

# Savvas P Tokmakidis

## List of Publications by Year in descending order

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Version: 2024-02-01

62  
papers

2,351  
citations

172457

29  
h-index

214800

47  
g-index

64  
all docs

64  
docs citations

64  
times ranked

3021  
citing authors

#	ARTICLE	IF	CITATIONS
1	Hormonal Responses after Various Resistance Exercise Protocols. <i>Medicine and Science in Sports and Exercise</i> , 2003, 35, 644-654.	0.4	193
2	Effects of Resistance Training on the Physical Capacities of Adolescent Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2006, 20, 783.	2.1	140
3	Fitness levels of Greek primary schoolchildren in relationship to overweight and obesity. <i>European Journal of Pediatrics</i> , 2006, 165, 867-874.	2.7	104
4	The effects of a combined strength and aerobic exercise program on glucose control and insulin action in women with type 2 diabetes. <i>European Journal of Applied Physiology</i> , 2004, 92, 437-42.	2.5	93
5	Physiological and Anthropometric Determinants of Rhythmic Gymnastics Performance. <i>International Journal of Sports Physiology and Performance</i> , 2008, 3, 41-54.	2.3	91
6	Land versus water exercise in patients with coronary artery disease: effects on body composition, blood lipids, and physical fitness. <i>American Heart Journal</i> , 2007, 154, 560.e1-560.e6.	2.7	78
7	Validity of Self-Reported Anthropometric Values Used to Assess Body Mass Index and Estimate Obesity in Greek School Children. <i>Journal of Adolescent Health</i> , 2007, 40, 305-310.	2.5	77
8	The Effects of High- and Moderate-Resistance Training on Muscle Function in the Elderly. <i>Journal of Aging and Physical Activity</i> , 2004, 12, 131-143.	1.0	73
9	Resistance Exercise Training in Patients with Heart Failure. <i>Sports Medicine</i> , 2005, 35, 1085-1103.	6.5	73
10	The Effects of Ibuprofen on Delayed Muscle Soreness and Muscular Performance After Eccentric Exercise. <i>Journal of Strength and Conditioning Research</i> , 2003, 17, 53.	2.1	68
11	Acute and chronic effects of exercise on circulating endothelial progenitor cells in healthy and diseased patients. <i>Clinical Research in Cardiology</i> , 2013, 102, 249-257.	3.3	59
12	Obesity and physical fitness of pre-adolescent children during the academic year and the summer period: effects of organized physical activity. <i>Journal of Child Health Care</i> , 2006, 10, 199-212.	1.4	55
13	Training and Detraining Effects of a Combined-strength and Aerobic Exercise Program on Blood Lipids in Patients With Coronary Artery Disease. <i>Journal of Cardiopulmonary Rehabilitation and Prevention</i> , 2003, 23, 193-200.	0.5	54
14	Effects of resistance training and detraining on muscle strength and functional performance of older adults aged 80 to 88 years. <i>Aging Clinical and Experimental Research</i> , 2010, 22, 134-140.	2.9	51
15	Short-Term Effects of Selected Exercise and Load in Contrast Training on Vertical Jump Performance. <i>Journal of Strength and Conditioning Research</i> , 2005, 19, 135.	2.1	49
16	Failure to obtain a unique threshold on the blood lactate concentration curve during exercise. <i>European Journal of Applied Physiology</i> , 1998, 77, 333-342.	2.5	48
17	Seasonal Aerobic Performance Variations in Elite Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 1502-1507.	2.1	47
18	Influence of different rest intervals during active or passive recovery on repeated sprint swimming performance. <i>European Journal of Applied Physiology</i> , 2005, 93, 694-700.	2.5	46

