

# Roy J Shephard

## List of Publications by Year in descending order

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Version: 2024-02-01

182  
papers

5,267  
citations

87886

38  
h-index

118840

62  
g-index

192  
all docs

192  
docs citations

192  
times ranked

4935  
citing authors

| #  | ARTICLE   | IF  | CITATIONS |
|----|---|-----|-----------|
| 1  | PAR-Q, Canadian Home Fitness Test and Exercise Screening Alternatives. <i>Sports Medicine</i> , 1988, 5, 185-195.   | 6.5 | 311       |
| 2  | Exercise elevates plasma levels but not gene expression of IL-1 $\beta$ , IL-6, and TNF- $\alpha$ in blood mononuclear cells. <i>Journal of Applied Physiology</i> , 2000, 89, 1499-1504.                                 | 2.5 | 189       |
| 3  | Spinal Cord Injury, Exercise and Quality of Life. <i>Sports Medicine</i> , 1995, 20, 226-250.   | 6.5 | 156       |
| 4  | Aging and Muscle Function. <i>Sports Medicine</i> , 1992, 14, 376-396.  | 6.5 | 146       |
| 5  | Tests of Maximum Oxygen Intake A Critical Review. <i>Sports Medicine</i> , 1984, 1, 99-124.   | 6.5 | 142       |
| 6  | Influence of an employee fitness programme upon fitness, productivity and absenteeism. <i>Ergonomics</i> , 1981, 24, 795-806.   | 2.1 | 138       |
| 7  | Psychosocial Factors Influencing Intentions to Exercise of Young Students from Grades 7 to 9. <i>Research Quarterly for Exercise and Sport</i> , 1986, 57, 41-52.   | 1.4 | 129       |
| 8  | Adhesion Molecules, Catecholamines and Leucocyte Redistribution During and Following Exercise. <i>Sports Medicine</i> , 2003, 33, 261-284.  | 6.5 | 127       |
| 9  | Effects of 8-Week In-season Plyometric Training on Upper and Lower Limb Performance of Elite Adolescent Handball Players. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 1401-1410.                     | 2.1 | 108       |
| 10 | Infection in Athletes. <i>Sports Medicine</i> , 1994, 17, 86-107.   | 6.5 | 96        |
| 11 | Sleep, Biorhythms and Human Performance. <i>Sports Medicine</i> , 1984, 1, 11-37.   | 6.5 | 91        |
| 12 | Associations Between Physical Activity and Susceptibility to Cancer. <i>Sports Medicine</i> , 1998, 26, 293-315.  | 6.5 | 87        |
| 13 | Measurement of human energy expenditure, with particular reference to field studies: an historical perspective. <i>European Journal of Applied Physiology</i> , 2012, 112, 2785-2815.                                     | 2.5 | 86        |
| 14 | The Canadian Assessment of Physical Literacy: Development of a Model of Children's Capacity for a Healthy, Active Lifestyle Through a Delphi Process. <i>Journal of Physical Activity and Health</i> , 2016, 13, 214-222. | 2.0 | 84        |
| 15 | Use of Attitude-Behaviour Models in Exercise Promotion. <i>Sports Medicine</i> , 1990, 10, 103-121.   | 6.5 | 77        |
| 16 | Objectively Measured Physical Activity and Progressive Loss of Lean Tissue in Older Japanese Adults: Longitudinal Data from the Nakanoyo Study. <i>Journal of the American Geriatrics Society</i> , 2013, 61, 1887-1893.  | 2.6 | 74        |
| 17 | Effects of physical activity upon the liver. <i>European Journal of Applied Physiology</i> , 2015, 115, 1-46.   | 2.5 | 71        |
| 18 | Exercise and the Immune System. <i>Sports Medicine</i> , 1994, 18, 340-369.   | 6.5 | 67        |

