

Zoran Milanovic

List of Publications by Year in descending order

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Version: 2024-02-01

68
papers

2,915
citations

279798

23
h-index

182427

51
g-index

69
all docs

69
docs citations

69
times ranked

3717
citing authors

#	ARTICLE	IF	CITATIONS
1	Effectiveness of High-Intensity Interval Training (HIT) and Continuous Endurance Training for VO ₂ max Improvements: A Systematic Review and Meta-Analysis of Controlled Trials. <i>Sports Medicine</i> , 2015, 45, 1469-1481.	6.5	604
2	Age-related decrease in physical activity and functional fitness among elderly men and women. <i>Clinical Interventions in Aging</i> , 2013, 8, 549.	2.9	459
3	The Activity Demands and Physiological Responses Encountered During Basketball Match-Play: A Systematic Review. <i>Sports Medicine</i> , 2018, 48, 111-135.	6.5	286
4	Effect of Plyometric Training on Vertical Jump Performance in Female Athletes: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2017, 47, 975-986.	6.5	125
5	Can chronic stretching change the muscle-tendon mechanical properties? A review. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018, 28, 794-806.	2.9	110
6	Is Recreational Soccer Effective for Improving $\dot{V}_{O_2 \max}$? A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2015, 45, 1339-1353.	6.5	97
7	Broad-spectrum physical fitness benefits of recreational football: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2019, 53, 926-939.	6.7	85
8	Exercise training in overweight and obese children: Recreational football and high-intensity interval training provide similar benefits to physical fitness. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018, 28, 18-32.	2.9	74
9	Influence of Tactical and Situational Variables on Offensive Sequences During Elite Football Matches. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 2331-2339.	2.1	69
10	Effects and Dose-Response Relationships of Motor Imagery Practice on Strength Development in Healthy Adult Populations: a Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2018, 48, 1165-1187.	6.5	65
11	The effect of maternal exercise during pregnancy on abnormal fetal growth. <i>Croatian Medical Journal</i> , 2013, 54, 362-368.	0.7	56
12	Evaluation of different jumping tests in defining position-specific and performance-level differences in high level basketball players. <i>Biology of Sport</i> , 2017, 3, 263-272.	3.2	42
13	Agility profile in sub-elite under-11 soccer players: is SAQ training adequate to improve sprint, change of direction speed and reactive agility performance?. <i>Research in Sports Medicine</i> , 2016, 24, 331-340.	1.3	40
14	Physiological Demands, Morphological Characteristics, Physical Abilities and Injuries of Female Soccer Players. <i>Journal of Human Kinetics</i> , 2017, 60, 77-83.	1.5	40
15	The Effects of 6 Weeks of Preseason Skill-Based Conditioning on Physical Performance in Male Volleyball Players. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 1475-1480.	2.1	39
16	Heart Rate Monitoring in Basketball: Applications, Player Responses, and Practical Recommendations. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 2383-2399.	2.1	37
17	Acute caffeine supplementation promotes small to moderate improvements in performance tests indicative of in-game success in professional female basketball players. <i>Applied Physiology, Nutrition and Metabolism</i> , 2019, 44, 849-856.	1.9	36
18	Health-Related Physical Fitness in Healthy Untrained Men: Effects on VO ₂ max, Jump Performance and Flexibility of Soccer and Moderate-Intensity Continuous Running. <i>PLoS ONE</i> , 2015, 10, e0135319.	2.5	31

