

CITATION REPORT

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The effect of resistance training interventions on weight status in youth: a meta-analysis

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| # | Paper | IF | Citations |
|----|---|------|-----------|
| 20 | Resistance Exercise for the Prevention and Treatment of Pediatric Dynapenia. <i>Journal of Science in Sport and Exercise</i> , 2019 , 1, 208-216 | 1 | 16 |
| 19 | Effects of exercise programs on kyphosis and lordosis angle: A systematic review and meta-analysis. <i>PLoS ONE</i> , 2019 , 14, e0216180 | 3.7 | 18 |
| 18 | Efficacy of School-Based Interventions for Improving Muscular Fitness Outcomes in Adolescent Boys: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2020 , 50, 543-560 | 10.6 | 10 |
| 17 | 2020 WHO guidelines on physical activity and sedentary behaviour for children and adolescents aged 5-17 years: summary of the evidence. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2020 , 17, 141 | 8.4 | 124 |
| 16 | The SIMAC study: A randomized controlled trial to compare the effects of resistance training and aerobic training on the fitness and body composition of Colombian adolescents. <i>PLoS ONE</i> , 2021 , 16, e0248110 | 3.7 | 2 |
| 15 | The epidemiology of muscle-strengthening activity among adolescents from 28 European countries. <i>Scandinavian Journal of Public Health</i> , 2021 , 14034948211031392 | 3 | 0 |
| 14 | The impact of resistance training on strength and correlates of physical activity in youth. <i>Journal of Sports Sciences</i> , 2021 , 1-10 | 3.6 | 0 |
| 13 | Weight Pulling: A Novel Mouse Model of Human Progressive Resistance Exercise. | | 0 |
| 12 | Weight Pulling: A Novel Mouse Model of Human Progressive Resistance Exercise. <i>Cells</i> , 2021 , 10, | 7.9 | 2 |
| 11 | Technology-based methods for the assessment of fine and gross motor skill in children: A systematic overview of available solutions and future steps for effective in-field use. <i>Journal of Sports Sciences</i> , 2021 , 39, 1236-1276 | 3.6 | 2 |
| 10 | Longitudinal trends and predictors of muscle-strengthening activity guideline adherence among Canadian youths. <i>Journal of Science and Medicine in Sport</i> , 2021 , | 4.4 | 0 |
| 9 | Effects of Simple Resistance Training on Body Composition of Female Meta-Analysis. <i>Advances in Physical Sciences</i> , 2019 , 07, 116-127 | 0 | |
| 8 | Comparison of the effect of resistance training on the body compositions of different women groups: a systematic review and meta-analysis of randomized controlled trials. <i>Journal of Sports Medicine and Physical Fitness</i> , 2020 , 60, 1118-1127 | 1.4 | |
| 7 | The effects of aerobic training, resistance training, combined training, and healthy eating recommendations on lipid profile and body mass index in overweight and obese children and adolescents: A randomized clinical trial. <i>ARYA Atherosclerosis</i> , 2020 , 16, 226-234 | 0.7 | |
| 6 | Efficacy of school-based interventions for improving muscular fitness outcomes in children: A systematic review and meta-analysis.. <i>European Journal of Sport Science</i> , 2022 , 1-34 | 3.9 | 2 |
| 5 | Effects of aerobic exercise combined with resistance training on health-related physical fitness in adolescents: A randomized controlled trial.. <i>Journal of Exercise Science and Fitness</i> , 2022 , 20, 182-189 | 3.1 | 1 |
| 4 | School-Based Comprehensive Strength Training Interventions to Improve Muscular Fitness and Perceived Physical Competence in Chinese Male Adolescents. 2022 , 2022, 1-10 | | 1 |

- 3 Regulatory Mechanisms of Muscle Mass: The Critical Role of Resistance Training in Children and Adolescent. **2022**, ○
- 2 Intensity matters: impact of physical activity energy expenditure at moderate and vigorous intensity on total and abdominal obesity in children. ○
- 1 Does Resistance Training Benefit Adolescents?. **2023**, 60, 263-264 ○