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19	Aerobic, resistance and combined training and detraining on body composition, muscle strength, lipid profile and inflammation in coronary artery disease patients. <i>Research in Sports Medicine</i> , 2016, 24, 171-184.	1.3	44
20	Effects of a Heavy and a Moderate Resistance Training on Functional Performance in Older Adults. <i>Journal of Strength and Conditioning Research</i> , 2005, 19, 652.	2.1	44
21	Comparison of mathematically determined blood lactate and heart rate threshold points and relationship with performance. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1992, 64, 309-317.	1.2	40
22	Lipoprotein profile, glycemic control and physical fitness after strength and aerobic training in post-menopausal women with type 2 diabetes. <i>European Journal of Applied Physiology</i> , 2009, 106, 901-907.	2.5	39
23	Effects of detraining on muscle strength and mass after high or moderate intensity of resistance training in older adults. <i>Clinical Physiology and Functional Imaging</i> , 2009, 29, 316-319.	1.2	38
24	Guidelines for exercise during normal pregnancy and gestational diabetes: a review of international recommendations. <i>Hormones</i> , 2018, 17, 521-529.	1.9	38
25	Power Output and Electromyographic Activity During and After a Moderate Load Muscular Endurance Session. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 2122-2131.	2.1	37
26	Swimming Performance After Passive and Active Recovery of Various Durations. <i>International Journal of Sports Physiology and Performance</i> , 2008, 3, 375-386.	2.3	34
27	Effect of different intensities of active recovery on sprint swimming performance. <i>Applied Physiology, Nutrition and Metabolism</i> , 2006, 31, 709-716.	1.9	32
28	The Effect of Moderate Resistance Strength Training and Detraining on Muscle Strength and Power in Older Men. <i>Journal of Geriatric Physical Therapy</i> , 2007, 30, 109-113.	1.1	31
29	Maximum Power Training Load Determination and Its Effects on Load-Power Relationship, Maximum Strength, and Vertical Jump Performance. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 1223-1233.	2.1	31
30	Metabolic Responses at Various Intensities Relative to Critical Swimming Velocity. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 1731-1741.	2.1	31
31	Relationship between Anaerobic Power and Jumping of Selected Male Volleyball Players of Different Ages. <i>Perceptual and Motor Skills</i> , 2005, 100, 607-614.	1.3	30
32	Normal tissue radioprotection by amifostine via Warburg-type effects. <i>Scientific Reports</i> , 2016, 6, 30986.	3.3	27
33	Exercise in the prevention and rehabilitation of breast cancer. <i>Wiener Klinische Wochenschrift</i> , 2013, 125, 297-301.	1.9	26
34	Effects of warm-up on vertical jump performance and muscle electrical activity using half-squats at low and moderate intensity. <i>Journal of Sports Science and Medicine</i> , 2010, 9, 326-31.	1.6	26
35	Training, Detraining and Retraining Effects after a Water-Based Exercise Program in Patients with Coronary Artery Disease. <i>Cardiology</i> , 2008, 111, 257-264.	1.4	25
36	Combined strength and aerobic training increases transforming growth factor- $\beta$ 1 in patients with type 2 diabetes. <i>Hormones</i> , 2011, 10, 125-130.	1.9	25

