| 序号 | 标题 | 期刊 | 我校作者 | 论文类型 | 新锐大类分区 |
|---|---|---|---|---|---|
| 1 | Effect of flywheel resistance training on change of direction performance in team sports: A systematic review and meta-analysis | MEDICINE | Mi, Jing; Liu, Ruidong | SCIE | 4 区 |
| 2 | Effect of force-velocity profile-based individualized vs. non-individualized strength training on force-velocity profiles and athletic performance: a systematic review and meta-analysis | BMC SPORTS SCIENCE MEDICINE AND REHABILITATION | Li, Gaojun; Shen, Yang; Lin, Junlei; Li, Wei | SCIE | 3 区 |
| 3 | The relationship between physical activity and self-control in college students: the mediating role of trait anxiety | FRONTIERS IN PUBLIC HEALTH | Zhang, Xianda; Wang, Fapeng | SCIE+SSCI | 3 区 |
| 4 | Fine-grained rehabilitation motion analysis: A knowledge-enhanced multi-branch network approach | BIOMEDICAL SIGNAL PROCESSING AND CONTROL | Xue, Jun; Li, Jianwei; Li, Jingjing | SCIE,top | 2 区 |
| 5 | Prevalence, risk factors, and conservative management of low back pain in competitive gymnasts: a systematic review | BMC SPORTS SCIENCE MEDICINE AND REHABILITATION | Qin, Yufeng; Song, Danli; Li, Ji | SCIE | 3 区 |
| 6 | A mixture-of-experts model with temporal-spatial graph convolution for partially connected self-supervised action analysis | PATTERN RECOGNITION LETTERS | Wang, Taozhi; Li, Jianwei | SCIE | 3 区 |

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| **7** | Identifying sub-health symptom clusters among urban older adults: exploring associations with Tai Chi exercise and risk of falling | FRONTIERS IN PUBLIC HEALTH | Hao, Tongtong; Yuan, Juntong; He, Ying | SCIE+SSCI | 3 ☒ |
| **8** | The Relationship Between Perfectionism and Sleep Quality Among Master's Students: The Mediating Role of Competitive Personality and the Moderating Effect of Resilience | BEHAVIORAL SCIENCES | Liu, Xiuwei; Wang, Yingchun; Zhai, Yimeng | SCIE+SSCI | 3 ☒ |
| **9** | A study on the correlation between types and duration of moderate-to-vigorous physical activity and mobile phone dependence among adolescents | FRONTIERS IN PUBLIC HEALTH | Yang, Meiqi | SCIE+SSCI | 3 ☒ |
| **10** | CFMamba-Phys: A frequency-aware state space model with channel enhancement for remote photoplethysmography | BIOMEDICAL SIGNAL PROCESSING AND CONTROL | Wang, Lin; Su, Xinhua; Yang, Yaqing; Ge, Huanmin; Shen, Yanfei | SCIE,top | 2 ☒ |
| **11** | Muscle Synergies During Countermovement Jump: Comparing Athletes and Nonathletes | MOTOR CONTROL | Peng, Fan; Xie, Yongmin; Yang, Zhonghe; Wu, Junqi; Cheng, Weihao | SCIE | 4 ☒ |

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| **12** | Effects of concurrent training on exercise capacity and quality of life in older adult patients with COPD: a Bayesian pairwise and dose-response meta-analysis | FRONTIERS IN MEDICINE | Li, Shengnian; Yin, Yikun; Guan, Jingjun; Yu, Liang | SCIE | 3 ☒ |
| **13** | Effects of exercise on balance function in people with osteoporosis: A systematic review and meta-analysis of randomized controlled trials | PUBLIC HEALTH | Huang, Xiaorui; Chen, Kongwen; Tang, Yexi; Chen, Yongjie; He, Lingxiao; Lv, Yuanyuan; Yu, Laikang | SCIE+SSCI | 3 ☒ |
| **14** | Working memory capacity and embodied emotion states in shot anticipation among college-level tennis players | INTERNATIONAL JOURNAL OF SPORT AND EXERCISE PSYCHOLOGY | Liu, Xiuwei; Zhai, Yimeng; Qiu, Siya; Wang, Yingchun | SCIE+SSCI | 3 ☒ |
| **15** | Deep Plug-and-Play priors with structural properties for tensor compressive sensing | NEUROCOMPUTING | Huang, Chencheng; Ge, Huanmin; Zhang, Yue; Su, Xinhua | SCIE,top | 2 ☒ |
| **16** | Effects of Exercise on Aerobic Capacity in People with Chronic Obstructive Pulmonary Disease: A Systematic Review and Meta-Analysis of Randomized Controlled Trials | HEALTHCARE | Hu, Lin; Zhang, Yifan; Li, Xiang; Liang, Yin; Lv, Yuanyuan; Yu, Laikang | SCIE+SSCI | 3 ☒ |

