Green Journals

International Approved Journals

Journal Information

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Classification History

Year	A+	A	B	C
2026		✓	✓	
2025		✓	✓	
2024		✓	✓	
2023		✓	✓	
2021/2022		✓	✓	
2020		✓	✓	
2019		✓	✓	
2018		✓		

Classification: The table above shows all journal classifications recorded for each classification year in the Green Journals database. A journal may have more than one classification in the same year.

Recent Articles

Acute Effects of Static Stretching and Its Combination with Menthol Gel on Squat Jump Performance at Two Initial Knee Joint Angles
2026-9-4
Authors: Yi Peng, Ming Li, Hao Li et al.
DOI: 10.5114/jhk/220315

A Six-Week Dynamic Stretching Warm-Up Protocol Enhances Dynamic Balance but Not Sprint and Agility Performance in Adolescent Male Volleyball Players
2026-9-4
Authors: Wissem Dhahbi, Aymen Ben Othman, Safaa Mostafa Elkholi et al.
DOI: 10.5114/jhk/220814

Acute Effects of Long and Typical-Duration Static Stretching or Eccentric Exercise on Flexibility and Performance in Young Males with Hamstring Tightness: A Randomized Controlled Trial
2026-9-4
Authors: Nongnuch Luangpon, Sirawee Chaovalit, Wirasinee Srijunto et al.
DOI: 10.5114/jhk/220817

Integrating Footwork in Table Tennis Multi-Ball Practice Increases Physiological and Neuromuscular Demands without Affecting Energy Cost and Plantar Pressure
2026-9-4
Authors: Jianfeng Deng, Zhenyu Wang, Mingyue Yin et al.
DOI: 10.5114/jhk/222452

Effects of Run-Specific Isometric Exercises Performed with Complex Training on Neuromuscular Performance in Youth Soccer Players
2026-9-4
Authors: Jakub Jarosz, Jonatan Helbin, Dawid Koźlenia
DOI: 10.5114/jhk/225036

The Effects of Dry Needling and Tecar Therapy on Post-Exercise Gastrocnemius Muscle Recovery in Mixed Martial Arts and Crossfit Athletes
2026-9-4
Authors: Adrian Kużdżał, Gracjan Olaniszyn, Małgorzta Smoter et al.
DOI: 10.5114/jhk/219033

Intra- and Inter-Limb Isokinetic Strength Asymmetry in Competitive Judokas: Differences in Magnitude across Competition Levels and Sex
2026-9-4
Authors: Joachim D'Hondt, Laurent Chapelle, Brecht Pletinckx et al.
DOI: 10.5114/jhk/219151

Influence of Triathlon Segments and Transitions on Elite Performance by Distance and Sex
2026-9-4
Authors: Jesús Martínez Sobrino, Jesús Santos del Cerro, José María González-Ravé et al.
DOI: 10.5114/jhk/220529

Strength and Aerobic Determinants of 2000-m Rowing Ergometer Performance: Comparative Analysis of Expert versus Novice Rowers
2026-9-4
Authors: Xinyu Dai, Jihong Yan, Xuecui Bi
DOI: 10.5114/jhk/222433

Are Predictive Metrics by Wearables “Unproductive”? The Effect of Deceptive Wearable Monitor Feedback on Performance and Perception in Recreational Runners
2026-9-4
Authors: Andrew J. Carnes, Sara E. Mahoney
DOI: 10.5114/jhk/219655