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|----|---|-----|-----------|
| 19 | Cytokine responses to physical activity, with particular reference to IL-6: sources, actions, and clinical implications. <i>Critical Reviews in Immunology</i> , 2002, 22, 165-82.  | 0.5 | 65        |
| 20 | Sex differences in relationships between habitual physical activity and health in the elderly: Practical implications for epidemiologists based on pedometer/accelerometer data from the Nakanajo Study. <i>Archives of Gerontology and Geriatrics</i> , 2013, 56, 327-338. | 3.0 | 63        |
| 21 | Science and Medicine of Canoeing and Kayaking. <i>Sports Medicine</i> , 1987, 4, 19-33.   | 6.5 | 60        |
| 22 | Regression to the Mean. <i>Sports Medicine</i> , 2003, 33, 575-584.   | 6.5 | 60        |
| 23 | Sports Medicine and the Wheelchair Athlete. <i>Sports Medicine</i> , 1988, 5, 226-247.  | 6.5 | 59        |
| 24 | Exercise in the Prevention and Treatment of Cancer. <i>Sports Medicine</i> , 1993, 15, 258-280.   | 6.5 | 56        |
| 25 | Sleep deprivation, chronic exercise and muscular performance. <i>Ergonomics</i> , 1985, 28, 591-601.  | 2.1 | 54        |
| 26 | The Effect of Standard Strength vs. Contrast Strength Training on the Development of Sprint, Agility, Repeated Change of Direction, and Jump in Junior Male Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 901-912.                       | 2.1 | 54        |
| 27 | Effects of Combined Balance and Plyometric Training on Athletic Performance in Female Basketball Players. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1967-1973.   | 2.1 | 51        |
| 28 | Effects of Contrast Strength vs. Plyometric Training on Lower-Limb Explosive Performance, Ability to Change Direction and Neuromuscular Adaptation in Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 2094-2103.                           | 2.1 | 50        |
| 29 | The Impact of Ramadan Observance upon Athletic Performance. <i>Nutrients</i> , 2012, 4, 491-505.  | 4.1 | 49        |
| 30 | Physical Activity and Prostate Cancer: An Updated Review. <i>Sports Medicine</i> , 2017, 47, 1055-1073.   | 6.5 | 49        |
| 31 | Effects of an In-season Plyometric Training Program on Repeated Change of Direction and Sprint Performance in the Junior Soccer Player. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 3312-3320.   | 2.1 | 48        |
| 32 | Is it Time to Retire the "Central Governor"? <i>Sports Medicine</i> , 2009, 39, 709-721.  | 6.5 | 47        |
| 33 | Responses of the human spleen to exercise. <i>Journal of Sports Sciences</i> , 2016, 34, 929-936.   | 2.0 | 46        |
| 34 | Effects of In-Season Short-term Plyometric Training Program on Sprint and Jump Performance of Young Male Track Athletes. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 2128-2136.  | 2.1 | 45        |
| 35 | Basal metabolic rate of Inuit. <i>American Journal of Human Biology</i> , 1995, 7, 723-729.   | 1.6 | 44        |
| 36 | Autonomic Regulation of the Circulation During Exercise and Heat Exposure. <i>Sports Medicine</i> , 1998, 26, 85-99.  | 6.5 | 44        |

