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***Complete publication record (sorted by reviews, original work, book chapters, and books)***

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**Reviews 2022**

Helm, N., Markov, A., Kittel, R. & **Granacher, U.** (2022). Die Bedeutung der Sportart Judo für den Sportunterricht der Primarstufe. *Sportunterricht*, 71(2), 58-63.

Kittel, R., Helm, N., Markov, A. & **Granacher, U.** (2022). „Rangeln und Raufen“ im Sportunterricht der Primarstufe: Spielerischer Kompetenzerwerb für den Bodenkampf. *Sportunterricht*, 71(2), 65-69.

Kroh, L., Krüger, T., Markov, A., Helm, N. & **Granacher, U.** (2022). Analyse des konditionellen Anforderungsprofils im Olympischen Cross-Country Mountainbike. *Leistungssport*, 52(1), 37-42.

Saeterbakken, A.H., Stien, N., Andersen, V., Scott, S., Cumminig, K.T., Behm, D.G., **Granacher, U.** & Prieske, O. (2022). The effects of trunk muscle training on physical Fitness and sport-specific performance in young and adult athletes: A systematic review and meta-analysis. *Sports Medicine*, (Epub).

Brahms, C.M., Heinzl, S., Rapp, M., Mückstein, M., Hortobágyi, T., Stelzel, C. & **Granacher, U.** (2022). The acute effects of mental fatigue on balance performance in healthy young and older adults – a systematic review and meta-analysis. *Acta Psychologica*, 225, 103540.

Négyesi, J., Hortobágyi, T., Hill, J., **Granacher, U.** & Nagatomi, R. (2022). Can compression garments reduce the deleterious effects of physical exercise on muscle strength? A systematic review and meta-analysis. *Sports Medicine*, (Epub).

**Reviews 2021**

Brahms, C.M., Hortobágyi, T., Kressig, R.W. & **Granacher, U.** (2021). The interaction between mobility status and exercise specificity in older adults. *Exercise and Sport Sciences Reviews*, 49(1), 15-22.

Hortobágyi, T., **Granacher, U.**, Fernandez-del-Olmo, M., Howatson, G., Manca, A., Deriu, F., Taube, W., Gruber, M., Marquez, G., Lundbye-Jensen, J. & Colomer-Poveda, D. (2021). Functional relevance of resistance training-induced neuroplasticity in health and disease. *Neuroscience and Biobehavioral Reviews*, 122, 79-91.

Moran, J., Ramirez-Campillo, R., Liew, B., Chaabene, H., Behm, D.G., García-Hermoso, A., Izquierdo, M. & **Granacher, U.** (2021). Effects of vertically- and horizontally-orientated plyometric training on physical performance: A meta-analytical comparison. *Sports Medicine*, 51(1), 65-79.

Behm, D.G., Alizadeh, S., Anvar, S.H., Drury, B., **Granacher, U.** & Moran, J. (2021). Non-local acute passive stretching effects on range of motion in healthy adults: A systematic review with meta-analysis. *Sports Medicine*, 51(5), 945-959.

Behm, D.G., Alizadeh, S., Drury, B., **Granacher, U.** & Moran, J. (2021). Non-local acute stretching effects on strength performance in healthy young adults. *European Journal of Applied Physiology*, 121(6), 1517-1529.

Ramirez-Campillo, R., García-de-Alcaraz, A., Chaabene, H., Moran, J., Negra, Y. & **Granacher, U.** (2021). Effects of plyometric jump training on physical fitness in amateur and professional volleyball: a meta-analysis. *Frontiers in Physiology*, 12(636140).

Moran, J., Ramirez-Campillo, R., Liew, B., Chaabene, H., Behm, D.G., García-Hermoso, A., Izquierdo, M. & **Granacher, U.** (2021). Effects of bilateral and unilateral resistance training on horizontally-orientated movement performance: A systematic review and meta-analysis. *Sports Medicine*, 51(2), 225-242.

Fühner, T., Kliegl, R., Arntz, F., Kriemler, S. & **Granacher, U.** (2021). An update on secular trends in physical fitness of children and adolescents from 1972 to 2015: A systematic review. *Sports Medicine*, 51(2), 303-320.

