

# Tony M Santos

## List of Publications by Year in descending order

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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	Correlation between economy/efficiency and mountain biking cross-country race performance. <i>European Journal of Sport Science</i> , 2022, 22, 1641-1648.	1.4	1
2	Acute affective responses to high-intensity interval exercise: Implications on the use of different stimulus-recovery amplitudes. <i>European Journal of Sport Science</i> , 2022, 22, 1775-1785.	1.4	2
3	Transcranial Direct Current Stimulation Combined With or Without Caffeine: Effects on Training Volume and Pain Perception. <i>Research Quarterly for Exercise and Sport</i> , 2022, , 1-10.	0.8	1
4	Reliability of the High-speed Camera-based System (HSC-Kinovea) for lower-limb explosive strength endurance assessment in athletes. <i>Journal of Physical Education (Maringa)</i> , 2021, 32, .	0.1	0
5	The Relevance of a Physical Active Lifestyle and Physical Fitness on Immune Defense: Mitigating Disease Burden, With Focus on COVID-19 Consequences. <i>Frontiers in Immunology</i> , 2021, 12, 587146.	2.2	72
6	Effect of active versus passive recovery on performance-related outcome during high-intensity interval exercise. <i>Journal of Sports Medicine and Physical Fitness</i> , 2021, 61, 562-570.	0.4	4
7	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. <i>Eur J Appl Physiol. European Journal of Applied Physiology</i> , 2021, 121, 1795-1796.	1.2	0
8	Effects of different training strategies with a weight vest on countermovement vertical jump and change-of-direction ability in male volleyball athletes. <i>Journal of Sports Medicine and Physical Fitness</i> , 2021, 61, 343-349.	0.4	1
9	Proof-of-Concept and Test-Retest Reliability Study of Psychological and Physiological Variables of the Mental Fatigue Paradigm. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 9532.	1.2	7
10	Effects of Self-Selected Passive Recovery Time in Interval Exercise on Perceptual and Heart Rate Responses in Older Women: A Promissory Approach. <i>Journal of Aging and Physical Activity</i> , 2021, , 1-11.	0.5	0
11	Reply to Borszcz & de Lucas: Comment on: "Effects of Carbohydrate Mouth Rinse on Cycling Time Trial Performance: A Systematic Review and Meta-Analysis" <i>Sports Medicine</i> , 2020, 50, 633-637.	3.1	0
12	Is Strength Training as Effective as Aerobic Training for Depression in Older Adults? A Randomized Controlled Trial. <i>Neuropsychobiology</i> , 2020, 79, 141-149.	0.9	30
13	Carbohydrate Mouth Rinse Mitigates Mental Fatigue Effects on Maximal Incremental Test Performance, but Not in Cortical Alterations. <i>Brain Sciences</i> , 2020, 10, 493.	1.1	13
14	Effects of Physical Exercise on Neuroplasticity and Brain Function: A Systematic Review in Human and Animal Studies. <i>Neural Plasticity</i> , 2020, 2020, 1-21.	1.0	34
15	Validation of a smartphone application for the measurement of heart rate during exercise. <i>Human Movement</i> , 2020, 21, 25-31.	0.5	1
16	Commentaries on Viewpoint: Physiology and fast marathons. <i>Journal of Applied Physiology</i> , 2020, 128, 1069-1085.	1.2	12
17	ASSOCIATION BETWEEN BODY COMPOSITION AND FAT INFILTRATION IN THE LUMBAR MULTIFIDUS IN YOUNG ADULTS. <i>Revista Brasileira De Medicina Do Esporte</i> , 2020, 26, 39-42.	0.1	2
18	PROTOCOLO DE OBSERVAÇÃO DE AULA (POA) PARA O ENSINO ESPORTIVO: VALIDADE E CONFIABILIDADE. <i>Praxis Educacional Journal</i> , 2020, 16, 366-387.	0.1	0

