

Robert J Kowalsky

List of Publications by Year in descending order

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Version: 2024-02-01

32
papers

304
citations

1040056

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32
all docs

32
docs citations

32
times ranked

408
citing authors

#	ARTICLE	IF	CITATIONS
1	The impact of the covid-19 pandemic on lifestyle behaviors in U.S. college students. <i>Journal of American College Health</i> , 2023, 71, 1161-1166.	1.5	7
2	Resistance Exercise Breaks Improve Ratings of Discomfort and Sleepiness in College Students. <i>Research Quarterly for Exercise and Sport</i> , 2023, 94, 210-215.	1.4	2
3	Blood lactate response to active recovery in athletes vs. non-athletes. <i>Sport Sciences for Health</i> , 2021, 17, 699-705.	1.3	1
4	A Call to Clarify the Intensity and Classification of Standing Behavior. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 8460.	2.6	9
5	A Primer on Repeated Sitting Exposure and the Cardiovascular System: Considerations for Study Design, Analysis, Interpretation, and Translation. <i>Frontiers in Cardiovascular Medicine</i> , 2021, 8, 716938.	2.4	18
6	Acceptability and Impact of Office-Based Resistance Exercise Breaks. <i>Workplace Health and Safety</i> , 2021, 69, 359-365.	1.4	7
7	The Effect of Vinegar Supplementation on High-Intensity Cycling Performance within Recreationally Trained Individuals. <i>Medicina (Lithuania)</i> , 2020, 56, 429.	2.0	0
8	The Effects of a Simulated Workday of Prolonged Sitting on Seated versus Supine Blood Pressure and Pulse Wave Velocity in Adults with Overweight/Obesity and Elevated Blood Pressure. <i>Journal of Vascular Research</i> , 2020, 57, 355-366.	1.4	9
9	Validity and reliability of peripheral pulse wave velocity measures in a seated posture. <i>Hypertension Research</i> , 2020, 43, 845-847.	2.7	4
10	Sit Less for Successful Aging Pilot Study: Feasibility of an Intervention to Reduce Sedentary Time in Older Adults in Independent Living Communities. <i>Cardiopulmonary Physical Therapy Journal</i> , 2020, 31, 142-151.	0.3	1
11	Simple Resistance Exercise Breaks To Interrupt Sedentary Behavior In College Students. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 10-10.	0.4	0
12	Comparison of Acute Cardiometabolic Responses in a 7-Minute Body Weight Circuit to 7-Minute HIIT Training Protocol. <i>International Journal of Exercise Science</i> , 2020, 13, 395-409.	0.5	1
13	Accuracy and Acceptability of Commercial-Grade Physical Activity Monitors in Older Adults. <i>Journal of Aging and Physical Activity</i> , 2019, 27, 222-229.	1.0	26
14	Effects of alternating standing and sitting compared to prolonged sitting on cerebrovascular hemodynamics. <i>Sport Sciences for Health</i> , 2019, 15, 375-383.	1.3	15
15	Acute cardiometabolic effects of interrupting sitting with resistance exercise breaks. <i>Applied Physiology, Nutrition and Metabolism</i> , 2019, 44, 1025-1032.	1.9	28
16	Abstract P380: Validity and Reliability of Pulse Wave Velocity Measurement in a Seated Posture. <i>Circulation</i> , 2019, 139, .	1.6	1
17	Measurement of Peripheral Pulse Wave Velocity Responses to Prolonged Sitting: Influence of Posture. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 667-667.	0.4	0
18	Impact of a Simulated Workday of Sit-stand Desk Use on Sleep Among Adults Screened as High Risk for Sleep Apnea. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 112-112.	0.4	0

#	ARTICLE	IF	CITATIONS
19	The Use Of Resistance Exercises To Interrupt Sitting: Acceptability And Impact On Sleepiness, Discomfort, And Fatigue. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 478-478.	0.4	0
20	Reducing sedentary behaviour to decrease chronic low back pain: the stand back randomised trial. <i>Occupational and Environmental Medicine</i> , 2018, 75, 321-327.	2.8	55
21	Characteristics associated with lower blood pressure when using a sit-stand desk. <i>Journal of Hypertension</i> , 2018, 36, 1207-1208.	0.5	0
22	Cardiometabolic Effects of Interrupting Sitting with Resistance Exercise Breaks. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 134.	0.4	0
23	Accuracy of Objective Physical Activity Monitors in Measuring Steps in Older Adults. <i>Gerontology and Geriatric Medicine</i> , 2018, 4, 233372141878112.	1.5	30
24	Effect of Using a Sit-Stand Desk on Ratings of Discomfort, Fatigue, and Sleepiness Across a Simulated Workday in Overweight and Obese Adults. <i>Journal of Physical Activity and Health</i> , 2018, 15, 788-794.	2.0	10
25	Effects of Supervised and Unsupervised Physical Activity Programs for Weight Loss. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 863.	0.4	0
26	Effect of alternating standing and sitting on blood pressure and pulse wave velocity during a simulated workday in adults with overweight/obesity. <i>Journal of Hypertension</i> , 2017, 35, 2411-2418.	0.5	54
27	The Influence Of A Sit-stand Desk On Sleepiness, Physical Discomfort, Physical Fatigue And Mental Fatigue. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 844.	0.4	2
28	Effects of Alternating Standing and Sitting Compared to Prolonged Sitting on Cerebral Blood Flow Velocity. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 695-696.	0.4	0
29	Use of a Sit-Stand Desk Reduces Wake Time During the Subsequent Night's Sleep. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 854-855.	0.4	2
30	Energy Expenditure During Acute Periods of Sitting, Standing, and Walking. <i>Journal of Physical Activity and Health</i> , 2016, 13, 573-578.	2.0	22
31	Energy Expenditure During Acute Periods Of Sitting, Standing, And Walking. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 157.	0.4	0
32	Association of Resting Blood Pressure with Adiposity and Physical Activity in Young Adults. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 72.	0.4	0