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19	Reliability, Validity and Usefulness of 30â€“15 Intermittent Fitness Test in Female Soccer Players. <i>Frontiers in Physiology</i> , 2016, 7, 510.	2.8	31
20	The â€œFootball is Medicineâ€platformâ€”scientific evidence, largeâ€scale implementation of evidenceâ€based concepts and future perspectives. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018, 28, 3-7.	2.9	31
21	Reliability, Usefulness, and Factorial Validity of Change-of-direction Speed Tests in Adolescent Basketball Players. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 3162-3173.	2.1	31
22	Physical Performance Comparison Between Under 15 Elite and Sub-Elite Soccer Players. <i>Journal of Human Kinetics</i> , 2018, 61, 209-216.	1.5	27
23	Relationship between Repeated Sprint Ability and Aerobic Capacity in Professional Soccer Players. <i>Scientific World Journal</i> , The, 2013, 2013, 1-5.	2.1	26
24	Recreational football is medicine against nonâ€communicable diseases: A systematic review. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020, 30, 618-637.	2.9	26
25	The Aging Muscle in Experimental Bed Rest: A Systematic Review and Meta-Analysis. <i>Frontiers in Nutrition</i> , 2021, 8, 633987.	3.7	26
26	Soccer vs. running training effects in young adult men: which programme is more effective in improvement of body composition? Randomized controlled trial. <i>Biology of Sport</i> , 2015, 32, 301-305.	3.2	22
27	Eight months of school-based soccer improves physical fitness and reduces aggression in high-school children. <i>Biology of Sport</i> , 2020, 37, 185-193.	3.2	21
28	A comparison of traditional and modified Summated-Heart-Rate-Zones models to measure internal training load in basketball players. <i>Measurement in Physical Education and Exercise Science</i> , 2018, 22, 303-309.	1.8	19
29	Power-Related Determinants of Modified Agility T-test Performance in Male Adolescent Basketball Players. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 2248-2254.	2.1	19
30	Anthropometric study of the facial index in the population of central Serbia. <i>Archives of Biological Sciences</i> , 2013, 65, 1163-1168.	0.5	19
31	Differences in Body Composite and Physical Match Performance in Female Soccer Players According to Team Position. <i>Journal of Human Sport and Exercise</i> , 2012, 7, S67-S72.	0.4	18
32	The Influence of Familiarization on Physical Fitness Test Results in Primary School-Aged Children. <i>Pediatric Exercise Science</i> , 2017, 29, 278-284.	1.0	16
33	Dribble Deficit: A novel method to measure dribbling speed independent of sprinting speed in basketball players. <i>Journal of Sports Sciences</i> , 2018, 36, 2596-2602.	2.0	16
34	Effects of a 12 Week SAQ Training Programme on Agility with and without the Ball among Young Soccer Players. <i>Journal of Sports Science and Medicine</i> , 2013, 12, 97-103.	1.6	16
35	Reliability of the Serbian version of the International Physical Activity Questionnaire for older adults. <i>Clinical Interventions in Aging</i> , 2014, 9, 581.	2.9	14
36	Diurnal Variations in Physical Performance: Are There Morning-to-Evening Differences in Elite Male Handball Players?. <i>Journal of Human Kinetics</i> , 2018, 63, 117-126.	1.5	14

