

# Tony M Santos

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/4905242/publications.pdf>

Version: 2024-02-01

85  
papers

1,001  
citations

516215

16  
h-index

476904

29  
g-index

87  
all docs

87  
docs citations

87  
times ranked

1573  
citing authors

#	ARTICLE	IF	CITATIONS
1	Continuous and High-Intensity Interval Training: Which Promotes Higher Pleasure?. PLoS ONE, 2013, 8, e79965.	1.1	121
2	Affective and enjoyment responses in high intensity interval training and continuous training: A systematic review and meta-analysis. PLoS ONE, 2018, 13, e0197124.	1.1	110
3	The Relevance of a Physical Active Lifestyle and Physical Fitness on Immune Defense: Mitigating Disease Burden, With Focus on COVID-19 Consequences. Frontiers in Immunology, 2021, 12, 587146.	2.2	72
4	Comparison of strength training, aerobic training, and additional physical therapy as supplementary treatments for Parkinson's disease: pilot study. Clinical Interventions in Aging, 2015, 10, 183.	1.3	64
5	Mental Fatigue Alters Cortical Activation and Psychological Responses, Impairing Performance in a Distance-Based Cycling Trial. Frontiers in Physiology, 2018, 9, 227.	1.3	58
6	Caffeine improved cycling trial performance in mentally fatigued cyclists, regardless of alterations in prefrontal cortex activation. Physiology and Behavior, 2019, 204, 41-48.	1.0	55
7	Differences in exercise intensity seems to influence the affective responses in self-selected and imposed exercise: a meta-analysis. Frontiers in Psychology, 2015, 6, 1105.	1.1	42
8	Relationship Between Anaerobic Cycling Tests and Mountain Bike Cross-Country Performance. Journal of Strength and Conditioning Research, 2012, 26, 1589-1593.	1.0	41
9	Effects of Physical Exercise on Neuroplasticity and Brain Function: A Systematic Review in Human and Animal Studies. Neural Plasticity, 2020, 2020, 1-21.	1.0	34
10	Is Strength Training as Effective as Aerobic Training for Depression in Older Adults? A Randomized Controlled Trial. Neuropsychobiology, 2020, 79, 141-149.	0.9	30
11	Prediction of Affective Responses in Aerobic Exercise Sessions. CNS and Neurological Disorders - Drug Targets, 2015, 14, 1214-1218.	0.8	27
12	Rela�o entre esporte, resili�ncia, qualidade de vida e ansiedade. Revista De Psiquiatria Clinica, 2012, 39, 85-89.	0.6	23
13	Affective Responses to Prescribed and Self-Selected Strength Training Intensities. Perceptual and Motor Skills, 2015, 121, 465-481.	0.6	22
14	Let the Pleasure Guide Your Resistance Training Intensity. Medicine and Science in Sports and Exercise, 2018, 50, 1472-1479.	0.2	21
15	Self-selected or imposed exercise? A different approach for affective comparisons. Journal of Sports Sciences, 2015, 33, 777-785.	1.0	19
16	Chemical composition and in vitro ruminal digestibility of hand-plucked samples of Xaraes palisade grass fertilized with incremental levels of nitrogen. Animal Feed Science and Technology, 2016, 215, 1-12.	1.1	17
17	Prefrontal cortex asymmetry and psychological responses to exercise: A systematic review. Physiology and Behavior, 2019, 208, 112580.	1.0	17
18	Effects of Sprint versus High-Intensity Aerobic Interval Training on Cross-Country Mountain Biking Performance: A Randomized Controlled Trial. PLoS ONE, 2016, 11, e0145298.	1.1	17