Chaabene, H., Prieske, O., Herz, M., Moran, J., Höhne, J., Kliegl, R., Ramirez-Campillo, R., Behm, D.G., Hortobágyi, T. & **Granacher, U.** (2021). Home-based exercise programmes improve physical fitness of healthy older adults: A PRISMA-compliant systematic review and meta-analysis with relevance for COVID-19. *Ageing Research Reviews*, (Epub).

Moran, J., Liew, B., Ramirez-Campillo, R., **Granacher, U.**, Negra, Y. & Chaabene, H., (2021). The effects of plyometric jump training on lower limb stiffness in healthy individuals: a meta-analytical comparison. *Journal of Sport and Health Science*, (Epub).

Behm, D.G., Alizadeh, S., Anvar, S.H., Hanlon, C., Ramsay, E., Mahmoud, M.M.I., Whitten, J., Fisher, J.P., Prieske, O., Chaabene, H., **Granacher, U.** & Steele, J. (2021). Non-local muscle fatigue effects on muscle strength, power, and endurance in healthy individuals: A systematic review with meta-analysis. *Sports Medicine*, 51(9), 1893-1907.

Zouhal, H., Boullosa, D., Ramirez-Campillo, R., Ali, A. & **Granacher, U.** (2021). Acute: chronic workload ratio: Is there scientific evidence. *Frontiers in Physiology*, 12(669687).

Ramirez-Campillo, R., García-Pinillos, F., Chaabene, H., Moran, J., Behm, D.G. & **Granacher, U.** (2021). Effects of plyometric jump training on electromyographic activity and its relation to strength and jump performance in healthy trained and untrained populations: A systematic review of randomized controlled trials. *Journal of Strength and Conditioning Research*, 35(7), 2053-2065.

Bussweiler, J., Markov, A., Puta, C., Helm, N., Kappell, H. & **Granacher, U.** (2021). „Return-to-performance“ – COVID-19 und die Herausforderungen für das Training im Nachwuchsleistungssport. *Leistungssport*, 51(4), 18-22.

Saidi, K., Abderrahman, A.B., Hackney, A.C., Bideau, B., Sghaeir, Z., **Granacher, U.** & Zouhal, H. (2021). Hematology, hormones, inflammation, and muscle damage in soccer players: A systematic review with implications for exercise. *Sports Medicine*, 51(12), 2607-2627.

Ramachandran, A.K., Singh, U., Ramirez-Campillo, R., Clemente, F.M., Afonso, J. & **Granacher, U.** (2021). Effects of plyometric jump training on balance performance in healthy participants: A systematic review with meta-analysis. *Frontiers in Physiology*, 12(730945).

Markov, A., Chaabene, H., Hauser, L., Behm, S., Bloch, W., Puta, C. & **Granacher, U.** (2021). Acute effects of aerobic exercise on muscle strength and power in trained male individuals: A systematic review with meta-analysis. *Sports Medicine*, (Epub).

## Reviews 2020

Zouhal, H., Hammami, A., Tijani, J.M., Jayavel, A., de Sousa, M., Krstrup, P., Sghaeir, Z., **Granacher, U.** & Abderrahman, A.B. (2020). Effects of small-sided soccer games on physical fitness, physiological responses, and health indices in untrained individuals and clinical populations: A systematic review. *Sports Medicine*, 50(5), 987-1007.

Ramirez-Campillo, R., Moran, J., Chaabene, H., **Granacher, U.**, Behm, D.G., García de Alcaraz, A. & Izquierdo, M. (2020). Methodological characteristics and future directions for plyometric jump training research: A scoping review update. *Scandinavian Journal of Medicine & Science in Sports*, 30(6), 983-997.

Gebel, A., Prieske, O., Behm, D.G. & **Granacher, U.** (2020). Effects of balance training on physical fitness in youth and young athletes: A narrative review. *Strength and Conditioning Journal*, 42(6), 35-44.

Thiele, D., Prieske, O., Chaabene, H. & **Granacher, U.** (2020). Effects of strength training on physical fitness and sport-specific performance in recreational, sub-elite, and elite rowers: A systematic review with meta-analysis. *Journal of Sports Sciences*, 38(10), 1186-1195.