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19	Affective responses to different prescriptions of high-intensity interval exercise in hypertensive patients. <i>Journal of Sports Medicine and Physical Fitness</i> , 2020, 60, 308-313.	0.4	4
20	A comprehensive integrative perspective of the anaerobic threshold engine. <i>Physiology and Behavior</i> , 2019, 210, 112435.	1.0	8
21	Prefrontal cortex asymmetry and psychological responses to exercise: A systematic review. <i>Physiology and Behavior</i> , 2019, 208, 112580.	1.0	17
22	The Absolute and Relative Reliability of Psychophysiological Responses to Self-Selected Exercise Intensity in Elderly Women. <i>Research Quarterly for Exercise and Sport</i> , 2019, 90, 270-275.	0.8	1
23	Caffeine improved cycling trial performance in mentally fatigued cyclists, regardless of alterations in prefrontal cortex activation. <i>Physiology and Behavior</i> , 2019, 204, 41-48.	1.0	55
24	The Impact of Sex and Performance Level on Pacing Behavior in a 24-h Ultramarathon. <i>Frontiers in Sports and Active Living</i> , 2019, 1, 57.	0.9	7
25	O tipo de polimento altera a força explosiva de membros inferiores em atletas de voleibol?. <i>Revista Brasileira De Educação Física E Esporte: RBEFE</i> , 2019, 33, 135-144.	0.1	0
26	PROPOSTA DE UM PROTOCOLO DE TREINO E SEU EFEITO NAS FUNÇÕES COGNITIVAS EM IDOSAS DEPRESSIVAS. <i>Revista Brasileira De Ciência E Movimento</i> , 2019, 27, 25.	0.0	0
27	Physiological and Psychological Responses during Low-Volume High-Intensity Interval Training Sessions with Different Work-Recovery Durations. <i>Journal of Sports Science and Medicine</i> , 2019, 18, 181-190.	0.7	8
28	Let the Pleasure Guide Your Resistance Training Intensity. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 1472-1479.	0.2	21
29	Pacing Strategy During Simulated Mountain Bike Racing. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 208-213.	1.1	9
30	TRADITIONAL MODELS OF FATIGUE AND PHYSICAL PERFORMANCE. <i>Journal of Physical Education (Maringa)</i> , 2018, 29, .	0.1	0
31	Psychophysiological And Pacing Strategy Responses To A Sprint Exercise Performed With Different Exercise Expectations.. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 324.	0.2	0
32	Validade diagnóstica do questionário de triagem do American College of Sports Medicine/American Heart Association. <i>Revista Da Educação Física</i> , 2018, 30, 3035.	0.0	0
33	Mental Fatigue Alters Cortical Activation and Psychological Responses, Impairing Performance in a Distance-Based Cycling Trial. <i>Frontiers in Physiology</i> , 2018, 9, 227.	1.3	58
34	Affective and enjoyment responses in high intensity interval training and continuous training: A systematic review and meta-analysis. <i>PLoS ONE</i> , 2018, 13, e0197124.	1.1	110
35	CONCEPT AND VALIDATION OF THE CLASSROOM OBSERVATION PROTOCOL (POA) OF THE PROGRAMA SEGUNDO TEMPO. <i>Journal of Physical Education (Maringa)</i> , 2017, 28, .	0.1	2
36	DOES DISORDERED EATING IMPAIR THE PERFORMANCE OF FEMALE SWIMMERS IN 100M AND 200M FREESTYLE RACES?. <i>Journal of Physical Education (Maringa)</i> , 2017, 28, .	0.1	0