#	ARTICLE	IF	CITATIONS
19	Acute Effects of Exercise on Mood and EEG Activity in Healthy Young Subjects: A Systematic Review. CNS and Neurological Disorders - Drug Targets, 2014, 13, 972-980.	0.8	17
20	A Pre-season Comparison of Aerobic Fitness and Flexibility of Younger and Older Professional Soccer Players. International Journal of Sports Medicine, 2012, 33, 867-872.	0.8	15
21	Carbohydrate Mouth Rinse Mitigates Mental Fatigue Effects on Maximal Incremental Test Performance, but Not in Cortical Alterations. Brain Sciences, 2020, 10, 493.	1.1	13
22	Acute Affective Responses and Frontal Electroencephalographic Asymmetry to Prescribed and Self-selected Exercise. Clinical Practice and Epidemiology in Mental Health, 2016, 12, 108-119.	0.6	12
23	Commentaries on Viewpoint: Physiology and fast marathons. Journal of Applied Physiology, 2020, 128, 1069-1085.	1.2	12
24	Correlates of Mood and RPE During Multi-Lap Off-Road Cycling. Applied Psychophysiology Biofeedback, 2016, 41, 1-7.	1.0	9
25	Pacing Strategy During Simulated Mountain Bike Racing. International Journal of Sports Physiology and Performance, 2018, 13, 208-213.	1.1	9
26	A New Strategy for the Implementation of an Aerobic Training Session. Journal of Strength and Conditioning Research, 2012, 26, 87-93.	1.0	8
27	Kinetics of Hypotension during 50 Sessions of Resistance and Aerobic Training in Hypertensive Patients: a Randomized Clinical Trial. Arquivos Brasileiros De Cardiologia, 2017, 108, 323-330.	0.3	8
28	A comprehensive integrative perspective of the anaerobic threshold engine. Physiology and Behavior, 2019, 210, 112435.	1.0	8
29	Physiological and Psychological Responses during Low-Volume High-Intensity Interval Training Sessions with Different Work-Recovery Durations. Journal of Sports Science and Medicine, 2019, 18, 181-190.	0.7	8
30	The Impact of Sex and Performance Level on Pacing Behavior in a 24-h Ultramarathon. Frontiers in Sports and Active Living, 2019, 1, 57.	0.9	7
31	Proof-of-Concept and Test-Retest Reliability Study of Psychological and Physiological Variables of the Mental Fatigue Paradigm. International Journal of Environmental Research and Public Health, 2021, 18, 9532.	1.2	7
32	The Influence of Start Position on Even-Pacing Strategy in Mountain Bike Racing. International Journal of Sports Physiology and Performance, 2013, 8, 351.	1.1	6
33	Assessment of cardiorespiratory fitness using submaximal protocol in older adults with mood disorder and Parkinson's disease. Revista De Psiquiatria Clinica, 2013, 40, 88-92.	0.6	6
34	Conscious distance monitoring and perceived exertion in light-deprived cycling time trial. Physiology and Behavior, 2016, 165, 211-216.	1.0	5
35	Confiabilidade intra-avaliador da medida de amplitude de movimento da flexão e extensão do joelho pelo método de fotogrametria. Fisioterapia E Pesquisa, 2012, 19, 32-38.	0.3	5
36	Effect of active versus passive recovery on performance-related outcome during high-intensity interval exercise. Journal of Sports Medicine and Physical Fitness, 2021, 61, 562-570.	0.4	4