| #  | ARTICLE  | IF  | CITATIONS |
|----|--|-----|-----------|
| 37 | Effects of Lower-Limb Strength Training on Agility, Repeated Sprinting With Changes of Direction, Leg Peak Power, and Neuromuscular Adaptations of Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 37-47. | 2.1 | 43        |
| 38 | Qualified Fitness and Exercise as Professionals and Exercise Prescription: Evolution of the PAR-Q and Canadian Aerobic Fitness Test. <i>Journal of Physical Activity and Health</i> , 2015, 12, 454-461.                                   | 2.0 | 42        |
| 39 | Effects of endurance training and heat acclimation on psychological strain in exercising men wearing protective clothing. <i>Ergonomics</i> , 1998, 41, 328-357.   | 2.1 | 41        |
| 40 | Arm strength and impulse generation: Initiation of wheelchair movement by the physically disabled. <i>Ergonomics</i> , 1986, 29, 303-311.  | 2.1 | 40        |
| 41 | The Canadian Home Fitness Test. <i>Sports Medicine</i> , 1991, 11, 358-366.  | 6.5 | 39        |
| 42 | Anthropometric and physical performance characteristics of professional handball players: influence of playing position. <i>Journal of Sports Medicine and Physical Fitness</i> , 2017, 57, 1471-1478.                                     | 0.7 | 39        |
| 43 | Exercise Programmes in the Treatment of Children with Learning Disabilities. <i>Sports Medicine</i> , 1995, 19, 55-72.   | 6.5 | 38        |
| 44 | Effect of different nap opportunity durations on short-term maximal performance, attention, feelings, muscle soreness, fatigue, stress and sleep. <i>Physiology and Behavior</i> , 2019, 211, 112673.                                      | 2.1 | 36        |
| 45 | Observing Ramadan and sleep-wake patterns in athletes: a systematic review, meta-analysis and meta-regression. <i>British Journal of Sports Medicine</i> , 2020, 54, 674-680.  | 6.7 | 35        |
| 46 | Specific muscular development in under-18 soccer players. <i>Journal of Sports Sciences</i> , 1987, 5, 165-175.  | 2.0 | 34        |
| 47 | Exercise for Patients with Congestive Heart Failure. <i>Sports Medicine</i> , 1997, 23, 75-92.   | 6.5 | 34        |
| 48 | Effect of Ramadan Observance on Maximal Muscular Performance of Trained Men. <i>Clinical Journal of Sport Medicine</i> , 2013, 23, 222-227.  | 1.8 | 34        |
| 49 | Exercise and Relaxation in Health Promotion. <i>Sports Medicine</i> , 1997, 23, 211-217.   | 6.5 | 33        |
| 50 | Assuring Gender Equity in Recruitment Standards for Police Officers. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2002, 27, 263-295.   | 1.7 | 33        |
| 51 | Metabolic Adaptations to Exercise in the Cold. <i>Sports Medicine</i> , 1993, 16, 266-289.   | 6.5 | 32        |
| 52 | Prediction of body fat content in an inuit community. <i>American Journal of Human Biology</i> , 1994, 6, 249-254.   | 1.6 | 32        |
| 53 | Effects of In-Season Circuit Training on Physical Abilities in Male Handball Players. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 944-957.  | 2.1 | 32        |
| 54 | Ethics in Exercise Science Research*. <i>Sports Medicine</i> , 2002, 32, 169-183.  | 6.5 | 31        |

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|----|--|-----|-----------|
| 55 | Open-circuit respirometry: a brief historical review of the use of Douglas bags and chemical analyzers. <i>European Journal of Applied Physiology</i> , 2017, 117, 381-387.  | 2.5 | 31        |
| 56 | Eight Weeks of Plyometric Training Improves Ability to Change Direction and Dynamic Postural Control in Female Basketball Players. <i>Frontiers in Physiology</i> , 2019, 10, 726.   | 2.8 | 31        |
| 57 | Physical Activity, Health, and Well-Being at Different Life Stages. <i>Research Quarterly for Exercise and Sport</i> , 1995, 66, 298-302.  | 1.4 | 30        |
| 58 | Changes in adiposity and body mass index from late childhood to adult life in the Trois-Rivières Study. <i>American Journal of Human Biology</i> , 2001, 13, 349-355.  | 1.6 | 30        |
| 59 | Is there a "recent occupational paradox" where highly active physically active workers die early? Or are there failures in some study methods?. <i>British Journal of Sports Medicine</i> , 2019, 53, 1557-1559.   | 6.7 | 30        |
| 60 | Effects of Combined Plyometric and Short Sprint With Change-of-Direction Training on Athletic Performance of Male U15 Handball Players. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 662-675.  | 2.1 | 30        |
| 61 | Physical Activity and Child Health. <i>Sports Medicine</i> , 1984, 1, 205-233.   | 6.5 | 29        |
| 62 | Current Perspectives on the Economics of Fitness and Sport with Particular Reference to Worksite Programmes. <i>Sports Medicine</i> , 1989, 7, 286-309.  | 6.5 | 29        |
| 63 | Effectiveness of Training Programmes for Prepubescent Children. <i>Sports Medicine</i> , 1992, 13, 194-213.  | 6.5 | 29        |
| 64 | Field Tests of Performance and Their Relationship to Age and Anthropometric Parameters in Adolescent Handball Players. <i>Frontiers in Physiology</i> , 2019, 10, 1124.  | 2.8 | 29        |
| 65 | Can We Identify Those for Whom Exercise is Hazardous?. <i>Sports Medicine</i> , 1984, 1, 75-86.  | 6.5 | 28        |
| 66 | Biology and Medicine of Sailing. <i>Sports Medicine</i> , 1997, 23, 350-356.   | 6.5 | 28        |
| 67 | Independent and Interactive Effects of Habitually Ingesting Fermented Milk Products Containing <i>Lactobacillus casei</i> Strain Shirota and of Engaging in Moderate Habitual Daily Physical Activity on the Intestinal Health of Older People. <i>Frontiers in Microbiology</i> , 2019, 10, 1477. | 3.5 | 28        |
| 68 | Effects of an 8-Week In-Season Elastic Band Training Program on Explosive Muscle Performance, Change of Direction, and Repeated Changes of Direction in the Lower Limbs of Junior Male Handball Players. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 1804-1815.               | 2.1 | 28        |
| 69 | Adaptation to Exercise in the Cold. <i>Sports Medicine</i> , 1985, 2, 59-71.   | 6.5 | 27        |
| 70 | Carbohydrate and Fluid Needs of the Soccer Player. <i>Sports Medicine</i> , 1987, 4, 164-176.  | 6.5 | 27        |
| 71 | The Biology and Medicine of Sailing. <i>Sports Medicine</i> , 1990, 9, 86-99.  | 6.5 | 27        |
| 72 | Objective Longitudinal Measures of Physical Activity and Bone Health in Older Japanese: the Nakanojo Study. <i>Journal of the American Geriatrics Society</i> , 2017, 65, 800-807.   | 2.6 | 26        |