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| **17** | Development of an Enzyme-Linked Immunosorbent Assay for Pegmolesatide in Doping Analysis: An Initial Testing Method | DRUG TESTING AND ANALYSIS | Chen, Jie; Niu, Chengshuai; Zhou, Xinmiao | SCIE | 3 ☒ |
| **18** | Injury Prevalence and Risk Factors in Professional and Amateur Breakdancers in China: A Cross-Sectional Study | MEDICAL PROBLEMS OF PERFORMING ARTISTS | Wang, Bo; Jia, HuiYe; Zhang, XiYang; Bai, Lu | SCIE | 4 ☒ |
| **19** | Spatial Orientation in a Cue-Target Task: Effects of Distance, Cue Direction, and Swimming Training Background | BEHAVIORAL SCIENCES | Zhang, Yunhao; Liu, Yi; Ren, Yufei; Lan, Senlin; Mao, Ye; Yang, Haoping; Peng, Yi | SCIE+SSCI | 3 ☒ |
| **20** | DFAα1 as an intensity-sensitive biomarker for exercise prescription: a prospective cross-sectional study in healthy young adults | EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY | Deng, Yuxiao; Tang, Chunxue; Zeng, Xianxiang; Zhang, Yanyan; Shi, Lijun | SCIE | 3 ☒ |
| **21** | Optimizing Pre-Competition Taper Strategies in Speed Climbing Athletes Using Session-RPE and Countermovement Jump: A Banister Impulse-Response Model Approach | APPLIED SCIENCES-BASEL | Duanmu, Shunyang; Li, Chunlei; Wu, Junqi | SCIE | 3 ☒ |
| **22** | Exercise intervention on sleep quality in Alzheimer's disease: a systematic review and meta-analysis | FRONTIERS IN MEDICINE | Tan, Zelong; Jin, Yichen; Niu, Zhipei | SCIE | 3 ☒ |

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| **23** | Injury prevention and athlete health-risk management in freestyle wrestling: a scoping review of direct and transferable evidence | RESEARCH IN SPORTS MEDICINE | Wang, Haolin; Guo, Lulu | SCIE | 3 ☒ |
| **24** | Risk factors associated with knee and wrist injuries in Chinese male breakdancers | NAGOYA JOURNAL OF MEDICAL SCIENCE | Bai, Lu; Jia, Huiye; Wang, Bo | SCIE | 4 ☒ |
| **25** | Effects of high-intensity interval training and moderate-intensity continuous training on type 2 diabetes mellitus: a meta-analysis and systematic review | FRONTIERS IN ENDOCRINOLOGY | Zeng, Fan; Zhu, Mengke; Yang, Yang; Wang, Fatao | SCIE | 2 ☒ |
| **26** | Comparative Effects of Low- and High-Volume HIIT Versus Yoga on Psychological Health and Physical Fitness in Female College Students with Binge Eating: An 8-Week Three-Arm Randomized Controlled Trial | NUTRIENTS | Tian, Chen; Lin, Manli; Yan, Yizhen; Li, Yiting; Guo, Lu; Zhao, Li; Mao, Shanshan | SCIE,top | 2 ☒ |
| **27** | Swimming expertise is associated with enhanced suprasecond visual duration discrimination across silent and rhythmic contexts | FRONTIERS IN PSYCHOLOGY | Liu, Yi; Zhang, Yunhao; Mao, Ye; Lan, Senlin; Zhang, Yue; Yang, Haoping; Peng, Yi | SCIE+SSCI | 3 ☒ |

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| **28** | Effects of Tai Chi on functional performance and fall-related psychological outcomes in Parkinson's disease: a systematic review and meta-analysis | FRONTIERS IN AGING NEUROSCIENCE | Wang, Fusen; Hao, Tongtong | SCIE | 2 ☒ |
| **29** | Efficacy of physical therapy interventions delivered with home exercise programs for pain and function in plantar fasciitis: a systematic review and network meta-analysis of randomized controlled trials | PHYSICAL THERAPY | Li, Zelin; He, Siyi; Wu, Jiaqi; Zhu, Zhaoying; Chen, Ling; Lu, Wei | SCIE | 2 ☒ |
| **30** | Effects of Microbial Activity on Testosterone and Its Major Metabolites in Urine Samples: An Artificial Intervention Study | DRUG TESTING AND ANALYSIS | Wen, Chao; Liu, Xin; Wang, Shan; Zhu, Sisi; Yan, Mengmeng | SCIE | 3 ☒ |
| **31** | Effects of a 10-week creative dance intervention on social-emotional competence in preschool children: A preliminary cluster-randomized trial | ACTA PSYCHOLOGICA | Peng, Dianhui; Yuan, Yuxin; Lin, Xin; Wang, Ziyan; Li, Xiaofen | SCIE+SSCI | 3 ☒ |
| **32** | Gut Microbiota Changes Following Aerobic Exercise in Malnourished Octogenarians: An Assessor-Blinded Intervention Study Stratified by Nutritional Status | NUTRIENTS | Yang, Huizhi; Li, Jiahao; Ren, Shuangfeng; Chai, Xinyu; Lu, Jiali; Yan, Huiping; Lu, Yifan | SCIE,top | 2 ☒ |

