

# João Pedro Nunes

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/10531055/publications.pdf>

Version: 2024-02-01

41  
papers

605  
citations

623734

14  
h-index

713466

21  
g-index

41  
all docs

41  
docs citations

41  
times ranked

511  
citing authors

| #  | ARTICLE  | IF  | CITATIONS |
|----|--|-----|-----------|
| 1  | 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         |
| 2  | 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        |
| 3  | 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         |
| 4  | 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         |
| 5  | 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        |
| 6  | 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         |
| 7  | 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         |
| 8  | 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        |
| 9  | 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         |
| 10 | Equating Resistance-Training Volume Between Programs Focused on Muscle Hypertrophy. <i>Sports Medicine</i> , 2021, 51, 1171-1178.  | 6.5 | 8         |
| 11 | 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        |
| 12 | 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         |
| 13 | 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        |
| 14 | 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        |
| 15 | 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         |
| 16 | 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        |
| 17 | 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        |
| 18 | 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        |

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|----|--|-----|-----------|
| 19 | 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        |
| 20 | 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        |
| 21 | 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        |
| 22 | 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        |
| 23 | 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        |
| 24 | 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        |
| 25 | 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        |
| 26 | Selection of Resistance Exercises for Older Individuals: The Forgotten Variable. <i>Sports Medicine</i> , 2020, 50, 1051-1057.   | 6.5 | 25        |
| 27 | 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         |
| 28 | 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         |
| 29 | 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        |
| 30 | 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         |
| 31 | 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        |
| 32 | 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        |
| 33 | 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         |
| 34 | 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         |
| 35 | 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        |
| 36 | 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         |

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|----|--|-----|-----------|
| 37 | Comment on: “Comparison of Periodized and Non-Periodized Resistance Training on Maximal Strength: A Meta-Analysis” Sports Medicine, 2018, 48, 491-494.                         | 6.5 | 21        |
| 38 | Effects of Single Set Resistance Training With Different Frequencies on a Cellular Health Indicator in Older Women. Journal of Aging and Physical Activity, 2018, 26, 537-543. | 1.0 | 21        |
| 39 | Improvement of cellular health indicators and muscle quality in older women with different resistance training volumes. Journal of Sports Sciences, 2018, 36, 2843-2848.       | 2.0 | 38        |
| 40 | The data do not seem to support the effect of stretch training on increasing muscle thickness. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 2767-2768.    | 2.9 | 4         |
| 41 | Creatine supplementation elicits greater muscle hypertrophy in upper than lower limbs and trunk in resistance-trained men. Nutrition and Health, 2017, 23, 223-229.            | 1.5 | 11        |