

# Pablo B Costa

## List of Publications by Year in descending order

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Version: 2024-02-01

47  
papers

1,311  
citations

377584

21  
h-index

406436

35  
g-index

48  
all docs

48  
docs citations

48  
times ranked

1296  
citing authors

#	ARTICLE	IF	CITATIONS
1	Hip and Knee Kinetics During a Back Squat and Deadlift. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 1364-1371.	1.0	13
2	Effects of Plyometric Training with Agility Ladder on Physical Fitness in Youth Soccer Players. <i>International Journal of Sports Medicine</i> , 2021, 42, 896-904.	0.8	11
3	Effects of a Vibrating Foam Roller on Ipsilateral and Contralateral Neuromuscular Function and the Hamstrings-to-Quadriceps Ratios. <i>International Journal of Exercise Science</i> , 2021, 14, 304-323.	0.5	3
4	Sex and fiber type independently influence AMPK, TBC1D1, and TBC1D4 at rest and during recovery from high-intensity exercise in humans. <i>Journal of Applied Physiology</i> , 2020, 128, 350-361.	1.2	14
5	Epigenetic Responses to Acute Resistance Exercise in Trained vs. Sedentary Men. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1574-1580.	1.0	22
6	Effects of different types of proprioceptive neuromuscular facilitation stretching on dynamic balance control. <i>Sport Sciences for Health</i> , 2020, 16, 451-458.	0.4	5
7	Effects of Training with an Agility Ladder on Sprint, Agility, and Dribbling Performance in Youth Soccer Players. <i>Journal of Human Kinetics</i> , 2020, 73, 219-228.	0.7	20
8	Extraordinary fast-twitch fiber abundance in elite weightlifters. <i>PLoS ONE</i> , 2019, 14, e0207975.	1.1	33
9	Posterior Thigh Foam Rolling Increases Knee Extension Fatigue and Passive Shoulder Range-of-Motion. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 987-994.	1.0	24
10	Effects of Foam Rolling on Range of Motion, Peak Torque, Muscle Activation, and the Hamstrings-to-Quadriceps Strength Ratios. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 1821-1830.	1.0	52
11	Lower-Limb Dominance, Performance, and Fiber Type in Resistance-trained Men. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 1054-1060.	0.2	16
12	Acute Effects of Proprioceptive Neuromuscular Facilitation on Peak Torque and Muscle Imbalance. <i>Journal of Functional Morphology and Kinesiology</i> , 2018, 3, 63.	1.1	3
13	Acute effects of static versus proprioceptive neuromuscular facilitation stretching volume on the maximum number of repetitions and perceived exertion. <i>Motriz Revista De Educacao Fisica</i> , 2018, 24, .	0.3	0
14	Effects of stretching and fatigue on peak torque, muscle imbalance, and stability. <i>Journal of Sports Medicine and Physical Fitness</i> , 2018, 58, 957-965.	0.4	10
15	Hypotensive Responses of Reciprocal Supersets versus Traditional Resistance Training in Apparently Healthy Men. <i>International Journal of Exercise Science</i> , 2017, 10, 434-445.	0.5	5
16	Effects of Short-Term Dynamic Constant External Resistance Training and Subsequent Detraining on Strength of the Trained and Untrained Limbs: A Randomized Trial. <i>Sports</i> , 2016, 4, 7.	0.7	2
17	Comparing passive angle-torque curves recorded simultaneously with a load cell versus an isokinetic dynamometer during dorsiflexion stretch tolerance assessments. <i>Medical Engineering and Physics</i> , 2015, 37, 494-498.	0.8	1
18	Acute Effects of Different Stretching Techniques on the Number of Repetitions in A Single Lower Body Resistance Training Session. <i>Journal of Human Kinetics</i> , 2015, 45, 177-185.	0.7	14