#	ARTICLE	IF	CITATIONS
37	Acute Effect of Different Patterns of Exercise on Mood, Anxiety and Cortical Activity. Archives of Neuroscience, 2014, 2, .	0.1	4
38	Affective responses to different prescriptions of high-intensity interval exercise in hypertensive patients. Journal of Sports Medicine and Physical Fitness, 2020, 60, 308-313.	0.4	4
39	Reprodutibilidade do VO2Máx estimado na corrida pela frequência cardíaca e consumo de oxigênio de reserva. Revista Brasileira De Educação Física E Esporte: RBEFE, 2012, 26, 29-36.	0.1	3
40	Avaliação da imagem corporal em professores de educação física atuantes no fitness na cidade do Rio de Janeiro. Revista Brasileira De Ciências Do Esporte, 2012, 34, 449-464.	0.4	3
41	Determination of Lactate Thresholds in Maximal Running Test by Heart Rate Variability Data Set. Asian Journal of Sports Medicine, 2017, In Press, .	0.1	3
42	Determinantes do tempo limite na velocidade correspondente a VO2máx em indivíduos fisicamente ativos. Revista Brasileira De Cineantropometria E Desempenho Humano, 2008, 10, 69.	0.5	2
43	Comparison of Two Proposed Guidelines for Aerobic Training Sessions. Perceptual and Motor Skills, 2012, 115, 645-660.	0.6	2
44	Effects of light deprivation in physical performance and psychophysiological responses to a time-to-exhaustion exercise test. Physiology and Behavior, 2015, 151, 535-540.	1.0	2
45	CONCEPT AND VALIDATION OF THE CLASSROOM OBSERVATION PROTOCOL (POA) OF THE PROGRAMA SEGUNDO TEMPO. Journal of Physical Education (Maringa), 2017, 28, .	0.1	2
46	Efeito de um período de polimento na potência e capacidade anaeróbia de atletas de tae-kwon-do. Revista Brasileira De Cineantropometria E Desempenho Humano, 2017, 19, 224.	0.5	2
47	Criterion validity and accuracy of a heart rate monitor. Human Movement, 0, , .	0.5	2
48	Acute affective responses to high-intensity interval exercise: Implications on the use of different stimulus-recovery amplitudes. European Journal of Sport Science, 2022, 22, 1775-1785.	1.4	2
49	ASSOCIATION BETWEEN BODY COMPOSITION AND FAT INFILTRATION IN THE LUMBAR MULTIFIDUS IN YOUNG ADULTS. Revista Brasileira De Medicina Do Esporte, 2020, 26, 39-42.	0.1	2
50	Predição da frequência cardíaca basal de indivíduos com níveis de atividade física alto e baixo. Revista Brasileira De Medicina Do Esporte, 2013, 19, 22-26.	0.1	2
51	Criterion and Longitudinal Validity of a Fixed-Distance Incremental Running Test for the Determination of Lactate Thresholds in Field Settings. Journal of Strength and Conditioning Research, 2012, 26, 146-151.	1.0	1
52	VO2máx estimado e sua velocidade correspondente predizem o desempenho de corredores amadores. DOI:10.5007/1980-0037.2012v14n2p192. Revista Brasileira De Cineantropometria E Desempenho Humano, 2012, 14, .	0.5	1
53	Indicadores de desempenho no voleibol sentado. Revista Da Educação Física, 2014, 25, 335.	0.0	1
54	Prediction Of Affective Responses During Exercise Sessions Of High And Low Intensities. Medicine and Science in Sports and Exercise, 2015, 47, 135.	0.2	1

#	ARTICLE	IF	CITATIONS
55	Validade preditiva da medida e estimativas do VO <sub>2</sub> máx no desempenho de Mountain Bikers. Revista Brasileira De Medicina Do Esporte, 2015, 21, 44-48.	0.1	1
56	The Absolute and Relative Reliability of Psychophysiological Responses to Self-Selected Exercise Intensity in Elderly Women. Research Quarterly for Exercise and Sport, 2019, 90, 270-275.	0.8	1
57	Validation of a smartphone application for the measurement of heart rate during exercise. Human Movement, 2020, 21, 25-31.	0.5	1
58	Effects of different training strategies with a weight vest on countermovement vertical jump and change-of-direction ability in male volleyball athletes. Journal of Sports Medicine and Physical Fitness, 2021, 61, 343-349.	0.4	1
59	Correlation between economy/efficiency and mountain biking cross-country race performance. European Journal of Sport Science, 2022, 22, 1641-1648.	1.4	1
60	Behavioral Characteristics Of Clients Enrolling In Health And Fitness Facilities In Rio De Janeiro - Brazil. Medicine and Science in Sports and Exercise, 2005, 37, S369.	0.2	1
61	Comparaçãõ entre as modalidades de caminhada e corrida na prediçãõ do consumo máximo de oxigênio. Revista Brasileira De Medicina Do Esporte, 2008, 14, 412-415.	0.1	1
62	Graded and ramp protocols present similar results in apparently healthy subjects. Revista Brasileira De Cineantropometria E Desempenho Humano, 0, 22, .	0.5	1
63	Transcranial Direct Current Stimulation Combined With or Without Caffeine: Effects on Training Volume and Pain Perception. Research Quarterly for Exercise and Sport, 2022, , 1-10.	0.8	1
64	Cardiac Chronotropic Response During The Maximal Anaerobic Running Test. Medicine and Science in Sports and Exercise, 2011, 43, 803.	0.2	0
65	Physiologic Adaptations to Interval and Continuous Running at Low Volume and Vigorous Intensity over 14-Weeks. Medicine and Science in Sports and Exercise, 2014, 46, 943-944.	0.2	0
66	Efeito agudo de diferentes rotinas de alongamento estãtico sobre o salto com contramovimento.. Revista Da Educaçãõ Fãtica, 2015, 26, 279.	0.0	0
67	The Effect of Aerobic Exercise Duration on Affective Responses. Medicine and Science in Sports and Exercise, 2016, 48, 419.	0.2	0
68	Effects of Sprint Vs. High-Intensity Aerobic Interval Training on Cross-Country MTB Performance. Medicine and Science in Sports and Exercise, 2016, 48, 860.	0.2	0
69	DOES DISORDERED EATING IMPAIR THE PERFORMANCE OF FEMALE SWIMMERS IN 100M AND 200M FREESTYLE RACES?. Journal of Physical Education (Maringa), 2017, 28, .	0.1	0
70	TRADITIONAL MODELS OF FATIGUE AND PHYSICAL PERFORMANCE. Journal of Physical Education (Maringa), 2018, 29, .	0.1	0
71	Psychophysiological And Pacing Strategy Responses To A Sprint Exercise Performed With Different Exercise Expectations.. Medicine and Science in Sports and Exercise, 2018, 50, 324.	0.2	0
72	Validade diagnãstica do questionãrio de triagem do American College of Sports Medicine/American Heart Association. Revista Da Educaçãõ Fãtica, 2018, 30, 3035.	0.0	0