Hortobagyi, T., Teixeira, L.A., Duysens, J., **Granacher, U.**, van Diën, J. & de Moraes, R. (2020). Is standing sway an accurate measure of fall risk and predictor of future falls in older adults? *Brazilian Journal of Motor Behavior*, 14(1), 1-3.

Sandau, I., Prieske, O. & **Granacher, U.** (2020). Analyse des konditionellen Anforderungsprofils im Gewichtheben. *Leistungssport*, 2, 16-21.

Chaabene, H., Lesinski, M. & **Granacher, U.** (2020). Performance- and health-related benefits of youth resistance training. *Sports Orthopaedics and Traumatology*, 36(3), 231-240.

Chaabene, H., Prieske, O., Moran, J., Negra, Y., Attia, A. & **Granacher, U.** (2020). Effects of resistance training on change-of-direction speed in youth and young physically active and athletic adults: a systematic review with meta-analysis. *Sports Medicine*, 50(8), 1483-1499.

Prieske, O., Behrens, M., Chaabene, H., **Granacher, U.** & Maffiuletti, N.A. (2020). Time to differentiate postactivation "potentiation" from "performance enhancement" in the strength and conditioning community. *Sports Medicine*, 50(9), 1559-1565.

Fühner, T., Gebel, A. & **Granacher, U.** (2020). Entwicklung und Förderung von Kraft und Gleichgewicht von Kindern und Jugendlichen unter Berücksichtigung des Sportunterrichts: ein narrativer Überblicksbeitrag. *Leipziger Sportwissenschaftliche Beiträge*, 61(1), 29-50.

Lesinski, M., Herz, M., Schmelcher, A. & **Granacher, U.** (2020). Effects of resistance training on physical fitness in healthy children and adolescents: An umbrella review. *Sports Medicine*, 50(11), 1901-1928.

Ravé, G., **Granacher, U.**, Boulosa, D., Hackney, A.C. & Zouhal, H. (2020). How to use global Positioning Systems (GPS) data to monitor training load in the "real world" of elite soccer. *Frontiers in Physiology*, 11(944).

Boulosa, D., Casado, A., Claudino, J.G., Reyes, P.J., Ravé, G., Lima-Alves, A., Castaño, A., Oliveira-Junior, S.A., Dupont, G., **Granacher, U.** & Zouhal, H. (2020). Do you play or do you train? Insights from individual sports for training load and injury risk management in team sports based on individualization. *Frontiers in Physiology*, 11(995).

Koch, U & **Granacher, U.** (2020). Verletzungen im Sportunterricht: Häufigkeit, Ursachen und präventive Maßnahmen. *Sportunterricht*, 69(9), 393-397.

**Granacher, U.** & Koch, U. (2020). Übungsbeispiele zur Verletzungsprophylaxe durch neuromuskuläres Training im Schulsportunterricht. *Sportunterricht*, 69(9), 417-422.

**Granacher, U.**, Höhne, J., Puta, C. & Büsch, D. (2020). Frühspezialisierung vs. multisportive Ausbildung: Modelle der körperlichen Leistungsfähigkeit im Nachwuchsleistungssport. *Leistungssport*, 50(6), 35-41.

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Chaabene, H., Negra, Y., Capranica, L., Prieske, O. & **Granacher, U.** (2019). A needs analysis of karate kumite with recommendations for performance testing and training. *Strength and Conditioning Journal*, 41(3), 35-46.

Prieske, O., Dalager, T., Herz, M., Hortobagyi, T., Sjøgaard, G., Sjøgaard, K. & **Granacher, U.** (2019). Effects of physical exercise training in the workplace on physical fitness: a systematic review and meta-analysis. *Sports Medicine*, 49(12), 1903-1921.

Helm, N., Prieske, O., Chabeene, H., Büsch, D., Heinisch, H.D. & **Granacher, U.** (2019). Systematische Analyse des konditionellen Anforderungsprofils in der Zweikampfsportart Judo. *Leistungssport*, 5, 17-22.

Chaabene, H., Behm, D., Negra, Y. & **Granacher, U.** (2019). Acute effects of static stretching on muscle strength and power: An attempt to clarify previous caveats. *Frontiers in Physiology*, 10(1468).

