Niels Vollaard

List of Publications by Year
in descending order

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35 papers	2,665 citations	331670 21 h-index	377865 34 g-index
35 all docs	35 docs citations	35 times ranked	3549 citing authors

#	Article	IF	Citations
1	Using molecular classification to predict gains in maximal aerobic capacity following endurance exercise training in humans. Journal of Applied Physiology, 2010, 108, 1487-1496.	2.5	296
2	Extremely short duration high intensity interval training substantially improves insulin action in young healthy males. BMC Endocrine Disorders, 2009, 9, 3.	2.2	286
3	Exercise-Induced Oxidative Stress. Sports Medicine, 2005, 35, 1045-1062.	6.5	255
4	Exercise, free radicals and oxidative stress. Biochemical Society Transactions, 2002, 30, 280-285.	3.4	245
5	A transcriptional map of the impact of endurance exercise training on skeletal muscle phenotype. Journal of Applied Physiology, 2011, 110, 46-59.	2.5	209
6	Towards the minimal amount of exercise for improving metabolic health: beneficial effects of reduced-exertion high-intensity interval training. European Journal of Applied Physiology, 2012, 112, 2767-2775.	2.5	197
7	The validity of predicted body fat percentage from body mass index and from impedance in samples of five European populations. European Journal of Clinical Nutrition, 2001, 55, 973-979.	2.9	173
8	Systematic analysis of adaptations in aerobic capacity and submaximal energy metabolism provides a unique insight into determinants of human aerobic performance. Journal of Applied Physiology, 2009, 106, 1479-1486.	2.5	155
9	A Practical and Time-Efficient High-Intensity Interval Training Program Modifies Cardio-Metabolic Risk Factors in Adults with Risk Factors for Type II Diabetes. Frontiers in Endocrinology, 2017, 8, 229.	3.5	78
10	Physiological and molecular responses to an acute bout of reduced-exertion high-intensity interval training (REHIT). European Journal of Applied Physiology, 2015, 115, 2321-2334.	2.5	75
11	Research into the Health Benefits of Sprint Interval Training Should Focus on Protocols with Fewer and Shorter Sprints. Sports Medicine, 2017, 47, 2443-2451.	6.5	73
12	A comparison of the health benefits of reduced-exertion high-intensity interval training (REHIT) and moderate-intensity walking in type 2 diabetes patients. Applied Physiology, Nutrition and Metabolism, 2017, 42, 202-208.	1.9	72
13	Effect of Number of Sprints in an SIT Session on Change in VË™O2max. Medicine and Science in Sports and Exercise, 2017, 49, 1147-1156.	0.4	71
14	Exercise Guidelines to Promote Cardiometabolic Health in Spinal Cord Injured Humans: Time to Raise the Intensity?. Archives of Physical Medicine and Rehabilitation, 2017, 98, 1693-1704.	0.9	68
15	A new sensitive assay reveals that hemoglobin is oxidatively modified in vivo. Free Radical Biology and Medicine, 2005, 39, 1216-1228.	2.9	64
16	Body Composition Changes in Bodybuilders: A Method Comparison. Medicine and Science in Sports and Exercise, 2004, 36, 490-497.	0.4	51
17	Changes in aerobic capacity and glycaemic control in response to reduced-exertion high-intensity interval training (REHIT) are not different between sedentary men and women. Applied Physiology, Nutrition and Metabolism, 2016, 41, 1117-1123.	1.9	46
18	Using systems biology to define the essential biological networks responsible for adaptation to endurance exercise training. Biochemical Society Transactions, 2007, 35, 1306-1309.	3.4	35

#	Article	IF	Citations
19	Bodybuilders??? Body Composition: Effect of Nandrolone Decanoate. Medicine and Science in Sports and Exercise, 2004, 36, 484-489.	0.4	31
20	No effect of acute and chronic supramaximal exercise on circulating levels of the myokine SPARC. European Journal of Sport Science, 2017, 17, 447-452.	2.7	25
21	Time-efficient and computer-guided sprint interval exercise training for improving health in the workplace: a randomised mixed-methods feasibility study in office-based employees. BMC Public Health, 2020, 20, 313.	2.9	24
22	Androgenic-Anabolic Steroidâ€"Induced Body Changes in Strength Athletes. Physician and Sportsmedicine, 2001, 29, 49-66.	2.1	20
23	Exercise-Induced Oxidative Stress in Overload Training and Tapering. Medicine and Science in Sports and Exercise, 2006, 38, 1335-1341.	0.4	19
24	Body Composition and Anthropometry in Bodybuilders:Regional Changes due to Nandrolone Decanoate Administration. International Journal of Sports Medicine, 2001, 22, 235-241.	1.7	19
25	Decreasing sprint duration from 20 to 10 s during reduced-exertion high-intensity interval training (REHIT) attenuates the increase in maximal aerobic capacity but has no effect on affective and perceptual responses. Applied Physiology, Nutrition and Metabolism, 2018, 43, 338-344.	1.9	16
26	Exercise training comprising of single 20-s cycle sprints does not provide a sufficient stimulus for improving maximal aerobic capacity in sedentary individuals. European Journal of Applied Physiology, 2016, 116, 1511-1517.	2.5	14
27	Affective and perceptual responses during reduced-exertion high-intensity interval training (REHIT). International Journal of Sport and Exercise Psychology, 2020, 18, 717-732.	2.1	12
28	Predicting the consequences of physical activity: An investigation into the relationship between anxiety sensitivity, interoceptive accuracy and action. PLoS ONE, 2019, 14, e0210853.	2.5	11
29	The effect of low volume sprint interval training in patients with non-alcoholic fatty liver disease. Physician and Sportsmedicine, 2018, 46, 87-92.	2.1	9
30	Effects of a Novel Neurodynamic Tension Technique on Muscle Extensibility and Stretch Tolerance: A Counterbalanced Crossover Study. Journal of Sport Rehabilitation, 2018, 27, 55-65.	1.0	7
31	Those Apples Donâ€™t Taste Like Oranges! Why â€˜Equalisingâ€™ HIIT and MICT Protocols Does Not Make Sense. Trends in Endocrinology and Metabolism, 2021, 32, 131-132.	7.1	5
32	SHOULDER FUNCTION AND SHOULDER COMPLAINTS IN DANISH ELITE BADMINTON PLAYERS. British Journal of Sports Medicine, 2017, 51, 351.2-351.	6.7	2
33	Correction: No Acute Effect of Reduced-exertion High-intensity Interval Training (REHIT) on Insulin Sensitivity. International Journal of Sports Medicine, 2016, 37, e2-e2.	1.7	1
34	Response. Medicine and Science in Sports and Exercise, 2017, 49, 2363.	0.4	1
35	Effect of Reducing Sprint Duration in A REHIT Protocol on Changes in V[Combining Dot Above]O2max and Mood. Medicine and Science in Sports and Exercise, 2018, 50, 767.	0.4	0