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37	Kinetics of Hypotension during 50 Sessions of Resistance and Aerobic Training in Hypertensive Patients: a Randomized Clinical Trial. <i>Arquivos Brasileiros De Cardiologia</i> , 2017, 108, 323-330.	0.3	8
38	Efeito de um período de polimento na potência e capacidade anaeróbica de atletas de tae-kwon-do. <i>Revista Brasileira De Cineantropometria E Desempenho Humano</i> , 2017, 19, 224.	0.5	2
39	Determination of Lactate Thresholds in Maximal Running Test by Heart Rate Variability Data Set. <i>Asian Journal of Sports Medicine</i> , 2017, In Press, .	0.1	3
40	Physical exercise, cognitive performance, affective responses and mental health: challenges and perspectives.. <i>Revista De Educação Física / Journal of Physical Education</i> , 2017, 86, .	0.2	0
41	Acute Affective Responses and Frontal Electroencephalographic Asymmetry to Prescribed and Self-selected Exercise. <i>Clinical Practice and Epidemiology in Mental Health</i> , 2016, 12, 108-119.	0.6	12
42	Conscious distance monitoring and perceived exertion in light-deprived cycling time trial. <i>Physiology and Behavior</i> , 2016, 165, 211-216.	1.0	5
43	The Effect of Aerobic Exercise Duration on Affective Responses. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 419.	0.2	0
44	Effects of Sprint Vs. High-Intensity Aerobic Interval Training on Cross-Country MTB Performance. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 860.	0.2	0
45	Chemical composition and in vitro ruminal digestibility of hand-plucked samples of Xaraes palisade grass fertilized with incremental levels of nitrogen. <i>Animal Feed Science and Technology</i> , 2016, 215, 1-12.	1.1	17
46	Correlates of Mood and RPE During Multi-Lap Off-Road Cycling. <i>Applied Psychophysiology Biofeedback</i> , 2016, 41, 1-7.	1.0	9
47	Effects of Sprint versus High-Intensity Aerobic Interval Training on Cross-Country Mountain Biking Performance: A Randomized Controlled Trial. <i>PLoS ONE</i> , 2016, 11, e0145298.	1.1	17
48	Predictive validity of critical power for mountain bike cross-country race performance. <i>Gazzetta Medica Italiana Archivio Per Le Scienze Mediche</i> , 2016, 176, .	0.0	0
49	Prediction Of Affective Responses During Exercise Sessions Of High And Low Intensities. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 135.	0.2	1
50	Validade preditiva da medida e estimativas do $\dot{V}O_{2\max}$ no desempenho de Mountain Bikers. <i>Revista Brasileira De Medicina Do Esporte</i> , 2015, 21, 44-48.	0.1	1
51	Efeito agudo de diferentes rotinas de alongamento estático sobre o salto com contramovimento.. <i>Revista Da Educação Física</i> , 2015, 26, 279.	0.0	0
52	Comparison of strength training, aerobic training, and additional physical therapy as supplementary treatments for Parkinson's disease: pilot study. <i>Clinical Interventions in Aging</i> , 2015, 10, 183.	1.3	64
53	Differences in exercise intensity seems to influence the affective responses in self-selected and imposed exercise: a meta-analysis. <i>Frontiers in Psychology</i> , 2015, 6, 1105.	1.1	42
54	Affective Responses to Prescribed and Self-Selected Strength Training Intensities. <i>Perceptual and Motor Skills</i> , 2015, 121, 465-481.	0.6	22