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19	Hypotensive effects and performance responses between different resistance training intensities and exercise orders in apparently health women. <i>Clinical Physiology and Functional Imaging</i> , 2015, 35, 185-190.	0.5	17
20	Responses to static stretching are dependent on stretch intensity and duration. <i>Clinical Physiology and Functional Imaging</i> , 2015, 35, 478-484.	0.5	45
21	Chronic Effects of Different Resistance Training Exercise Orders on Flexibility in Elite Judo Athletes. <i>Journal of Human Kinetics</i> , 2014, 40, 129-137.	0.7	18
22	Effects of Dynamic Stretching on Strength, Muscle Imbalance, and Muscle Activation. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 586-593.	0.2	41
23	The Effect of Creatine Loading on Neuromuscular Fatigue in Women. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 990-997.	0.2	6
24	Age-related changes in the rate of muscle activation and rapid force characteristics. <i>Age</i> , 2014, 36, 839-849.	3.0	87
25	Acute effects of passive stretching of the plantarflexor muscles on neuromuscular function: the influence of age. <i>Age</i> , 2014, 36, 9672.	3.0	24
26	The effects of dynamic stretching on the passive properties of the muscle-tendon unit. <i>Journal of Sports Sciences</i> , 2013, 31, 479-487.	1.0	51
27	Effects of short-term resistance training and subsequent detraining on the electromechanical delay. <i>Muscle and Nerve</i> , 2013, 48, 135-136.	1.0	11
28	The Effects of a Doublet Stimulus and Force Level on the Electromechanical Delay. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 2314-2318.	1.0	4
29	The Reliability of the Interpolated Twitch Technique During Submaximal and Maximal Isometric Muscle Actions. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 2909-2913.	1.0	7
30	Acute Effects of Passive Stretching on the Electromechanical Delay and Evoked Twitch Properties: A Gender Comparison. <i>Journal of Applied Biomechanics</i> , 2012, 28, 645-654.	0.3	23
31	Consistency of rapid muscle force characteristics: Influence of muscle contraction onset detection methodology. <i>Journal of Electromyography and Kinesiology</i> , 2012, 22, 893-900.	0.7	24
32	Differences in the log-transformed electromyographic force relationships of the plantar flexors between high- and moderate-activated subjects. <i>Journal of Electromyography and Kinesiology</i> , 2011, 21, 841-846.	0.7	21
33	Acute Effects of Two Different Stretching Methods on Local Muscular Endurance Performance. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 745-752.	1.0	36
34	Warm-up, Stretching, and Cool-down Strategies for Combat Sports. <i>Strength and Conditioning Journal</i> , 2011, 33, 71-79.	0.7	12
35	Percent voluntary inactivation and peak force predictions with the interpolated twitch technique in individuals with high ability of voluntary activation. <i>Physiological Measurement</i> , 2011, 32, 1591-1603.	1.2	5
36	Effects of Two Modes of Static Stretching on Muscle Strength and Stiffness. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 1777-1784.	0.2	66

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37	Gender Differences in Musculotendinous Stiffness and Range of Motion After an Acute Bout of Stretching. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 2618-2626.	1.0	56
38	Acute effects of passive stretching on the electromechanical delay and evoked twitch properties. <i>European Journal of Applied Physiology</i> , 2010, 108, 301-310.	1.2	71
39	Viscoelastic creep in the human skeletal muscle-tendon unit. <i>European Journal of Applied Physiology</i> , 2010, 108, 207-211.	1.2	35
40	The consistency of ordinary least-squares and generalized least-squares polynomial regression on characterizing the mechanomyographic amplitude versus torque relationship. <i>Physiological Measurement</i> , 2009, 30, 115-128.	1.2	11
41	Passive properties of the muscle-tendon unit: The influence of muscle cross-sectional area. <i>Muscle and Nerve</i> , 2009, 39, 227-229.	1.0	30
42	Acute effects of a thermogenic nutritional supplement on cycling time to exhaustion and muscular strength in college-aged men. <i>Journal of the International Society of Sports Nutrition</i> , 2009, 6, 15.	1.7	13
43	Reliability of absolute versus log-transformed regression models for examining the torque-related patterns of response for mechanomyographic amplitude. <i>Journal of Neuroscience Methods</i> , 2009, 179, 240-246.	1.3	29
44	Determining the minimum number of passive stretches necessary to alter musculotendinous stiffness. <i>Journal of Sports Sciences</i> , 2009, 27, 957-961.	1.0	59
45	The Acute Effects of Different Durations of Static Stretching on Dynamic Balance Performance. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 141-147.	1.0	90
46	Reliability of mechanomyographic amplitude and mean power frequency during isometric step and ramp muscle actions. <i>Journal of Neuroscience Methods</i> , 2008, 171, 104-109.	1.3	26
47	The Time Course of Musculotendinous Stiffness Responses Following Different Durations of Passive Stretching. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , 2008, 38, 632-639.	1.7	145