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| **33** | Acute biomechanical responses to stroboscopic vision during change-of-direction tasks in elite rugby athletes | FRONTIERS IN PHYSIOLOGY | Lin, Lehai; Chen, Hongji; Huang, Xu; Zhong, Qi; Xue, Shuyu; Li, Tianhe; Liang, Yapu | SCIE | 3 ☒ |
| **34** | Fine-grained structure-preserving composite degradation image restoration | SIGNAL PROCESSING-IMAGE COMMUNICATION | Su, Xinhua; Yang, Yaqing; Wang, Lin; Mi, Junhao; Ge, Huanmin | SCIE | 3 ☒ |
| **35** | The relationship between social support and lying flat among Chinese university students: the chain mediation roles of meaning in life and psychological resilience | BMC PSYCHOLOGY | Zheng, Yizhang | SCIE+SSCI | 2 ☒ |
| **36** | Corticospinal effects and motor performance changes following resistance training in healthy adults: a systematic review and meta-analysis of transcranial magnetic stimulation | FRONTIERS IN PHYSIOLOGY | Li, Jie; Hu, Pingqing | SCIE | 3 ☒ |
| **37** | Acute effects of combat boots and minimalist shoes on Achilles tendon loading during running under different load carriage magnitudes in soldiers | SPORTS BIOMECHANICS | Lin, Rui; Chen, Huimeng; Liu, Yuduo; Zhu, Zihao; Wan, Xianglin | SCIE | 3 ☒ |
| **38** | The influence of learning methods and reinvestment propensity on motor performance and their neural mechanisms | JOURNAL OF SPORTS SCIENCES | Wang, Chao; Liu, Xinyun; Zheng, Weiqi | SCIE | 3 ☒ |

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| **39** | Effects of isometric training based on the entire population on blood pressure regulation: systematic review and meta-analysis of randomized controlled trials (vol 14, 1774541, 2026) | FRONTIERS IN PUBLIC HEALTH | Yan, Yu; Sun, Chu; Pan, Lidan; Ma, Hui; Xie, Huisong | SCIE+SSCI | 3 ☒ |
| **40** | Acute Effects of Whole-Body Vibration and Unilateral BOSU-Based Preconditioning on Countermovement and Squat Jump Height and Early-Race Breaststroke Performance in Competitive Swimmers: A Randomized Crossover Study | APPLIED SCIENCES-BASEL | Huang, Yaxuan; Wang, Shuwen; Bao, Jinxuan; Liu, Xundian; Peng, Yi | SCIE | 3 ☒ |
| **41** | The transition to retirement and subsequent physical health among middle-aged and older adults in China: A life course perspective | PLOS ONE | Zhu, Guodong; Wang, Dianxi; Chen, Shijun | SCIE | 3 ☒ |
| **42** | Association between physical activity and mental health (emotional and peer problems) in children and adolescents, a national follow-up study | PLOS ONE | Wang, Chenyu; Wang, Hong | SCIE | 3 ☒ |
| **43** | Effects of a Fatmax exercise intervention during different menstrual cycle phases on fat metabolism and body composition in normal weight obese women | JOURNAL OF SCIENCE AND MEDICINE IN SPORT | Yang, Lumeng; Cao, Yahan; Zhang, Peizhen | SCIE | 2 ☒ |

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| **44** | PSYCHOLOGICAL MECHANISMS AND APPLICATIONS OF MIND-BODY SYNERGISTIC INTERVENTIONS IN THE SPORTS AND WELLNESS INDUSTRY | PSYCHOLOGICAL REPORTS | Qiang, Jun | SCIE+SSCI | 3 ☒ |
| **45** | Comparative Effects of Training Modalities on Countermovement Jump Performance in Soccer Players: A Systematic Review and Network Meta-Analysis | JOURNAL OF SPORTS SCIENCE AND MEDICINE | Dong, Xusong; Li, Tao; Xing, Weihuan; Chen, Zezhao | SCIE | 2 ☒ |
| **46** | Exercise and fluoxetine in Alzheimer's disease: Molecular mechanisms of synergistic and antagonistic effects (Review) | INTERNATIONAL JOURNAL OF MOLECULAR MEDICINE | Wu, Mei; Li, Yan | SCIE | 2 ☒ |
| **47** | Six-week training load of rhythmic gymnastics group events prior to the Tokyo Olympic Games | SCIENCE & SPORTS | Zhang, X.; Huang, J. | SCIE | 4 ☒ |
| **48** | Continuous theta burst stimulation improves sleep quality and thereby enhances athletic performance in athletes with sleep disorders: A randomized controlled trial | JOURNAL OF EXERCISE SCIENCE & FITNESS | Chen, Ziang; Li, Qinlong; He, Xiao; Zhou, Yue | SCIE | 2 ☒ |
| **49** | Response to Letter to the Editor: Conservative Treatments of Carpal Tunnel Syndrome: A Systematic Review and Network Meta-analysis | ARCHIVES OF PHYSICAL MEDICINE AND REHABILITATION | Zhang, Xin | SCIE | 2 ☒ |