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37	No Effect of Caffeine Supplementation on Dribbling Speed in Elite Basketball Players. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 997-1000.	2.3	14
38	The 30-15 Intermittent Fitness Test: A Reliable, Valid, and Useful Tool to Assess Aerobic Capacity in Female Basketball Players. <i>Research Quarterly for Exercise and Sport</i> , 2020, 91, 83-91.	1.4	13
39	Differences in Situational and Morphological Parameters between Male Soccer and Futsal - A Comparative Study. <i>International Journal of Performance Analysis in Sport</i> , 2011, 11, 227-238.	1.1	12
40	Relative pitch area plays an important role in movement pattern and intensity in recreational male football. <i>Biology of Sport</i> , 2019, 36, 119-124.	3.2	12
41	Mental Simulation Practice Has Beneficial Effects on Patients's Physical Function Following Lower Limb Arthroplasty: A Systematic Review and Meta-analysis. <i>Archives of Physical Medicine and Rehabilitation</i> , 2020, 101, 1447-1461.	0.9	12
42	Effects of a Twelve-Week Aerobic Dance Exercises on Body Compositions Parameters in Young Women. <i>International Journal of Morphology</i> , 2013, 31, 1243-1250.	0.2	11
43	Graded Shuttle Run Performance by Playing Positions in Elite Female Basketball. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 793-799.	2.1	11
44	Recreational Basketball Small-Sided Games Elicit High-Intensity Exercise With Low Perceptual Demand. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 3151-3157.	2.1	11
45	Does SAQ training improve the speed and flexibility of young soccer players? A randomized controlled trial. <i>Human Movement Science</i> , 2014, 38, 197-208.	1.4	10
46	A new method for assessing squash tactics using 15 court areas for ball locations. <i>Human Movement Science</i> , 2014, 34, 81-90.	1.4	10
47	Relationship Between Morphological Characteristics and Match Performance in Junior Soccer Players. <i>International Journal of Morphology</i> , 2017, 35, 37-41.	0.2	10
48	Danger zone assessment in small-sided recreational football: providing data for consideration in relation to COVID-19 transmission. <i>BMJ Open Sport and Exercise Medicine</i> , 2021, 7, e000911.	2.9	10
49	Differences in the Efficiency Between the Grab and Track Starts for Both Genders in Greek Young Swimmers. <i>Journal of Human Kinetics</i> , 2012, 32, 43-51.	1.5	9
50	Sport-Specific Conditioning Variables Predict Offensive and Defensive Performance in High-Level Youth Water Polo Athletes. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 1316-1324.	2.1	8
51	Acute caffeine supplementation improves jumping, sprinting, and change of direction performance in basketball players when ingested in the morning but not evening. <i>European Journal of Sport Science</i> , 2022, 22, 360-370.	2.7	8
52	Aerobic Capacity According to Playing Role and Position in Elite Female Basketball Players Using Laboratory and Field Tests. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 435-438.	2.3	8
53	Effects of Short-term Exercise Training on Cardiorespiratory Fitness of Male Adults with Myocardial Infarction. <i>Journal of Physical Therapy Science</i> , 2013, 25, 929-935.	0.6	7
54	Single-row arthroscopic cuff repair with double-loaded anchors provides good shoulder function in long-term follow-up. <i>International Orthopaedics</i> , 2015, 39, 233-240.	1.9	7

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55	Comparison of ventilation threshold and heart rate deflection point in fast and standard treadmill test protocols. <i>Acta Clinica Croatica</i> , 2014, 53, 190-203.	0.2	7
56	The Association Between Level of Physical Activity and Body Mass Index, and Quality of Life Among Elderly Women. <i>Frontiers in Psychology</i> , 2021, 12, 804449.	2.1	7
57	Physiological responses and activity demands remain consistent irrespective of team size in recreational handball. <i>Biology of Sport</i> , 2020, 37, 69-78.	3.2	6
58	Reproducibility of Internal and External Training Load During Recreational Small-Sided Football Games. <i>Research Quarterly for Exercise and Sport</i> , 2020, 91, 676-681.	1.4	6
59	Activity and Physiological Demands During Basketball Game Play. , 2020, , 13-23.		5
60	Effects of Dance Training Programme on Postural Stability of Middle Aged Women. <i>Central European Journal of Public Health</i> , 2015, 23, S67-S73.	1.1	4
61	Individualized and Fixed Thresholds to Demarcate PlayerLoad Intensity Zones Produce Different Outcomes. <i>Journal of Strength and Conditioning Research</i> , 2019, Publish Ahead of Print, 2046-2052.	2.1	3
62	Game format alters the physiological and activity demands encountered during small-sided football games in recreational players. <i>Journal of Exercise Science and Fitness</i> , 2021, 19, 40-46.	2.2	3
63	Age-related decrease in physical activity and functional fitness among elderly men and women [Corrigendum]. <i>Clinical Interventions in Aging</i> , 2014, , 979.	2.9	2
64	Accupedo pedometer: daily walking step counter. <i>British Journal of Sports Medicine</i> , 2016, 50, 1417-1418.	6.7	1
65	Biomechanical evaluation of exercises for performing a forward handspring - Case study. <i>Journal of Human Kinetics</i> , 2012, 34, 21-32.	1.5	1
66	Relationship Between Physical Fitness, BMI, WHR and Hypertension in Elderly Men and Women. <i>Zdravstveno Varstvo</i> , 2013, 52, 275-284.	0.9	0
67	Effects of 12-week aquatic exercises on gross motor function, swimming skills and walking ability in children with cerebral palsy. <i>Minerva Pediatrics</i> , 2021, , .	0.4	0
68	Practical Considerations for Workload Measurement in Basketball. , 2020, , 823-832.		0