

# Heikki Kyrlinen

## List of Publications by Year in Descending Order

**Source:** <https://exaly.com/author-pdf/9010878/heikki-kyrolainen-publications-by-year.pdf>

**Version:** 2024-04-16

This document has been generated based on the publications and citations recorded by exaly.com. For the latest version of this publication list, visit the link given above.

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

75  
papers

1,309  
citations

17  
h-index

35  
g-index

82  
ext. papers

1,585  
ext. citations

3  
avg, IF

4.59  
L-index

#	Paper	IF	Citations
75	Evaluation of nocturnal vs. morning measures of heart rate indices in young athletes.. <i>PLoS ONE</i> , <b>2022</b> , 17, e0262333	3.7	0
74	Changes in Body Composition, Energy Metabolites and Electrolytes During Winter Survival Training in Male Soldiers.. <i>Frontiers in Physiology</i> , <b>2022</b> , 13, 797268	4.6	
73	Relationship Between Accelerometer-Based Physical Activity, Sedentary Behavior, and Mental Health in Young Finnish Men.. <i>Frontiers in Public Health</i> , <b>2022</b> , 10, 820852	6	0
72	Acute Physiological Responses to Four Running Sessions Performed at Different Intensity Zones. <i>International Journal of Sports Medicine</i> , <b>2021</b> , 42, 513-522	3.6	2
71	Monitoring Training and Recovery during a Period of Increased Intensity or Volume in Recreational Endurance Athletes. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	3
70	Childhood Sports Participation Is Associated With Health-Related Quality of Life in Young Men: A Retrospective Cross-Sectional Study. <i>Frontiers in Sports and Active Living</i> , <b>2021</b> , 3, 642993	2.3	1
69	Influence of Menstrual Cycle or Hormonal Contraceptive Phase on Energy Intake and Metabolic Hormones-A Pilot Study. <i>Endocrines</i> , <b>2021</b> , 2, 79-90	0.8	5
68	Hormonal Contraceptive Use Does Not Affect Strength, Endurance, or Body Composition Adaptations to Combined Strength and Endurance Training in Women. <i>Journal of Strength and Conditioning Research</i> , <b>2021</b> , 35, 449-457	3.2	8
67	Improving Energy Expenditure Estimation in Wrist-Worn Wearables by Augmenting Heart Rate Data With Heat Flux Measurement. <i>IEEE Transactions on Instrumentation and Measurement</i> , <b>2021</b> , 70, 1-8	5.2	3
66	Relationships between Heart Rate Variability, Sleep Duration, Cortisol and Physical Training in Young Athletes.. <i>Journal of Sports Science and Medicine</i> , <b>2021</b> , 20, 778-788	2.7	1
65	Validity of the Wrist-Worn Polar Vantage V2 to Measure Heart Rate and Heart Rate Variability at Rest.. <i>Sensors</i> , <b>2021</b> , 22,	3.8	3
64	A Randomized Controlled Trial Protocol for Using an Accelerometer-Smartphone Application Intervention to Increase Physical Activity and Improve Health among Employees in a Military Workplace.. <i>Methods and Protocols</i> , <b>2021</b> , 5,	2.5	1
63	Influence of Menstrual Cycle or Hormonal Contraceptive Phase on Physiological Variables Monitored During Treadmill Testing.. <i>Frontiers in Physiology</i> , <b>2021</b> , 12, 761760	4.6	0
62	On-Ice and Off-Ice Fitness Profiles of Elite and U20 Male Ice Hockey Players of Two Different National Standards. <i>Journal of Strength and Conditioning Research</i> , <b>2020</b> , 34, 3369-3376	3.2	7
61	Effects of Task-Specific and Strength Training on Simulated Military Task Performance in Soldiers. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	3
60	Changes in strength and power performance and serum hormone concentrations during 12 weeks of task-specific or strength training in conscripts. <i>Physiological Reports</i> , <b>2020</b> , 8, e14422	2.6	3
59	Incidence and Risk Factors of Upper Extremity Injuries in Young Adult Men: A Nationwide Registry-Based Study of 128,714 Conscripts. <i>Military Medicine</i> , <b>2020</b> , 185, e487-e494	1.3	