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| **50** | Six weeks of transcranial direct current stimulation combined with resistance training improves motor learning in healthy young adults | BEHAVIOURAL BRAIN RESEARCH | Yue, Tian; Zhang, Jingyi; Zuo, Zhipeng; Qi, Fengxue | SCIE | 3 ☒ |
| **51** | Upper-Body Pitch Control Differentiates Sprint Butterfly Performance in Youth Swimmers: An IMU-Based Analysis | SENSORS | Bao, Jinxuan; Wang, Shuwen; Huang, Yaxuan; Liu, Xundian; Peng, Yi | SCIE | 3 ☒ |
| **52** | Epigenetic Mechanisms of Vitamin D in the Aging Process: A Narrative Review | INTERNATIONAL JOURNAL OF MOLECULAR SCIENCES | Guo, Yi; Yan, Yizhen; Zhao, Li; Mao, Shanshan | SCIE | 3 ☒ |
| **53** | Probiotic Supplementation in Children and Adolescents with ADHD: A Systematic Review and Meta-Analysis of ADHD-Related and Emotional-Behavioral Outcomes | NUTRIENTS | Yan, Yizhen; Wu, Haotian; Han, Mengke; Zhao, Li; Mao, Shan-Shan | SCIE,top | 2 ☒ |
| **54** | The effect of impact location, velocity, and frequency on head injury criterion during ice hockey helmet drop tests | PEERJ | Lin, Rui; Hu, Haiyang; Zhou, Xinglong; Wang, Ronghui; Wan, Xianglin | SCIE | 3 ☒ |

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| **55** | Effects of brain-computer interface-based training on post-stroke lower limb rehabilitation: A systematic review and meta-analysis of randomized controlled trials | JOURNAL OF STROKE & CEREBROVASCULAR DISEASES | Liu, Xingyu; Huang, Peng; Wu, Linjie | SCIE | 3 ☒ |
| **56** | Activity-Weighted Assessment and Environmental Drivers of Compound Ozone-Heat Exposure Risk in Urban Outdoor Exercise Spaces | TOXICS | Su, Rui; Yao, Lei | SCIE | 3 ☒ |
| **57** | Understanding Multilevel Correlates of Long-Term Physical Activity Trajectories Among Middle-Aged and Older Adults: A Machine-Learning Analysis | BEHAVIORAL SCIENCES | Liu, Wenjing; Shao, Yunru; Guo, Lu | SCIE+SSCI | 3 ☒ |
| **58** | Dynamic effects of different exercise modalities on autonomic recovery: a longitudinal study based on heart rate variability | EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY | Wang, Wenxing; Qin, Xiong; Xu, Jiaqi; Zhao, Yuanhui; Ren, Hong | SCIE | 3 ☒ |
| **59** | High-intensity interval training preferentially improves cardiac function via enhanced histone lactylation and macrophage polarization in SAMP8 mice | EXPERIMENTAL GERONTOLOGY | Yue, Ye; Su, Lina; Wang, Xintang; Wang, Siyang; Gao, Jingquan; Liu, Yiqing; Gong, Lijing; Xu, Chunyan | SCIE | 3 ☒ |

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| **60** | Effects of aquatic exercise on pain and physical function in overweight/obese patients with lower limb osteoarthritis: a systematic review and meta-analysis | FRONTIERS IN PHYSIOLOGY | Zhou, Wei; Yan, Yu; Zhou, Houjie; Yan, Juntao | SCIE | 3 ☒ |
| **61** | Effects of single-session anodal transcranial direct current stimulation (tDCS) on cognitive and motor performance in athletes and healthy adults: a systematic review and meta-analysis | SCIENTIFIC REPORTS | Yi, Xiaolan; Wu, Hanfeng; Lin, Shengfa; Yan, Zhijie; Liu, Ruidong | SCIE | 3 ☒ |
| **62** | The Influence of Structured Multisport Activities at Different Weekly Frequencies on the Gross Motor Development of Preschool Children: Evidence for a Dose-Response Relationship | JOURNAL OF SPORTS SCIENCE AND MEDICINE | Ren, Fang; Zhao, Xing; Qu, Sha | SCIE | 2 ☒ |
| **63** | Influence of Impact Conditions on Skull Stress and Brain Strain During Ice Hockey Helmet Impacts: A Finite Element Study | APPLIED SCIENCES-BASEL | Wang, Haichun; Wu, Yusen; Guan, Linlin; Zhu, Xiaolan | SCIE | 3 ☒ |
| **64** | Effects of different dual-task trainings on gait and cortical activation during obstacle crossing in stroke patients: a randomized controlled trial | FRONTIERS IN PHYSIOLOGY | Wan, Xianglin; Zhu, Zihao; Li, Qiujie | SCIE | 3 ☒ |

