

George P Nassis

List of Publications by Citations

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

73
papers

3,052
citations

27
h-index

54
g-index

87
ext. papers

3,899
ext. citations

4.5
avg, IF

5.88
L-index

#	Paper	IF	Citations
73	Coronavirus disease (COVID-19): The need to maintain regular physical activity while taking precautions. <i>Journal of Sport and Health Science</i> , 2020 , 9, 103-104	8.2	445
72	Aerobic exercise training improves insulin sensitivity without changes in body weight, body fat, adiponectin, and inflammatory markers in overweight and obese girls. <i>Metabolism: Clinical and Experimental</i> , 2005 , 54, 1472-9	12.7	304
71	Training Load and Player Monitoring in High-Level Football: Current Practice and Perceptions. <i>International Journal of Sports Physiology and Performance</i> , 2016 , 11, 587-93	3.5	210
70	Saliva as a tool for monitoring steroid, peptide and immune markers in sport and exercise science. <i>Journal of Science and Medicine in Sport</i> , 2011 , 14, 424-34	4.4	204
69	Consensus recommendations on training and competing in the heat. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2015 , 25 Suppl 1, 6-19	4.6	107
68	Agility in Team Sports: Testing, Training and Factors Affecting Performance. <i>Sports Medicine</i> , 2016 , 46, 421-42	10.6	103
67	Factors affecting match running performance of elite soccer players: shedding some light on the complexity. <i>International Journal of Sports Physiology and Performance</i> , 2015 , 10, 516-9	3.5	102
66	Consensus recommendations on training and competing in the heat. <i>British Journal of Sports Medicine</i> , 2015 , 49, 1164-73	10.3	90
65	Somatic and physical traits affecting sprint swimming performance in young swimmers. <i>International Journal of Sports Medicine</i> , 2005 , 26, 139-44	3.6	80
64	The association of environmental heat stress with performance: analysis of the 2014 FIFA World Cup Brazil. <i>British Journal of Sports Medicine</i> , 2015 , 49, 609-13	10.3	77
63	Elevated total and central adiposity and low physical activity are associated with insulin resistance in children. <i>Metabolism: Clinical and Experimental</i> , 2007 , 56, 206-13	12.7	73
62	Strength training in soccer with a specific focus on highly trained players. <i>Sports Medicine - Open</i> , 2015 , 1, 17	6.1	66
61	Current Approaches to the Use of Artificial Intelligence for Injury Risk Assessment and Performance Prediction in Team Sports: a Systematic Review. <i>Sports Medicine - Open</i> , 2019 , 5, 28	6.1	66
60	The Transition Period in Soccer: A Window of Opportunity. <i>Sports Medicine</i> , 2016 , 46, 305-13	10.6	65
59	Physical Activity, Screen Time, and Emotional Well-Being during the 2019 Novel Coronavirus Outbreak in China. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	63
58	Consensus Recommendations on Training and Competing in the Heat. <i>Sports Medicine</i> , 2015 , 45, 925-38	10.6	55
57	Somatotype, size and body composition of competitive female volleyball players. <i>Journal of Science and Medicine in Sport</i> , 2008 , 11, 337-44	4.4	48

