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	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
2	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
3	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
4	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
5	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
6	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
7	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
8	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
9	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
10	SHOULDER FUNCTION AND SHOULDER COMPLAINTS IN DANISH ELITE BADMINTON PLAYERS. British Journal of Sports Medicine, 2017, 51, 351.2-351.	6.7	2
11	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
12	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
13	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
14	Response. Medicine and Science in Sports and Exercise, 2017, 49, 2363.	0.4	1
15	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
16	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
17	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
18	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

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19	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
20	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
21	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
22	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
23	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
24	Extremely short duration high intensity interval training substantially improves insulin action in young healthy males. BMC Endocrine Disorders, 2009, 9, 3.	2.2	286
25	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
26	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
27	Exercise-Induced Oxidative Stress in Overload Training and Tapering. Medicine and Science in Sports and Exercise, 2006, 38, 1335-1341.	0.4	19
28	A new sensitive assay reveals that hemoglobin is oxidatively modified in vivo. Free Radical Biology and Medicine, 2005, 39, 1216-1228.	2.9	64
29	Exercise-Induced Oxidative Stress. Sports Medicine, 2005, 35, 1045-1062.	6.5	255
30	Bodybuilders??? Body Composition: Effect of Nandrolone Decanoate. Medicine and Science in Sports and Exercise, 2004, 36, 484-489.	0.4	31
31	Body Composition Changes in Bodybuilders: A Method Comparison. Medicine and Science in Sports and Exercise, 2004, 36, 490-497.	0.4	51
32	Exercise, free radicals and oxidative stress. Biochemical Society Transactions, 2002, 30, 280-285.	3.4	245
33	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
34	Androgenic-Anabolic Steroidâ€"Induced Body Changes in Strength Athletes. Physician and Sportsmedicine, 2001, 29, 49-66.	2.1	20
35	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