports, 2018, 6, 108.	0.7	8
61	Effects of velocity based training vs. traditional 1RM percentage-based training on improving strength, jump, linear sprint and change of direction speed performance: A Systematic review with meta-analysis. PLoS ONE, 2021, 16, e0259790.	1.1	8
62	Cardiovascular drift in trained paraplegic and able-bodied individuals during prolonged wheelchair exercise: effect of fluid replacement. Applied Physiology, Nutrition and Metabolism, 2013, 38, 375-381.	0.9	6
63	Authorâ€™s Reply to Brocherie and Millet: â€˜Is the Wet-Bulb Globe Temperature (WGBT) Index Relevant for Exercise in the Heat?â€™. Sports Medicine, 2015, 45, 1623-1624.	3.1	6
64	Î²-alanine efficacy for sports performance improvement: from science to practice. British Journal of Sports Medicine, 2017, 51, 626-627.	3.1	6
65	Acute physiological and perceptual responses to moderate intensity cycling with different levels of blood ï¬‚ow restriction. Biology of Sport, 2021, 38, 437-443.	1.7	6
66	High-intensity interval training: how much pain to get a gain?. British Journal of Sports Medicine, 2017, 51, 492-493.	3.1	5
67	Concurrent complex and endurance training for recreational marathon runners: Effects on neuromuscular and running performance. European Journal of Sport Science, 2021, 21, 1243-1253.	1.4	5
68	The role of active muscle mass on exercise-induced cardiovascular drift. Journal of Sports Science and Medicine, 2008, 7, 395-401.	0.7	5
69	Not Lower-Limb Joint Strength and Stiffness but Vertical Stiffness and Isometric Force-Time Characteristics Correlate With Running Economy in Recreational Male Runners. Frontiers in Physiology, 0, 13, .	1.3	5
70	Leadership in science and medicine: can you see the gap?. Science and Medicine in Football, 2017, 1, 195-196.	1.0	4
71	The Effects of a Single Versus Three Consecutive Sessions of Football Training on Postprandial Lipemia: a Randomized, Controlled Trial in Healthy, Recreationally Active Males. Sports Medicine - Open, 2019, 5, 38.	1.3	4
72	Does the FIFA World Cupâ€™s Congested Fixture Program Affect Playersâ€™ Performance?. Asian Journal of Sports Medicine, 2017, In Press, .	0.1	4

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73	Age-related pattern in body composition changes for 18-69 year old women. Journal of Sports Medicine and Physical Fitness, 2003, 43, 327-33.	0.4	4
74	Role of cardiorespiratory fitness and obesity on hemodynamic responses in children. Journal of Sports Medicine and Physical Fitness, 2012, 52, 311-8.	0.4	4
75	The Influence of Physical Activity on Obesity and Health. Journal of Obesity, 2012, 2012, 1-2.	1.1	3
76	The second Summer Youth Olympic Games in Nanjing, People's Republic of China: preparing youth athletes to compete in the heat. Open Access Journal of Sports Medicine, 2014, 5, 205.	0.6	3
77	Postprandial lipaemia 10 and 34 hours after playing football: Does playing frequency affect the response?. PLoS ONE, 2019, 14, e0218043.	1.1	3
78	Energetic Profile in Forehand Loop Drive Practice with Well-Trained, Young Table Tennis Players. International Journal of Environmental Research and Public Health, 2020, 17, 3681.	1.2	3
79	The acute effects of different high-intensity conditioning activities on sprint performance differ between sprinters of different strength and power characteristics. Kinesiology, 2021, 53, 193-205.	0.3	3
80	Workload Assessment in Soccer: An Open-Minded, Critical Thinking Approach is Needed. Journal of Strength and Conditioning Research, 2017, 31, e77-e78.	1.0	2
81	Comparison of Physiological and Perceptional Responses to 5-m Forward, Forward-Backward, and Lateral Shuttle Running. Frontiers in Physiology, 2021, 12, 780699.	1.3	1
82	The Effect Of Acute Versus Accumulated Soccer Training On Postprandial Dysmetabolism. Medicine and Science in Sports and Exercise, 2017, 49, 569.	0.2	0
83	Exercise, muscle mass, and insulin sensitivity. BMJ: British Medical Journal, 2009, 339, b4249-b4249.	2.4	0
84	The Effect Of Soccer Training Frequency On Health Status In Recreational Players. Medicine and Science in Sports and Exercise, 2014, 46, 954-955.	0.2	0
85	Effect Of Regular Soccer Play On Body Composition In Youth. Medicine and Science in Sports and Exercise, 2014, 46, 227-228.	0.2	0
86	Football as Medicine against type 2 diabetes and metabolic syndrome. , 2019, , 25-40.		0