56	Returning Chinese school-aged children and adolescents to physical activity in the wake of COVID-19: Actions and precautions. <i>Journal of Sport and Health Science</i> , 2020 , 9, 322-324	8.2	48
55	Central and total adiposity are lower in overweight and obese children with high cardiorespiratory fitness. <i>European Journal of Clinical Nutrition</i> , 2005 , 59, 137-41	5.2	47
54	Do Match-Related Contextual Variables Influence Training Load in Highly Trained Soccer Players?. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 393-9	3.2	46
53	Return to elite football after the COVID-19 lockdown. <i>Managing Sport and Leisure</i> , 2020 , 1-9	2.9	42
52	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. <i>International Journal of Obesity</i> , 2008 , 32, 692-9	5.5	41
51	Salivary hormones, IgA, and performance during intense training and tapering in judo athletes. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 2569-80	3.2	38
50	Effect of altitude on football performance: analysis of the 2010 FIFA World Cup Data. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 703-7	3.2	30
49	Which parameters to use for sleep quality monitoring in team sport athletes? A systematic review and meta-analysis. <i>BMJ Open Sport and Exercise Medicine</i> , 2019 , 5, e000475	3.4	28
48	Short-term predictors of abdominal obesity in children. <i>European Journal of Public Health</i> , 2006 , 16, 520-5.1		27
47	Prevalence of overweight and obesity in a national representative sample of Greek children and adolescents. <i>European Journal of Clinical Nutrition</i> , 2007 , 61, 1072-4	5.2	26
46	Testing strength and power in soccer players: the application of conventional and traditional methods of assessment. <i>Journal of Strength and Conditioning Research</i> , 2015 , 29, 1748-58	3.2	25
45	Physical Fitness Testing in Youth Soccer: Issues and Considerations Regarding Reliability, Validity, and Sensitivity. <i>Pediatric Exercise Science</i> , 2015 , 27, 301-313	2	24
44	Salivary hormones and anxiety in winners and losers of an international judo competition. <i>Journal of Sports Sciences</i> , 2016 , 34, 1281-7	3.6	23
43	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. <i>SSRN Electronic Journal</i> ,	1	20
42	Physical activity and health in Chinese children and adolescents: expert consensus statement (2020). <i>British Journal of Sports Medicine</i> , 2020 , 54, 1321-1331	10.3	19
41	Acute responses of soccer match play on hip strength and flexibility measures: potential measure of injury risk. <i>Journal of Sports Sciences</i> , 2014 , 32, 1318-23	3.6	18
40	Cardiac output decline in prolonged dynamic exercise is affected by the exercise mode. <i>Pflugers Archiv European Journal of Physiology</i> , 2002 , 445, 398-404	4.6	18
39	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. <i>Journal of Strength and Conditioning Research</i> , 2010 , 24, 2693-7	3.2	17

38	Effect of a carbohydrate-electrolyte drink on endurance capacity during prolonged intermittent high intensity running. <i>British Journal of Sports Medicine</i> , 1998 , 32, 248-52	10.3	14
37	The effect of a concentrated period of soccer-specific fitness training with small-sided games on physical fitness in youth players. <i>Journal of Sports Medicine and Physical Fitness</i> , 2019 , 59, 962-968	1.4	12
36	Technical and physical analysis of the 2014 FIFA World Cup Brazil: winners vs. losers. <i>Journal of Sports Medicine and Physical Fitness</i> , 2017 , 57, 1338-1343	1.4	12
35	Effect of water ingestion on cardiovascular and thermal responses to prolonged cycling and running in humans: a comparison. <i>European Journal of Applied Physiology</i> , 2002 , 88, 227-34	3.4	11
34	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. <i>Applied Physiology, Nutrition and Metabolism</i> , 2015 , 40, 1116-22	3	10
33	Blood Pressure Control at Rest and during Exercise in Obese Children and Adults. <i>Journal of Obesity</i> , 2012 , 2012, 147385	3.7	10
32	The role of muscle pump in the development of cardiovascular drift. <i>European Journal of Applied Physiology</i> , 2008 , 103, 99-107	3.4	9
31	Effect of eating frequency on body composition in 9-11-year-old children. <i>International Journal of Sports Medicine</i> , 2007 , 28, 265-70	3.6	8
30	Physical Fitness Testing in Youth Soccer: Issues and Considerations Regarding Reliability, Validity and Sensitivity. <i>Pediatric Exercise Science</i> , 2015 , 27, 301-13	2	8
29	Within-Subject Correlation Between Salivary IgA and Measures of Training Load in Elite Football Players. <i>International Journal of Sports Physiology and Performance</i> , 2019 , 14, 847-849	3.5	8
28	Evolutionary Trends of Players' Technical Characteristics in the UEFA Champions League. <i>Frontiers in Psychology</i> , 2020 , 11, 1032	3.4	7
27	Methods for assessing body composition, cardiovascular and metabolic function in children and adolescents: implications for exercise studies. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , 2006 , 9, 560-7	3.8	7
26	Match-Related Time Course of Perceived Recovery in Youth Football Players. <i>International Journal of Sports Physiology and Performance</i> , 2019 , 14, 339-342	3.5	7
25	Top 50 most-cited articles in medicine and science in football. <i>BMJ Open Sport and Exercise Medicine</i> , 2018 , 4, e000388	3.4	7
24	Author's Reply to Brocherie and Millet: 'Is the Wet-Bulb Globe Temperature (WGBT) Index Relevant for Exercise in the Heat?'. <i>Sports Medicine</i> , 2015 , 45, 1623-4	10.6	5
23	The role of active muscle mass on exercise-induced cardiovascular drift. <i>Journal of Sports Science and Medicine</i> , 2008 , 7, 395-401	2.7	5
22	Recreational football practice attenuates postprandial lipaemia in normal and overweight individuals. <i>European Journal of Applied Physiology</i> , 2018 , 118, 261-270	3.4	5
21	Does Early Recruitment Predict Greater Physical Performance in Academy Soccer Players?. <i>Sports</i> , 2018 , 6,	3	4