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| **65** | YAP Acts as a Negative Regulator of Mini Utrophin-Based Gene Therapy for Duchenne Muscular Dystrophy in Mdx Mice | INTERNATIONAL JOURNAL OF MOLECULAR SCIENCES | Li, Zhuo; Song, Yafeng | SCIE | 3 ☒ |
| **66** | Effect of Compound Training Based on Variable Resistance on Lower-Limb Explosive Power in Judo Athletes | APPLIED SCIENCES-BASEL | Zhou, Yibo; Li, Chunlei | SCIE | 3 ☒ |
| **67** | Combined effects of blood flow restriction training and nutritional intervention on muscle adaptations: a systematic review and meta-analysis | FRONTIERS IN NUTRITION | Zhao, Bingran; Zhai, Haiting | SCIE,top | 2 ☒ |
| **68** | Repeated Continuous Theta-Burst Stimulation Modulates Resting-State EEG Microstate Dynamics in Athletes with Chronic Insomnia | BRAIN SCIENCES | He, Xiao; Cheng, Bohan; He, Hui; Zhao, Li; Li, Yan | SCIE | 3 ☒ |
| **69** | Effects of Exercise on Balance-Related Functional Mobility in Older Adults With Sarcopenia: A Systematic Review and Meta-Analysis | JOURNAL OF THE AMERICAN MEDICAL DIRECTORS ASSOCIATION | Tang, Yexi; Su, Wantang; Zhang, Yifan; Lv, Yuanyuan; He, Lingxiao; Yu, Laikang | SCIE | 2 ☒ |
| **70** | The anxiolytic effects of exercise: A systematic review and meta-analysis of randomized controlled trials | COMPLEMENTARY THERAPIES IN MEDICINE | Su, Hao; Liang, Yin; Zhou, Runyu; Lv, Yuanyuan; He, Lingxiao; Yu, Laikang | SCIE | 2 ☒ |

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| **71** | Comparison of running performance between official match and friendly match in elite youth football players: A case study | INTERNATIONAL JOURNAL OF SPORTS SCIENCE & COACHING | Li, Shiyu; Feng, Runze; Ren, Dingmeng | SCIE+SSCI | 3 ☒ |
| **72** | The effects of physical activity on executive function in preschool children: a meta-analysis of randomized controlled trials | FRONTIERS IN PSYCHOLOGY | Liu, Wanxu; Wang, Zilin; Yi, Jingyao; Li, Xiaofen | SCIE+SSCI | 3 ☒ |
| **73** | Low Back Pain in Chinese Adults Aged 45 Years and Older: Trends, Drivers, and Projections, 1990-2040 | HEALTHCARE | Azhati, Samuhaer; Liu, Shuning; Song, Ruizhe; Li, Mingchen; Wei, Yan; Liu, Chang; Zhang, Huaichuan | SCIE+SSCI | 3 ☒ |
| **74** | Effects of maturity Status and relative age on physical performance in Chinese U13-U15 male football players | INTERNATIONAL JOURNAL OF SPORTS SCIENCE & COACHING | Yu, Yichao; Qin, Shenglei; Huang, Lanmin; Mi, Jing | SCIE+SSCI | 3 ☒ |
| **75** | The impact of the instant video replay session on the contest process in the Taekwondo event at the Paris 2024 Olympics | INTERNATIONAL JOURNAL OF SPORTS SCIENCE & COACHING | Yan, Hongwei; Zhu, Yuqiao; Li, Xinlin | SCIE+SSCI | 3 ☒ |
| **76** | Domain-specific effects of NAD+ precursors on fatigue and functional performance: a systematic review and network meta-analysis | FRONTIERS IN NUTRITION | Gao, Yixuan; Li, Shengnian; Guan, Jingjun; Yin, Yikun; Kong, Xianghao; Yu, Liang | SCIE,top | 2 ☒ |