58	Effects of military training on plasma amino acid concentrations and their associations with overreaching. <i>Experimental Biology and Medicine</i> , <b>2020</b> , 245, 1029-1038	3.7	1
57	Microdialysis-Assessed Exercised Muscle Reveals Localized and Differential IGF1P Responses to Unilateral Stretch Shortening Cycle Exercise. <i>Frontiers in Endocrinology</i> , <b>2020</b> , 11, 315	5.7	2
56	Differences in Training Adaptations of Endurance Performance during Combined Strength and Endurance Training in a 6-Month Crisis Management Operation. <i>International Journal of Environmental Research and Public Health</i> , <b>2020</b> , 17,	4.6	2
55	Effects of baseline fitness and BMI levels on changes in physical fitness during military service. <i>Journal of Science and Medicine in Sport</i> , <b>2020</b> , 23, 841-845	4.4	6
54	Effects of caffeine on neuromuscular function in a non-fatigued state and during fatiguing exercise. <i>Experimental Physiology</i> , <b>2020</b> , 105, 690-706	2.4	6
53	Associations of nutrition and body composition with cardiovascular disease risk factors in soldiers during a 6-month deployment. <i>International Journal of Occupational Medicine and Environmental Health</i> , <b>2020</b> , 33, 457-466	1.5	1
52	A 10-Week Block of Combined High-Intensity Endurance and Strength Training Produced Similar Changes in Dynamic Strength, Body Composition, and Serum Hormones in Women and Men. <i>Frontiers in Sports and Active Living</i> , <b>2020</b> , 2, 581305	2.3	1
51	Biomechanical factors affecting energy cost during running utilising different slopes. <i>Journal of Sports Sciences</i> , <b>2020</b> , 38, 6-12	3.6	1
50	Cycling but not walking to work or study is associated with physical fitness, body composition and clustered cardiometabolic risk in young men. <i>BMJ Open Sport and Exercise Medicine</i> , <b>2020</b> , 6, e000668	3.4	5
49	A Comparison of Methodological Approaches to Measuring Cycling Mechanical Efficiency. <i>Sports Medicine - Open</i> , <b>2019</b> , 5, 23	6.1	6
48	Associations of Aerobic Fitness and Maximal Muscular Strength With Metabolites in Young Men. <i>JAMA Network Open</i> , <b>2019</b> , 2, e198265	10.4	18
47	Cross-sectional area of the paraspinal muscles and its association with muscle strength among fighter pilots: a 5-year follow-up. <i>BMC Musculoskeletal Disorders</i> , <b>2019</b> , 20, 170	2.8	10
46	Regular physical exercise before entering military service may protect young adult men from fatigue fractures. <i>BMC Musculoskeletal Disorders</i> , <b>2019</b> , 20, 126	2.8	11
45	Training-induced changes in daily energy expenditure: Methodological evaluation using wrist-worn accelerometer, heart rate monitor, and doubly labeled water technique. <i>PLoS ONE</i> , <b>2019</b> , 14, e0219563	3.7	17
44	Cold-water immersion combined with active recovery is equally as effective as active recovery during 10 weeks of high-intensity combined strength and endurance training in men. <i>Biomedical Human Kinetics</i> , <b>2019</b> , 11, 189-192	0.8	1
43	Effects of Joint Kinetics on Energy Cost during Repeated Vertical Jumping. <i>Medicine and Science in Sports and Exercise</i> , <b>2019</b> , 51, 532-538	1.2	2
42	Awareness and Knowledge of Physical Activity Recommendations in Young Adult Men. <i>Frontiers in Public Health</i> , <b>2019</b> , 7, 310	6	11
41	Effects of Water Immersion Methods on Postexercise Recovery of Physical and Mental Performance. <i>Journal of Strength and Conditioning Research</i> , <b>2019</b> , 33, 1488-1495	3.2	8