#	ARTICLE	IF	CITATIONS
73	Reply to Borszcz & de Lucas: Comment on: "Effects of Carbohydrate Mouth Rinse on Cycling Time Trial Performance: A Systematic Review and Meta-Analysis" Sports Medicine, 2020, 50, 633-637.	3.1	0
74	Reliability of the High-speed Camera-based System (HSC-Kinovea) for lower-limb explosive strength endurance assessment in athletes. Journal of Physical Education (Maringa), 2021, 32, .	0.1	0
75	Comment: Kay et al.'s (2020) Isokinetic eccentric exercise substantially improves mobility, muscle strength, and size, but not postural sway metrics in older adults with limited regression observed following a detraining period. Eur J Appl Physiol. European Journal of Applied Physiology, 2021, 121, 1795-1796.	1.2	0
76	Can the self-selection of aerobic exercise be used in individuals with different cardiorespiratory fitness levels?. Sport Sciences for Health, 0, , 1.	0.4	0
77	Effects of Self-Selected Passive Recovery Time in Interval Exercise on Perceptual and Heart Rate Responses in Older Women: A Promissory Approach. Journal of Aging and Physical Activity, 2021, , 1-11.	0.5	0
78	Resposta cronotrópica ao teste anaeróbico máximo de corrida - MART. Revista Brasileira De Medicina Do Esporte, 2013, 19, 155-159.	0.1	0
79	Utilização da lógica fuzzy na determinação da intensidade do exercício aeróbico. Revista Electronica De Comunicacao, Informacao & Inovacao Em Saude: RECIIS, 2015, 9, .	0.2	0
80	Predictive validity of critical power for mountain bike cross-country race performance. Gazzetta Medica Italiana Archivio Per Le Scienze Mediche, 2016, 176, .	0.0	0
81	Physical exercise, cognitive performance, affective responses and mental health: challenges and perspectives.. Revista De Educação Física / Journal of Physical Education, 2017, 86, .	0.2	0
82	O tipo de polimento altera a força explosiva de membros inferiores em atletas de voleibol?. Revista Brasileira De Educação Física E Esporte: RBEFE, 2019, 33, 135-144.	0.1	0
83	PROPOSTA DE UM PROTOCOLO DE TREINO E SEU EFEITO NAS FUNÇÕES COGNITIVAS EM IDOSAS DEPRESSIVAS. Revista Brasileira De Ciência E Movimento, 2019, 27, 25.	0.0	0
84	Exercício com intensidade autoselecionada para idosos: implicações do afeto em aulas comunitárias. Revista Brasileira De Atividade Física E Saúde, 0, 24, 1-7.	0.1	0
85	PROTOCOLO DE OBSERVAÇÃO DE AULA (POA) PARA O ENSINO ESPORTIVO: VALIDADE E CONFIABILIDADE. Praxis Educacional Journal, 2020, 16, 366-387.	0.1	0