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| **77** | Chrononutrition, Body Composition, and Resting Metabolic Rate Among College Students: A Cross-Sectional Study | NUTRIENTS | Xu, Kun; Yan, Shuo; Ji, Yuqin; Meng, Yihan; Li, Hongjuan | SCIE,top | 2 ☒ |
| **78** | Efficacy of blood flow restriction training in chronic ankle conditions: a systematic review and meta-analysis | BMC MUSCULOSKELETAL DISORDERS | Wu, Qingyi; Wang, Yuang; Zhu, Qiming | SCIE | 3 ☒ |
| **79** | Wearable Electrochemical Sensors for Cortisol Monitoring in Body Fluids: From Materials to Applications | JOURNAL OF THE ELECTROCHEMICAL SOCIETY | Zhou, Zeda; Bian, Yixuan | SCIE | 3 ☒ |
| **80** | Effects of Time-Based and Distance-Based Repeated Sprint Training on Physical and Physiological Adaptations in Collegiate Basketball Players | INTERNATIONAL JOURNAL OF SPORTS PHYSIOLOGY AND PERFORMANCE | Zheng, Lei | SCIE | 2 ☒ |
| **81** | Characterization of Novel Metabolites of the HIF Stabilizer JNJ-42041935 in Rats Using LC-HRMS for Doping Control Purposes: A Pilot Study | DRUG TESTING AND ANALYSIS | Hou, Jinghua | SCIE | 3 ☒ |
| **82** | The chain mediating effects of psychological resilience and social adaptability on the relationship between physical activity and mental health in Chinese university students | SCIENTIFIC REPORTS | Liu, Wanxu; Wang, Zilin; Hou, Xinyi; Sun, Yuanxin; Xu, Ke | SCIE | 3 ☒ |

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| **83** | Effects of combined blood flow restriction and neuromuscular electrical stimulation versus neuromuscular electrical stimulation alone on skeletal muscle hypertrophy and strength in adults: a systematic review | FRONTIERS IN PHYSIOLOGY | Shu, Xin; Li, Hongpeng; Zhang, Ziyi; Luo, Xiaomei; Han, Yanli; Xu, Shousheng | SCIE | 3 ☒ |
| **84** | Effects of different exercise interventions on body composition in women with overweight and obesity: a systematic review and network meta-analysis | BMJ OPEN | Song, Shiwei; Wei, Yincheng; Zhang, Haoze | SCIE | 3 ☒ |
| **85** | Acute effects of moderate intensity exercise on uric acid excretion in underexcretion hyperuricemia | SCIENTIFIC REPORTS | Yu, Wenlang; Yu, Yichao; Wang, Wenxing; Li, Qinlong; Zhao, Yuanhui; Ren, Hong | SCIE | 3 ☒ |
| **86** | Exerkine-Mediated Inter-Organ Crosstalk and Translational Perspectives in Metabolic Diseases | CURRENT OBESITY REPORTS | Zhou, Bojun; Zhang, Shiyan | SCIE,top | 1 ☒ |
| **87** | The Effects of Astaxanthin Supplementation on Exercise Recovery Biomarkers and Exercise Performance: A Systematic Review and Meta-Analysis | NUTRIENTS | Liu, Shuning; Yao, Wenqian; Wei, Yan; Azhati, Samuhaer; Wu, Yutong; Zhong, Wen; Dai, Heping; Zhao, Kai; Liu, Chang | SCIE,top | 2 ☒ |

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| **88** | The effect of physical exercise on negative emotions in college students-chain mediating role of flourishing and rumination | FRONTIERS IN PSYCHOLOGY | Xia, Qing | SCIE+SSCI | 3 ☒ |
| **89** | Exercise remodels the skeletal muscle immune microenvironment to ameliorate type 2 diabetes mellitus-induced muscle atrophy: from immunometabolism to organ crosstalk (Jul, 10.1007/s11154-026-10069-y, 2026) | REVIEWS IN ENDOCRINE & METABOLIC DISORDERS | Fu, Pengyu; Gong, Lijing | SCIE,top | 1 ☒ |
| **90** | Genome-Wide association study of genetic variants influencing creatine kinase levels in Chinese winter sports athletes | GENE | Mei, Tao; Li, Yanchun; Bao, Dapeng; Yang, Xiaolin | SCIE | 3 ☒ |
| **91** | Factors influencing subjective well-being and the life tone among Chinese individuals with physical disabilities: an integrated analysis based on life story interviews and questionnaire surveys | BMC PSYCHOLOGY | Zheng, Yizhang | SCIE+SSCI | 2 ☒ |
| **92** | Effects of 10-week French contrast training on lower-limb power, short-distance acceleration, and change-of-direction performance in female collegiate basketball players | FRONTIERS IN PHYSIOLOGY | Zhou, Limingfei; Meng, Siqi; Guo, Zhenxiang | SCIE | 3 ☒ |