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55	Effects of light deprivation in physical performance and psychophysiological responses to a time-to-exhaustion exercise test. <i>Physiology and Behavior</i> , 2015, 151, 535-540.	1.0	2
56	Self-selected or imposed exercise? A different approach for affective comparisons. <i>Journal of Sports Sciences</i> , 2015, 33, 777-785.	1.0	19
57	Prediction of Affective Responses in Aerobic Exercise Sessions. <i>CNS and Neurological Disorders - Drug Targets</i> , 2015, 14, 1214-1218.	0.8	27
58	Utiliza��o da l�gica fuzzy na determina��o da intensidade do exerc�cio aer�bico. <i>Revista Electronica De Comunicacao, Informacao &amp; Inovacao Em Saude: RECIIS</i> , 2015, 9, .	0.2	0
59	Indicadores de desempenho no voleibol sentado. <i>Revista Da Educa��o F�sica</i> , 2014, 25, 335.	0.0	1
60	Physiologic Adaptations to Interval and Continuous Running at Low Volume and Vigorous Intensity over 14-Weeks. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 943-944.	0.2	0
61	Acute Effects of Exercise on Mood and EEG Activity in Healthy Young Subjects: A Systematic Review. <i>CNS and Neurological Disorders - Drug Targets</i> , 2014, 13, 972-980.	0.8	17
62	Acute Effect of Different Patterns of Exercise on Mood, Anxiety and Cortical Activity. <i>Archives of Neuroscience</i> , 2014, 2, .	0.1	4
63	The Influence of Start Position on Even-Pacing Strategy in Mountain Bike Racing. <i>International Journal of Sports Physiology and Performance</i> , 2013, 8, 351.	1.1	6
64	Assessment of cardiorespiratory fitness using submaximal protocol in older adults with mood disorder and Parkinson's disease. <i>Revista De Psiquiatria Clinica</i> , 2013, 40, 88-92.	0.6	6
65	Continuous and High-Intensity Interval Training: Which Promotes Higher Pleasure?. <i>PLoS ONE</i> , 2013, 8, e79965.	1.1	121
66	Predi��o da frequ�ncia card�aca basal de indiv�duos com n�veis de atividade f�sica alto e baixo. <i>Revista Brasileira De Medicina Do Esporte</i> , 2013, 19, 22-26.	0.1	2
67	Resposta cronotr�pica ao teste anaer�bio m�ximo de corrida - MART. <i>Revista Brasileira De Medicina Do Esporte</i> , 2013, 19, 155-159.	0.1	0
68	A Pre-season Comparison of Aerobic Fitness and Flexibility of Younger and Older Professional Soccer Players. <i>International Journal of Sports Medicine</i> , 2012, 33, 867-872.	0.8	15
69	A New Strategy for the Implementation of an Aerobic Training Session. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 87-93.	1.0	8
70	Relationship Between Anaerobic Cycling Tests and Mountain Bike Cross-Country Performance. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 1589-1593.	1.0	41
71	Criterion and Longitudinal Validity of a Fixed-Distance Incremental Running Test for the Determination of Lactate Thresholds in Field Settings. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 146-151.	1.0	1
72	Comparison of Two Proposed Guidelines for Aerobic Training Sessions. <i>Perceptual and Motor Skills</i> , 2012, 115, 645-660.	0.6	2

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73	Reprodutibilidade do VO2mÁix estimado na corrida pela frequÃancia cardÁaca e consumo de oxigÃanio de reserva. Revista Brasileira De EducaÃ£o FÁsica E Esporte: RBEFE, 2012, 26, 29-36.	0.1	3
74	RelaÃ§Ã£o entre esporte, resiliÃancia, qualidade de vida e ansiedade. Revista De Psiquiatria Clinica, 2012, 39, 85-89.	0.6	23
75	VO2mÁix 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
76	AvaliaÃ§Ã£o da imagem corporal em professores de educaÃ£o fÁsica atuantes no fitness na cidade do Rio de Janeiro. Revista Brasileira De Ciencias Do Esporte, 2012, 34, 449-464.	0.4	3
77	Confiabilidade intra-avaliador da medida de amplitude de movimento da flexÃo e extensÃo do joelho pelo mÃtodo de fotogrametria. Fisioterapia E Pesquisa, 2012, 19, 32-38.	0.3	5
78	Cardiac Chronotropic Response During The Maximal Anaerobic Running Test. Medicine and Science in Sports and Exercise, 2011, 43, 803.	0.2	0
79	Determinantes do tempo limite na velocidade correspondente a VO2mÁix em indivÁduos fisicamente ativos. Revista Brasileira De Cineantropometria E Desempenho Humano, 2008, 10, 69.	0.5	2
80	ComparaÃ§Ã£o entre as modalidades de caminhada e corrida na prediÃ§Ã£o do consumo mÁximo de oxigÃanio. Revista Brasileira De Medicina Do Esporte, 2008, 14, 412-415.	0.1	1
81	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
82	Criterion validity and accuracy of a heart rate monitor. Human Movement, 0, , .	0.5	2
83	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
84	ExercÃcio com intensidade autosselecionada para idosos: implicaÃµes do afeto em aulas comunitÁrias. Revista Brasileira De Atividade FÁsica E SaÃde, 0, 24, 1-7.	0.1	0
85	Graded and ramp protocols present similar results in apparently healthy subjects. Revista Brasileira De Cineantropometria E Desempenho Humano, 0, 22, .	0.5	1