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|----|---|-----|-----------|
| 73 | Ramadan and Sport: Minimizing Effects Upon the Observant Athlete. <i>Sports Medicine</i> , 2013, 43, 1217-1241.   | 6.5 | 25        |
| 74 | Relationships Between the Yo-Yo Intermittent Recovery Test and Anaerobic Performance Tests in Adolescent Handball Players. <i>Journal of Human Kinetics</i> , 2015, 45, 197-205.  | 1.5 | 24        |
| 75 | Effects of recreational soccer on physical fitness and health indices in sedentary healthy and unhealthy subjects. <i>Biology of Sport</i> , 2016, 33, 127-137.   | 3.2 | 24        |
| 76 | Effects of a Complex Strength-Training Program on Athletic Performance of Junior Female Handball Players. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 163-169.  | 2.3 | 24        |
| 77 | Association between muscle strength and the cardiopulmonary status of individuals living with HIV/AIDS. <i>Clinics</i> , 2013, 68, 359-364.   | 1.5 | 23        |
| 78 | Development of the discipline of exercise immunology. <i>Exercise Immunology Review</i> , 2010, 16, 194-222.  | 0.4 | 23        |
| 79 | Physical Activity Policy Development: A Synopsis of the WHO/CDC Consultation, September 29 through October 2, 2002, Atlanta, Georgia. <i>Public Health Reports</i> , 2004, 119, 346-351.  | 2.5 | 21        |
| 80 | Occupational Demand and Human Rights. <i>Sports Medicine</i> , 1991, 12, 94-109.  | 6.5 | 20        |
| 81 | Relationships between the handball-specific complex test, non-specific field tests and the match performance score in elite professional handball players. <i>Journal of Sports Medicine and Physical Fitness</i> , 2018, 58, 778-784.          | 0.7 | 20        |
| 82 | Short-term maximal performance, alertness, dietary intake, sleep pattern and mood states of physically active young men before, during and after Ramadan observance. <i>PLoS ONE</i> , 2019, 14, e0217851.                                      | 2.5 | 20        |
| 83 | Effects of Short-Term In-Season Weightlifting Training on the Muscle Strength, Peak Power, Sprint Performance, and Ball-Throwing Velocity of Male Handball Players. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 3309-3321. | 2.1 | 20        |
| 84 | Effects of Upper and Lower Limb Plyometric Training Program on Components of Physical Performance in Young Female Handball Players. <i>Frontiers in Physiology</i> , 2020, 11, 1028.  | 2.8 | 20        |
| 85 | Reliability and Validity of a 20-s Alternative to the Wingate Anaerobic Test in Team Sport Male Athletes. <i>PLoS ONE</i> , 2014, 9, e114444.   | 2.5 | 19        |
| 86 | Effects of In-Season Explosive Strength Training on Maximal Leg Strength, Jumping, Sprinting, and Intermittent Aerobic Performance in Male Handball Athletes. <i>Sportverletzung-Sportschaden</i> , 2017, 31, 167-173.                          | 0.9 | 19        |
| 87 | The effect of a sand surface on physical performance responses of junior male handball players to plyometric training. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2020, 12, 26.   | 1.7 | 19        |
| 88 | Gait cycle and plantar pressure distribution in children with cerebral palsy: Clinically useful outcome measures for a management and rehabilitation. <i>NeuroRehabilitation</i> , 2014, 35, 657-663.   | 1.3 | 18        |
| 89 | Factors Influencing the Exercise Behaviour of Patients. <i>Sports Medicine</i> , 1985, 2, 348-366.  | 6.5 | 17        |
| 90 | Exercise and Malignancy. <i>Sports Medicine</i> , 1986, 3, 235-241.   | 6.5 | 17        |

