CHILDREN’S MUSCLE COMPOSITION: A BIBLIOMETRICS STUDY OF LITERATURE PRODUCTION

Abstract
Objectives: Unhealthy lifestyles and exercise deficit disorders negatively impact societies in general, as well as individuals’ health, social, cultural, and physical status and in respect to this matter childhood is a very sensitive period. Summarizing the research focused in children’s physical exercise behaviour and consequently in their bodies growth, development, and muscle compositions may provide a snapshot of this field for the experts dealing with children. Methods: In relation to the muscle composition, sport is of significant importance and the aim of this paper is to quantitatively analyse the research literature from this area by using bibliometric analysis. Results: The production of papers was clearly increasing, however it was published by many different researchers coming from more than 170 institutions, 29 countries, and the research was published in 70 different journals. The research papers became shorter but on the other hand there were positive trends in the number of references, number of authors, number of institutions and countries per paper. Conclusions: This analysis revealed that research in the field of children’s muscle compositions related to sport is increasing; however it is highly dispersed and incoherent; the number of authors and references per paper are increasing, the average age of references is decreasing and the papers’ production is becoming more international, additionally bibliometrics proved to be a useful tool for those who need a quick overview of research and its utilisation, and as a starting point for integrative literature reviews and more exhaustive data, information, and knowledge seeking.

Key words: muscle composition, children, sport, bibliometric