40	Strength Training Improves Metabolic Health Markers in Older Individual Regardless of Training Frequency. <i>Frontiers in Physiology</i> , <b>2019</b> , 10, 32	4.6	30
39	Changes in Physical Performance During 21 d of Military Field Training in Warfighters. <i>Military Medicine</i> , <b>2018</b> , 183, e174-e181	1.3	12
38	Optimising training adaptations and performance in military environment. <i>Journal of Science and Medicine in Sport</i> , <b>2018</b> , 21, 1131-1138	4.4	25
37	Associations of Physical Fitness and Body Composition Characteristics With Simulated Military Task Performance. <i>Journal of Strength and Conditioning Research</i> , <b>2018</b> , 32, 1089-1098	3.2	29
36	Effects of Combined Strength and Endurance Training on Physical Performance and Biomarkers of Healthy Young Women. <i>Journal of Strength and Conditioning Research</i> , <b>2018</b> , 32, 1554-1561	3.2	12
35	Muscle Free Fatty-Acid Uptake Associates to Mechanical Efficiency During Exercise in Humans. <i>Frontiers in Physiology</i> , <b>2018</b> , 9, 1171	4.6	2
34	Basal Endogenous Steroid Hormones, Sex Hormone-Binding Globulin, Physical Fitness, and Health Risk Factors in Young Adult Men. <i>Frontiers in Physiology</i> , <b>2018</b> , 9, 1005	4.6	3
33	Corrected whole blood biomarkers - the equation of Dill and Costill revisited. <i>Physiological Reports</i> , <b>2018</b> , 6, e13749	2.6	18
32	Effect of Prolonged Military Field Training on Neuromuscular and Hormonal Responses and Shooting Performance in Warfighters. <i>Military Medicine</i> , <b>2018</b> , 183, e705-e712	1.3	6
31	Active and passive recovery influence responses of luteinizing hormone and testosterone to a fatiguing strength loading. <i>European Journal of Applied Physiology</i> , <b>2018</b> , 118, 123-131	3.4	4
30	Physical fitness, hormonal, and immunological responses during prolonged military field training. <i>Physiological Reports</i> , <b>2018</b> , 6, e13850	2.6	6
29	Assessment of Muscular Fitness as a Predictor of Flight Duty Limitation. <i>Military Medicine</i> , <b>2018</b> , 183, e693-e698	1.3	2
28	Effects of resistance training frequency on cardiorespiratory fitness in older men and women during intervention and follow-up. <i>Experimental Gerontology</i> , <b>2017</b> , 95, 44-53	4.5	18
27	Low back pain during military service predicts low back pain later in life. <i>PLoS ONE</i> , <b>2017</b> , 12, e0173568	3.7	7
26	Human skeletal muscle type 1 fibre distribution and response of stress-sensing proteins along the titin molecule after submaximal exhaustive exercise. <i>Histochemistry and Cell Biology</i> , <b>2017</b> , 148, 545-555	2.4	10
25	The effects of skin and core tissue cooling on oxygenation of the vastus lateralis muscle during walking and running. <i>Journal of Sports Sciences</i> , <b>2017</b> , 35, 1995-2004	3.6	2
24	Reliability and validity of time domain heart rate variability during daily routine activities as an alternative to the morning orthostatic test?. <i>Biomedical Human Kinetics</i> , <b>2017</b> , 9, 64-68	0.8	2
23	Recovery of rescuers from a 24-h shift and its association with aerobic fitness. <i>International Journal of Occupational Medicine and Environmental Health</i> , <b>2017</b> , 30, 433-444	1.5	6