20	Age-related pattern in body composition changes for 18-69 year old women. <i>Journal of Sports Medicine and Physical Fitness</i> , 2003 , 43, 327-33	1.4	4
19	The second Summer Youth Olympic Games in Nanjing, People's Republic of China: preparing youth athletes to compete in the heat. <i>Open Access Journal of Sports Medicine</i> , 2014 , 5, 205-7	2.9	3
18	The influence of physical activity on obesity and health. <i>Journal of Obesity</i> , 2012 , 2012, 298953	3.7	3
17	Cardiovascular drift in trained paraplegic and able-bodied individuals during prolonged wheelchair exercise: effect of fluid replacement. <i>Applied Physiology, Nutrition and Metabolism</i> , 2013 , 38, 375-81	3	3
16	Workload Assessment in Soccer: An Open-Minded, Critical Thinking Approach is Needed. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, e77-e78	3.2	2
15	The Effects of a Single Versus Three Consecutive Sessions of Football Training on Postprandial Lipemia: a Randomized, Controlled Trial in Healthy, Recreationally Active Males. <i>Sports Medicine - Open</i> , 2019 , 5, 38	6.1	2
14	Does the FIFA World Cup's Congested Fixture Program Affect Players' Performance?. <i>Asian Journal of Sports Medicine</i> , 2017 , In Press,	1.4	2
13	Role of cardiorespiratory fitness and obesity on hemodynamic responses in children. <i>Journal of Sports Medicine and Physical Fitness</i> , 2012 , 52, 311-8	1.4	2
12	Energetic Profile in Forehand Loop Drive Practice with Well-Trained, Young Table Tennis Players. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	1
11	Postprandial lipaemia 10 and 34 hours after playing football: Does playing frequency affect the response?. <i>PLoS ONE</i> , 2019 , 14, e0218043	3.7	1
10	Repeated Interval Loughborough Soccer Passing Tests: An Ecologically Valid Motor Task to Induce Mental Fatigue in Soccer.. <i>Frontiers in Physiology</i> , 2021 , 12, 803528	4.6	1
9	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. <i>PLoS ONE</i> , 2021 , 16, e0259790	3.7	1
8	Association between relative handgrip strength and hypertension in Chinese adults: An analysis of four successive national surveys with 712,442 individuals (2000-2014). <i>PLoS ONE</i> , 2021 , 16, e0258763	3.7	1
7	A Mixed-Method Approach of Pre-Cooling Enhances High-Intensity Running Performance in the Heat. <i>Journal of Sports Science and Medicine</i> , 2021 , 20, 26-34	2.7	1
6	The acute effects of different high-intensity conditioning activities on sprint performance differ between sprinters of different strength and power characteristics. <i>Kinesiology</i> , 2021 , 53, 193-205	1	0
5	Concurrent complex and endurance training for recreational marathon runners: Effects on neuromuscular and running performance. <i>European Journal of Sport Science</i> , 2021 , 21, 1243-1253	3.9	0
4	Acute physiological and perceptual responses to moderate intensity cycling with different levels of blood flow restriction. <i>Biology of Sport</i> , 2021 , 38, 437-443	4.3	0
3	Comparison of Physiological and Perceptual Responses to 5-m Forward, Forward-Backward, and Lateral Shuttle Running.. <i>Frontiers in Physiology</i> , 2021 , 12, 780699	4.6	0

- 2 The Effect Of Acute Versus Accumulated Soccer Training On Postprandial Dysmetabolism. *Medicine and Science in Sports and Exercise*, **2017**, 49, 569 1.2
- 1 Football as Medicine against type 2 diabetes and metabolic syndrome **2019**, 25-40