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| 91  | Effects of Elastic Band Based Plyometric Exercise on Explosive Muscular Performance and Change of Direction Abilities of Male Team Handball Players. <i>Frontiers in Physiology</i> , 2020, 11, 604983.  | 2.8  | 17        |
| 92  | Exercise proteinuria and hematuria: current knowledge and future directions. <i>Journal of Sports Medicine and Physical Fitness</i> , 2016, 56, 1060-76.   | 0.7  | 17        |
| 93  | Role of the Physician in Childhood Obesity. <i>Clinical Journal of Sport Medicine</i> , 2004, 14, 161-168.   | 1.8  | 16        |
| 94  | Effects of plyometric jump training on the physical fitness of young male soccer players: Modulation of response by inter-set recovery interval and maturation status. <i>Journal of Sports Sciences</i> , 2019, 37, 2645-2652.                                  | 2.0  | 16        |
| 95  | Effects of leg contrast strength training on sprint, agility and repeated change of direction performance in male soccer players. <i>Journal of Sports Medicine and Physical Fitness</i> , 2017, 57, 1424-1431.  | 0.7  | 15        |
| 96  | Neuromuscular Adaptations and Enhancement of Physical Performance in Female Basketball Players After 8 Weeks of Plyometric Training. <i>Frontiers in Physiology</i> , 2020, 11, 588787.  | 2.8  | 15        |
| 97  | The "œunisex phantom,"œ sexual dimorphism, and proportional growth assessment. <i>American Journal of Physical Anthropology</i> , 1985, 67, 403-412.   | 2.1  | 14        |
| 98  | Growth and fitness of Canadian inuit: Secular trends, 1970-1990. <i>American Journal of Human Biology</i> , 1994, 6, 525-541.  | 1.6  | 14        |
| 99  | Exercise and cancer: Linkages with obesity?. <i>Critical Reviews in Food Science and Nutrition</i> , 1996, 36, 321-339.  | 10.3 | 14        |
| 100 | Relationships between maximal strength of lower limb, anthropometric characteristics and fundamental explosive performance in handball players. <i>Sportverletzung-Sportschaden</i> , 2019, 33, 96-103.  | 0.9  | 14        |
| 101 | Handgrip Force Offers a Measure of Physical Function in Individuals Living With HIV/AIDS. <i>Journal of Acquired Immune Deficiency Syndromes (1999)</i> , 2013, 63, e30-e32.   | 2.1  | 13        |
| 102 | Effects of in-season short-term aerobic and high-intensity interval training program on repeated sprint ability and jump performance in handball players. <i>Journal of Sports Medicine and Physical Fitness</i> , 2017, 58, 50-56.                              | 0.7  | 13        |
| 103 | In-Season Weightlifting Training Exercise in Healthy Male Handball Players: Effects on Body Composition, Muscle Volume, Maximal Strength, and Ball-Throwing Velocity. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 4520. | 2.6  | 13        |
| 104 | Effects of a Combined Upper- and Lower-Limb Plyometric Training Program on High-Intensity Actions in Female U14 Handball Players. <i>Pediatric Exercise Science</i> , 2019, 31, 465-472.   | 1.0  | 13        |
| 105 | Muscle strength and aerobic power - a study of lower-limb disabled males. <i>International Rehabilitation Medicine</i> , 1985, 7, 151-155.   | 0.6  | 12        |
| 106 | Sex differences of physical working capacity in normoxia and hypoxia. <i>Ergonomics</i> , 1988, 31, 1177-1192.   | 2.1  | 12        |
| 107 | Associations of Activity Monitor Output and an Estimate of Aerobic Fitness With Pulse Wave Velocities: The Nakanojo Study. <i>Journal of Physical Activity and Health</i> , 2015, 12, 139-144.   | 2.0  | 12        |
| 108 | Consensus on Evidence-Based Preparticipation Screening and Risk Stratification. <i>Annual Review of Gerontology and Geriatrics</i> , 2016, 36, 53-102.   | 0.5  | 12        |