22	Assessment of Heart Rate Variability Thresholds from Incremental Treadmill Tests in Five Cross-Country Skiing Techniques. <i>PLoS ONE</i> , <b>2016</b> , 11, e0145875	3.7	9
21	Relationships Between Physical Fitness, Demands of Flight Duty, and Musculoskeletal Symptoms Among Military Pilots. <i>Military Medicine</i> , <b>2015</b> , 180, 1233-8	1.3	9
20	PGC-1 isoforms and their target genes are expressed differently in human skeletal muscle following resistance and endurance exercise. <i>Physiological Reports</i> , <b>2015</b> , 3, e12563	2.6	44
19	Effects of an eccentric training programme on hamstring strain injuries in women football players. <i>Biomedical Human Kinetics</i> , <b>2015</b> , 7,	0.8	7
18	The effects of cold exposure on leukocytes, hormones and cytokines during acute exercise in humans. <i>PLoS ONE</i> , <b>2014</b> , 9, e110774	3.7	24
17	The prevalence of musculoskeletal pain and use of painkillers among adolescent male ice hockey players in Finland. <i>Health Psychology and Behavioral Medicine</i> , <b>2014</b> , 2, 448-454	2.2	6
16	Cardiorespiratory responses induced by various military field tasks. <i>Military Medicine</i> , <b>2014</b> , 179, 218-24	1.3	15
15	Effects of time of day on resistance exercise-induced anabolic signaling in skeletal muscle. <i>Biological Rhythm Research</i> , <b>2013</b> , 44, 756-770	0.8	4
14	Comparison between direct and predicted maximal oxygen uptake measurement during cycling. <i>Military Medicine</i> , <b>2013</b> , 178, 234-8	1.3	17
13	Cardiac autonomic function reveals adaptation to military training. <i>European Journal of Sport Science</i> , <b>2011</b> , 11, 231-240	3.9	6
12	Mechanical Efficiency of SSC Exercise <b>2010</b> , 103-114		
11	Physical fitness profiles of young men: associations between physical fitness, obesity and health. <i>Sports Medicine</i> , <b>2010</b> , 40, 907-20	10.6	25
10	Relationship between heart rate variability and the serum testosterone-to-cortisol ratio during military service. <i>European Journal of Sport Science</i> , <b>2009</b> , 9, 277-284	3.9	10
9	Physical fitness, BMI and sickness absence in male military personnel. <i>Occupational Medicine</i> , <b>2008</b> , 58, 251-6	2.1	48
8	Hormonal responses during a prolonged military field exercise with variable exercise intensity. <i>European Journal of Applied Physiology</i> , <b>2008</b> , 102, 539-46	3.4	48
7	Physical fitness profiles in young Finnish men during the years 1975-2004. <i>Medicine and Science in Sports and Exercise</i> , <b>2006</b> , 38, 1990-4	1.2	77
6	Changes in muscle activity with increasing running speed. <i>Journal of Sports Sciences</i> , <b>2005</b> , 23, 1101-9	3.6	139
5	Effect of 5% body weight forward pulling on dynamics of treadmill running. <i>European Journal of Sport Science</i> , <b>2003</b> , 3, 1-9	3.9	

4	Interrelationships between muscle structure, muscle strength, and running economy. <i>Medicine and Science in Sports and Exercise</i> , <b>2003</b> , 35, 45-9	1.2	34
3	Neuromuscular changes after long-lasting mechanically and electrically elicited fatigue. <i>European Journal of Applied Physiology</i> , <b>2001</b> , 85, 317-25	3.4	39
2	Altered reflex sensitivity after repeated and prolonged passive muscle stretching. <i>Journal of Applied Physiology</i> , <b>1999</b> , 86, 1283-91	3.7	369
1	Neuromuscular performance of lower limbs during voluntary and reflex activity in power- and endurance-trained athletes. <i>European Journal of Applied Physiology and Occupational Physiology</i> , <b>1994</b> , 69, 233-9		34