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| **93** | The relationship between lower-limb coordination and fall risk during single- and dual-task walking in patients with stroke: a prospective study | JOURNAL OF BIOMECHANICS | Chen, Huimeng; Li, Qiujie; Liu, Hui; Wan, Xianglin | SCIE | 3 ☒ |
| **94** | Relationships among patient-reported outcome measures, functional performances, and tendon properties in patients with mid-portion Achilles tendinopathy: A cross-sectional study | FOOT AND ANKLE SURGERY | Li, Yuantai; Yuan, Juntong; Huang, Zhaohua; Wang, Hao-Nan; Wang, Lijuan | SCIE | 3 ☒ |
| **95** | Optimizing the start of the second half: A meta-analysis of re-warm-up effects in team sports players | INTERNATIONAL JOURNAL OF SPORTS SCIENCE & COACHING | Wu, Junchen; Yan, Zhijie; Du, Jiamin; Zhang, Liqing | SCIE+SSCI | 3 ☒ |
| **96** | A rapid and sensitive label-free sensor for metoprolol detection based on MIPs-modified carbon nanocomposite | ANALYTICAL AND BIOANALYTICAL CHEMISTRY | Wang, Tianyuan; Qu, Xi; Zheng, Qinglan; Jiang, Jun; He, Baoze; Song, Yafeng; Bian, Yixuan | SCIE | 2 ☒ |
| **97** | Exercise is associated with lower all-cause mortality among older adults: a national cohort survival analysis with county-level industrial air pollution indicators | FRONTIERS IN PUBLIC HEALTH | Wang, Wenxing; Xu, Jiaqi; Zhao, Yuanhui; Ren, Hong | SCIE+SSCI | 3 ☒ |

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| **98** | Roles of physical activity as an outcome, driver, and mediator in Blue Space-Health research: A systematic review | URBAN FORESTRY & URBAN GREENING | Shi, Shuhan; Tao, Yingze | SCIE+SSCI,top | 1 ☒ |
| **99** | Effects of squat load and velocity on neuromuscular control strategies | EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY | Duan, Lian | SCIE | 3 ☒ |
| **100** | Comparative Effectiveness of Exercise Interventions for Hamstring Injury Prevention in Football Players: A Systematic Review and Network Meta-analysis | SPORTS MEDICINE-OPEN | Hong, Binjie; Hong, Xin; Yang, Ziyi; Feng, Jun | SCIE,top | 1 ☒ |
| **101** | Landing Technique Effects on Lower-Limb Biomechanics During Half-Squat Parachute Landing | AEROSPACE MEDICINE AND HUMAN PERFORMANCE | Wan, Xianglin | SCIE | 4 ☒ |
| **102** | Crafting Identity: how youth athletes navigate borders and find their place in China's Sport-Education System (Part 2) | INTERNATIONAL JOURNAL OF SPORT PSYCHOLOGY | Zhang, Junyi; Wang, Yingchun | SCIE+SSCI | 4 ☒ |
| **103** | Comparative effects of short- and long-distance sprint training on speed, change-of-direction ability, and intermittent aerobic endurance in collegiate basketball players | FRONTIERS IN PHYSIOLOGY | Zhang, Yang; Wang, Jiayi | SCIE | 3 ☒ |

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| **104** | Exercise remodels the skeletal muscle immune microenvironment to ameliorate type 2 diabetes mellitus-induced muscle atrophy: From immunometabolism to organ crosstalk | REVIEWS IN ENDOCRINE & METABOLIC DISORDERS | Fu, Pengyu; Gong, Lijing | SCIE,top | 1 ☒ |
| **105** | Effects of a 6-Week Hip and Ankle Mobility-Based Rehabilitation Program on Clinical, Neuromuscular, and Functional Outcomes in Male Collegiate Athletes with Patellofemoral Pain: A Randomized Controlled Trial | LIFE-BASEL | Dou, Yue | SCIE | 2 ☒ |
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| **213** | Chain-mediated effects of multiple factors in physical activity on self-rated health among sedentary college students | SCIENTIFIC REPORTS | Lin, Yuqi; Gao, Yue; Li, Jizhao | SCIE | 3 ☒ |

