

João Pedro Nunes

List of Publications by Year in descending order

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Version: 2024-02-01

41
papers

605
citations

623734

14
h-index

713466

21
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41
all docs

41
docs citations

41
times ranked

511
citing authors

| # | ARTICLE | IF | CITATIONS |
|----|--|-----|-----------|
| 1 | Resistance Training Performed With Single and Multiple Sets Induces Similar Improvements in Muscular Strength, Muscle Mass, Muscle Quality, and IGF-1 in Older Women: A Randomized Controlled Trial. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1008-1016. | 2.1 | 48 |
| 2 | Improvements in Phase Angle Are Related With Muscle Quality Index After Resistance Training in Older Women. <i>Journal of Aging and Physical Activity</i> , 2019, 27, 515-520. | 1.0 | 43 |
| 3 | Improvement of cellular health indicators and muscle quality in older women with different resistance training volumes. <i>Journal of Sports Sciences</i> , 2018, 36, 2843-2848. | 2.0 | 38 |
| 4 | What influence does resistance exercise order have on muscular strength gains and muscle hypertrophy? A systematic review and meta-analysis. <i>European Journal of Sport Science</i> , 2021, 21, 149-157. | 2.7 | 35 |
| 5 | Effects of a high-volume static stretching programme on plantar-flexor muscle strength and architecture. <i>European Journal of Applied Physiology</i> , 2021, 121, 1159-1166. | 2.5 | 34 |
| 6 | Does stretch training induce muscle hypertrophy in humans? A review of the literature. <i>Clinical Physiology and Functional Imaging</i> , 2020, 40, 148-156. | 1.2 | 31 |
| 7 | Comparison Between High- and Low-Intensity Static Stretching Training Program on Active and Passive Properties of Plantar Flexors. <i>Frontiers in Physiology</i> , 2021, 12, 796497. | 2.8 | 26 |
| 8 | Selection of Resistance Exercises for Older Individuals: The Forgotten Variable. <i>Sports Medicine</i> , 2020, 50, 1051-1057. | 6.5 | 25 |
| 9 | Different Foot Positioning During Calf Training to Induce Portion-Specific Gastrocnemius Muscle Hypertrophy. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 2347-2351. | 2.1 | 24 |
| 10 | Comment on: "Comparison of Periodized and Non-Periodized Resistance Training on Maximal Strength: A Meta-Analysis". <i>Sports Medicine</i> , 2018, 48, 491-494. | 6.5 | 21 |
| 11 | Effects of Single Set Resistance Training With Different Frequencies on a Cellular Health Indicator in Older Women. <i>Journal of Aging and Physical Activity</i> , 2018, 26, 537-543. | 1.0 | 21 |
| 12 | Training and Detraining Effects Following a Static Stretching Program on Medial Gastrocnemius Passive Properties. <i>Frontiers in Physiology</i> , 2021, 12, 656579. | 2.8 | 21 |
| 13 | Resistance training performed with single-set is sufficient to reduce cardiovascular risk factors in untrained older women: The randomized clinical trial. <i>Active Aging Longitudinal Study. Archives of Gerontology and Geriatrics</i> , 2019, 81, 171-175. | 3.0 | 18 |
| 14 | Placing Greater Torque at Shorter or Longer Muscle Lengths? Effects of Cable vs. Barbell Preacher Curl Training on Muscular Strength and Hypertrophy in Young Adults. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 5859. | 2.6 | 17 |
| 15 | Effects of Resistance Training with Different Pyramid Systems on Bioimpedance Vector Patterns, Body Composition, and Cellular Health in Older Women: A Randomized Controlled Trial. <i>Sustainability</i> , 2020, 12, 6658. | 3.2 | 15 |
| 16 | Responsiveness to muscle mass gain following 12 and 24 weeks of resistance training in older women. <i>Aging Clinical and Experimental Research</i> , 2021, 33, 1071-1078. | 2.9 | 15 |
| 17 | Potential Role of Pre-Exhaustion Training in Maximizing Muscle Hypertrophy: A Review of the Literature. <i>Strength and Conditioning Journal</i> , 2019, 41, 75-80. | 1.4 | 14 |
| 18 | Influence of Resistance Training Exercise Order on Muscle Strength, Hypertrophy, and Anabolic Hormones in Older Women: A Randomized Controlled Trial. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 3103-3109. | 2.1 | 14 |