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Gebel, A., Lesinski, M., Behm, D.G. & **Granacher, U.** (2018). Effects and dose-response relationship of balance training on balance performance in youth: A systematic review and meta-analysis. *Sports Medicine*, 48(9), 2067-2089.

Ramirez-Campillo, R., Álvarez, C., García-Hermoso, A., Ramírez-Vélez, R., Gentil, P., Asadi, A., Chaabene, H., Moran, J., Meylan, C., García de Alcaraz, A., Sanchez-Sanchez, J., Nakamura, F., **Granacher, U.**, Kraemer, W. & Izquierdo, M. (2018). Methodological characteristics and future directions for plyometric jump training research: a scoping review. *Sports Medicine*, 48(5), 1059-1081.

Moran, J., Ramirez-Campillo, R. & **Granacher, U.** (2018). Effects of Jumping Exercise on Muscular Power in Older Adults: A Meta-Analysis. *Sports Medicine*, 48(12), 2843-2857.

Chaabene, H., Prieske, O., Negra, Y. & **Granacher, U.** (2018). Change of direction speed: toward a strength training approach with accentuated eccentric muscle actions. *Sports Medicine*, 48(8), 1773-1779.

Chaabene, H., Negra, Y., Bouguezzi, R., Capranica, L., Franchini, E., Prieske, O., Hbacha, H. & **Granacher, U.** (2018). Tests for the assessment of sport-specific performance in Olympic combat sports: a systematic review with practical recommendations. *Frontiers in Physiology*, 10(9), 386.

Lüder, B., Golle, K., Hummel, A. & **Granacher, U.** (2018). Training im Sportunterricht. *Sportunterricht*, 67(2), 52-57.

Büsch, D., Heidemann, B., Rebel, M., Wendt, R., Horn, A. & **Granacher, U.** (2018). Ein Jahr PotAS-Kommission: Ziele, Aufgaben und ein aktueller Zwischenstand. *Leistungssport*, 3, 4-9.

Zinke, F., Prieske, O., Gäbler, M. & **Granacher, U.** (2018). Krafttraining im Nachwuchssport. *Leistungssport*, 5, 10-13.

Putz, C., Gabriel, H.H.W., Arampatzis, A. & **Granacher, U.** (2018). Fazit des KINGS Symposiums 2018: Evidenz, Wissen, Handlungsempfehlungen. *Leistungssport*, 5, 27-28.

Steidten, T., Putz, C., Gabriel, B., May, R., Kellmann, M., **Granacher, U.** & Gabriel, H.H.W., & (2018). Belastungsinduzierte immunologische Stressreaktion: How much is too much? *Leistungssport*, 5, 22-24.

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**Granacher, U.**, Putz C., Gabriel H.H.W., Behm D.G. & Arampatzis A. (2018). Editorial: Neuromuscular training and adaptations in youth athletes. *Frontiers in Physiology*, 10(9), 1264.

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Lacroix, A., Hortobagyi, T., Beurskens, R. & **Granacher, U.** (2017). Effects of supervised versus unsupervised training programs on balance and muscle strength in old adults: a systematic review and meta-analysis. *Sports Medicine*, 47(11), 2341-2361.

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**Granacher, U.**, Lesinski, M., Büsch, D., Muehlbauer, T., Prieske, O., Puta, C., Gollhofer, A. & Behm, D.G. (2016). Effects of resistance training in youth athletes on muscular fitness and athletic performance: A conceptual model for long-term athlete development. *Frontiers in Physiology*, 7(164).

**Granacher, U.**, Arampatzis, A. & Gabriel, H. (2016). Gesunde Spitzenleistung – für Deutschland und sich selbst. *Leistungssport*, 6, 10.

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**Granacher, U.** & Hortobagyi, T. (2015). Exercise to improve mobility in healthy aging. *Sports Medicine*, 45(12), 1625-1626.

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Beijersbergen, C. M., **Granacher, U.**, Vandervoort, A. A., Devita, P. & Hortobagyi, T. (2013). The biomechanical mechanism of how strength and power training improves walking speed in old adults remains unknown. *Ageing Research Reviews*, 12(2), 618-627.

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