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| **219** | From technological tools to technological bodies: rethinking the digitalisation of school physical education in China through Don Ihde's postphenomenology | SPORT EDUCATION AND SOCIETY | Wei, Zijie; Xue, Rui | SCIE+SSCI,top | 2 ☒ |
| **220** | Nonlinear dose-response relationship between exercise intervention and executive function in children with autism spectrum disorder: A systematic review and multilevel meta-analysis | RESEARCH IN DEVELOPMENTAL DISABILITIES | Wang, Ting; Tang, Yaqiong | SCIE+SSCI | 2 ☒ |
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| **224** | Drain Work-Function-Engineered Electrically Doped PNPN Tunnel Field-Effect Transistor for Ambipolar Current Suppression | SEMICONDUCTORS | Liu, Ying | SCIE | 4 ☒ |
| **225** | Inter-Limb Upper-Limb Strength Asymmetry and Rifle Shooting Performance Across Prone, Kneeling and Standing Positions in Elite Rifle Athletes | APPLIED SCIENCES-BASEL | Wei, Yincheng; Cui, Shengyu; Song, Shiwei | SCIE | 3 ☒ |
| **226** | Syringaresinol activates the skeletal muscle SIRT1-FNDC5/irisin axis to enhance weight management | 3 BIOTECH | Liu, Shuning; Azhati, Samuhaer; Zhong, Wen; Wei, Yan; Jiang, Wei; Zhao, Kai; Liu, Chang | SCIE | 3 ☒ |
| **227** | The influence of sport type and acute stress on biological motion working memory: Adaptive neuro-behavioral performance in open-skill athletes | PSYCHOLOGY OF SPORT AND EXERCISE | Xu, Lin; An, Xin; Peng, Ziyi; Zhang, Jingwei; Tian, Haotong; Shao, Yongcong | SCIE+SSCI,top | 2 ☒ |
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| **247** | Global, regional, and national burden of lower-limb fractures, 1990 to 2021, with health inequalities and projections to 2040 An observational analysis of Global Burden of Disease Study 2021 data | MEDICINE | Azhati, Samuhaer; Liu, Shuning; Zhao, Kai; Wei, Yan; Wu, Yutong; Dou, Yue; Jiang, Wei; Liu, Chang | SCIE | 4 区 |
| **248** | Acute Capillary Plasma Biomarker, Neuromuscular, and Perceptual Responses to Standardised Soccer Match Play in Elite Players: A Descriptive Study of Asynchronous Multi-Domain Recovery | METABOLITES | Liu, Shuning; Dou, Yue; Zhong, Wen; Zhao, Kai; Liu, Chang | SCIE | 2 区 |
| **249** | Integrative Multi-Omics Analysis Identifies Tissue, Cellular and Splicing Programs Associated with Exercise-Mediated Improvement in Type 2 Diabetes | CELLS | Xiao, Jingzhe; Li, Songbo; Yan, Yi; Yu, Ziyue; Xu, Chunyan; Gong, Lijing | SCIE,top | 2 区 |
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| **261** | Reliability, Validity, and Preliminary Diagnostic Exploration of a Novel Dynamic Balance Test Tool | MEASUREMENT IN PHYSICAL EDUCATION AND EXERCISE SCIENCE | Zhang, Botao; Zhang, Enming | SCIE+SSCI | 3 ☒ |
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| **266** | Does Acute Caffeine Alter the Temporal Countermovement Jump Response Following Reactive Strength Index-Individualized Drop Jumps in Chinese Han Basketball Players with Different Habitual Caffeine Exposure? A Randomized, Double-Blind, Placebo-Controlled Crossover Trial | NUTRIENTS | Sun, Jiaxuan; Wang, Mingrui; Li, Jinda; Zhou, Yuting; Li, Mingze; Chen, Ming; Leng, Jingzhi; Mieryazi, Apudumalike; Zhang, Jiahao; Li, Li; Zhang, Yimin; Wang, Jun | SCIE,top | 2 区 |
| **267** | Effects of Caffeine and Rhodiola rosea, Alone and Combined, on DanceSport-Specific Jive Performance: A Randomized, Blinded, Placebo-Controlled Trial | NUTRIENTS | Dai, Xincheng; Liu, Meiling; Liu, Shuning; Yu, Longqi; Liu, Chang; Li, Xian; Chou, Tao | SCIE,top | 2 区 |
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| **270** | Kinematic Characteristics of the Racket in Table Tennis During Backhand Flick Followed by Backhand Fast Block and Forehand Fast Block Combinations | SENSORS | Niu, Jianfeng; Li, Haobai; Gao, Zhikun | SCIE | 3 ☒ |
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| **289** | From Populations to Programming Variables: Post-Activation Performance Enhancement Following Isometric Contractions on Muscular Strength and Power-A Systematic Review and Meta-Analysis | EUROPEAN JOURNAL OF SPORT SCIENCE | He, Zhijian; Xue, Zhipeng; Lu, Zepeng; Wang, Qiushi; Zhang, Ruinan; Xu, Yilin; Bao, Dapeng | SCIE | 2 区 |
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| **299** | An Intelligent Exercise Intervention for Enhancing Hot Executive Functions in Children With Attention-Deficit/Hyperactivity Disorder: A Randomized Clinical Trial | ALPHA PSYCHIATRY | Zhu, FeiLong | SCIE | 2 ☒ |
| **300** | A Telerehabilitation-Based Fine Motor Training Program for Children With Inattentive Attention-Deficit/Hyperactivity Disorder: Randomized Controlled Trial | JOURNAL OF MEDICAL INTERNET RESEARCH | Zhu, Feilong | SCIE,top | 1 ☒ |
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| **302** | High-intensity interval training and moderate-intensity continuous training are effective, feasible, and safe for patients with metabolic dysfunction-associated steatotic liver disease (MASLD): A systematic review and meta-analysis | METABOLISM-CLINICAL AND EXPERIMENTAL | Wang, Bo; Qiu, Bopeng | SCIE,top | 1 ☒ |