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|----|--|-----|-----------|
| 19 | Effects of Pyramid Resistance-Training System with Different Repetition Zones on Cardiovascular Risk Factors in Older Women: A Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 6115. | 2.6 | 13 |
| 20 | Does Varying Resistance Exercises Promote Superior Muscle Hypertrophy and Strength Gains? A Systematic Review. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 1753-1762. | 2.1 | 13 |
| 21 | Effects of Different Resistance Training Loads on the Muscle Quality Index in Older Women. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 1445-1449. | 2.1 | 12 |
| 22 | Creatine supplementation elicits greater muscle hypertrophy in upper than lower limbs and trunk in resistance-trained men. <i>Nutrition and Health</i> , 2017, 23, 223-229. | 1.5 | 11 |
| 23 | Effects of Different Weekly Sets-Equated Resistance Training Frequencies on Muscular Strength, Muscle Mass, and Body Fat in Older Women. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 2990-2995. | 2.1 | 11 |
| 24 | Effects of Three Resistance Exercise Orders on Muscular Function and Body Composition in Older Women. <i>International Journal of Sports Medicine</i> , 2020, 41, 1024-1031. | 1.7 | 10 |
| 25 | Similar Effects of 24 Weeks of Resistance Training Performed with Different Frequencies on Muscle Strength, Muscle Mass, and Muscle Quality in Older Women. <i>International Journal of Exercise Science</i> , 2019, 12, 623-635. | 0.5 | 10 |
| 26 | Creatine Supplementation Does Not Influence the Ratio Between Intracellular Water and Skeletal Muscle Mass in Resistance-Trained Men. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2020, 30, 405-411. | 2.1 | 9 |
| 27 | Effects of higher habitual protein intake on resistance-training-induced changes in body composition and muscular strength in untrained older women: A clinical trial study. <i>Nutrition and Health</i> , 2019, 25, 103-112. | 1.5 | 8 |
| 28 | Equating Resistance-Training Volume Between Programs Focused on Muscle Hypertrophy. <i>Sports Medicine</i> , 2021, 51, 1171-1178. | 6.5 | 8 |
| 29 | Effects of order of resistance training exercises on muscle hypertrophy in young adult men. <i>Applied Physiology, Nutrition and Metabolism</i> , 2019, 44, 420-424. | 1.9 | 7 |
| 30 | Effects of Adding Inter-Set Static Stretching to Flywheel Resistance Training on Flexibility, Muscular Strength, and Regional Hypertrophy in Young Men. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 3770. | 2.6 | 6 |
| 31 | Effects of Different Dietary Energy Intake Following Resistance Training on Muscle Mass and Body Fat in Bodybuilders: A Pilot Study. <i>Journal of Human Kinetics</i> , 2019, 70, 125-134. | 1.5 | 5 |
| 32 | The data do not seem to support the effect of stretch training on increasing muscle thickness. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018, 28, 2767-2768. | 2.9 | 4 |
| 33 | Resistance training reduces depressive and anxiety symptoms in older women: a pilot study. <i>Aging and Mental Health</i> , 2022, 26, 1136-1142. | 2.8 | 4 |
| 34 | Improvement of Oxidative Stress in Older Women Is Dependent on Resistance Training Volume: Active Aging Longitudinal Study. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 1141-1146. | 2.1 | 3 |
| 35 | Starting the Resistance-Training Session with Lower-Body Exercises Provides Lower Session Perceived Exertion without Altering the Training Volume in Older Women. <i>International Journal of Exercise Science</i> , 2019, 12, 1187-1197. | 0.5 | 3 |
| 36 | The Generality of Strength: Relationship between Different Measures of Muscular Strength in Older Women. <i>International Journal of Exercise Science</i> , 2020, 13, 1638-1649. | 0.5 | 2 |

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|----|--|-----|-----------|
| 37 | Changes in Intra-to-Extra-Cellular Water Ratio and Bioelectrical Parameters from Day-Before to Day-Of Competition in Bodybuilders: A Pilot Study. <i>Sports</i> , 2022, 10, 23. | 1.7 | 2 |
| 38 | Differential Responsiveness for Strength Gain Between Limbs After Resistance Training in Older Women: Impact on Interlimb Asymmetry Reduction. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 3209-3216. | 2.1 | 2 |
| 39 | Are We Exploring the Potential Role of Specialized Techniques in Muscle Hypertrophy?. <i>International Journal of Sports Medicine</i> , 2021, 42, 494-496. | 1.7 | 1 |
| 40 | Does Varying Resistance Exercises for the Same Muscle Group Promote Greater Strength Gains?. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 3032-3039. | 2.1 | 1 |
| 41 | Influence of Trunk Position during Three Lunge Exercises on Muscular Activation in Trained Women. <i>International Journal of Exercise Science</i> , 2021, 14, 202-210. | 0.5 | 0 |