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37	Who jumps the highest? Anthropometric and physiological correlations of vertical jump in youth elite female volleyball players. <i>Journal of Sports Medicine and Physical Fitness</i> , 2017, 57, 802-810.	0.7	25
38	Functional and Neuromotor Performance in Older Adults. <i>American Journal of Physical Medicine and Rehabilitation</i> , 2006, 85, 61-67.	1.4	24
39	Physiological alterations to detraining following prolonged combined strength and aerobic training in cardiac patients. <i>European Journal of Cardiovascular Prevention and Rehabilitation</i> , 2006, 13, 375-380.	2.8	23
40	Effects of vibration and exercise training on bone mineral density and muscle strength in postmenopausal women. <i>European Journal of Sport Science</i> , 2012, 12, 81-88.	2.7	23
41	The Effects of Recovery Duration During High-Intensity Interval Exercise on Time Spent at High Rates of Oxygen Consumption, Oxygen Kinetics, and Blood Lactate. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 2183-2189.	2.1	22
42	Physiological alterations to detraining following prolonged combined strength and aerobic training in cardiac patients. <i>European Journal of Cardiovascular Prevention and Rehabilitation</i> , 2006, 13, 375-380.	2.8	22
43	Training-Induced Changes on Blood Lactate Profile and Critical Velocity in Young Swimmers. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 1563-1570.	2.1	20
44	Repeated Sprint Swimming Performance after Low- or High-Intensity Active and Passive Recoveries. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 109-116.	2.1	20
45	Long-Term training induces specific adaptations on the physique of rhythmic sports and female artistic gymnasts. <i>European Journal of Sport Science</i> , 2002, 2, 1-13.	2.7	18
46	Acute Effects of Soccer Training on White Blood Cell Count in Elite Female Players. <i>International Journal of Sports Physiology and Performance</i> , 2007, 2, 239-249.	2.3	17
47	Effects of carbohydrate ingestion 15 min before exercise on endurance running capacity. <i>Applied Physiology, Nutrition and Metabolism</i> , 2008, 33, 441-449.	1.9	17
48	Cardiorespiratory Fitness, Metabolic Risk, and Inflammation in Children. <i>International Journal of Pediatrics (United Kingdom)</i> , 2012, 2012, 1-6.	0.8	17
49	Physiological responses during interval training at relative to critical velocity intensity in young swimmers. <i>Journal of Science and Medicine in Sport</i> , 2011, 14, 363-368.	1.3	16
50	Hormonal responses after resistance exercise performed with maximum and submaximum movement velocities. <i>Applied Physiology, Nutrition and Metabolism</i> , 2014, 39, 351-357.	1.9	14
51	Competitive Performance, Training Load and Physiological Responses During Tapering in Young Swimmers. <i>Journal of Human Kinetics</i> , 2013, 38, 125-134.	1.5	13
52	Community-Based Training as a Detraining Intervention in Older Women: A Five-Year Follow-Up Study. <i>Journal of Aging and Physical Activity</i> , 2015, 23, 496-512.	1.0	12
53	Physiological Responses and Stroke-Parameter Changes During Interval Swimming in Different Age-Group Female Swimmers. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 3312-3319.	2.1	9
54	Contrast Loading Increases Upper Body Power Output in Junior Volleyball Athletes. <i>Pediatric Exercise Science</i> , 2017, 29, 103-108.	1.0	7

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55	Active recovery intervals restore initial performance after repeated sprints in swimming<sup>*</sup>. European Journal of Sport Science, 2018, 18, 323-331.	2.7	4
56	Effects of Work and Recovery Duration and Their Ratio on Cardiorespiratory and Metabolic Responses During Aerobic Interval Exercise. Journal of Strength and Conditioning Research, 2020, Publish Ahead of Print, .	2.1	4
57	Acute pro- and anti-inflammatory responses to resistance exercise in patients with coronary artery disease: a pilot study. Journal of Sports Science and Medicine, 2015, 14, 91-7.	1.6	4
58	Exercise promotes endothelial progenitor cell mobilization in patients with chronic heart failure. European Journal of Preventive Cardiology, 2022, 28, e24-e27.	1.8	3
59	Effects of Drop Jump Training from Different Heights and Weight Training on Vertical Jump and Maximum Strength Performance in Female Volleyball Players. Journal of Strength and Conditioning Research, 2022, Publish Ahead of Print, .	2.1	3
60	Contrast Loading: Power Output and Rest Interval Effects on Neuromuscular Performance. International Journal of Sports Physiology and Performance, 2014, 9, 567-574.	2.3	1
61	Physical Improvement and Biological Maturity of Young Athletes (11-12 Years) with Systematic Training. Folia Medica, 2016, 57, 223-229.	0.5	1
62	Heart Rate Distribution and Aerobic Fitness Changes During Preseason in Elite Soccer Players. Proceedings (mdpi), 2019, 25, .	0.2	0