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|-----|---|-----|-----------|
| 109 | Effects of an 8-Week In-Season Upper Limb Elastic Band Training Programme on the Peak Power, Strength, and Throwing Velocity of Junior Handball Players. <i>Sportverletzung-Sportschaden</i> , 2019, 33, 133-141.                           | 0.9 | 12        |
| 110 | Effects of Unloaded vs. Ankle-Loaded Plyometric Training on the Physical Fitness of U-17 Male Soccer Players. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 7877.                                    | 2.6 | 12        |
| 111 | Yearly changes in the composition of gut microbiota in the elderly, and the effect of lactobacilli intake on these changes. <i>Scientific Reports</i> , 2021, 11, 12765.  | 3.3 | 12        |
| 112 | Sport, leisure and well-being—an ergonomics perspective. <i>Ergonomics</i> , 1988, 31, 1501-1517.   | 2.1 | 11        |
| 113 | Review Essay A personal perspective on aging and productivity, with particular reference to physically demanding work. <i>Ergonomics</i> , 1995, 38, 617-636.   | 2.1 | 11        |
| 114 | Rapid weight loss in the context of Ramadan observance: recommendations for judokas. <i>Biology of Sport</i> , 2016, 33, 407-413.   | 3.2 | 11        |
| 115 | Recreational soccer training improves heart-rate variability indices and physical performance in untrained healthy adolescent. <i>Sport Sciences for Health</i> , 2017, 13, 507-514.  | 1.3 | 11        |
| 116 | Exercise and the Athlete With Infectious Mononucleosis. <i>Clinical Journal of Sport Medicine</i> , 2017, 27, 168-178.  | 1.8 | 11        |
| 117 | Relationship between ice hockey-specific complex test and maximal strength, aerobic capacity and postural regulation in professional players. <i>Journal of Sports Medicine and Physical Fitness</i> , 2017, 57, 1415-1423.                 | 0.7 | 11        |
| 118 | Shuttle versus straight repeated-sprint ability tests and their relationship to anthropometrics and explosive muscular performance in elite handball players. <i>Journal of Sports Medicine and Physical Fitness</i> , 2018, 58, 1625-1634. | 0.7 | 11        |
| 119 | Cohort effects: A possible limitation to the interpretation of longitudinal studies. <i>American Journal of Human Biology</i> , 1993, 5, 305-310.   | 1.6 | 10        |
| 120 | Enhanced physical education and body fat in the primary school child. <i>American Journal of Human Biology</i> , 1993, 5, 697-704.  | 1.6 | 10        |
| 121 | Indomethacin inhibits circulating PGE2 and reverses postexercise suppression of natural killer cell activity. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 1999, 276, R1496-R1505.           | 1.8 | 10        |
| 122 | Physical performance and training response during Ramadan observance, with particular reference to protein metabolism. <i>British Journal of Sports Medicine</i> , 2012, 46, 477-484.   | 6.7 | 10        |
| 123 | Effects of a shoot training programme with a reduced hoop diameter rim on free-throw performance and kinematics in young basketball players. <i>Journal of Sports Sciences</i> , 2013, 31, 497-504.   | 2.0 | 10        |
| 124 | Factors associated with population variation in physiological working capacity. <i>American Journal of Physical Anthropology</i> , 1985, 28, 97-122.  | 2.1 | 9         |
| 125 | Physical fitness and productive activity of paraplegics. <i>Research in Sports Medicine</i> , 1992, 3, 165-181.   | 0.0 | 9         |
| 126 | Physical Activity and the Biliary Tract in Health and Disease. <i>Sports Medicine</i> , 2015, 45, 1295-1309.  | 6.5 | 9         |



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|-----|---|-----|-----------|
| 127 | Foundational insights into the estimation of whole-body metabolic rate. <i>European Journal of Applied Physiology</i> , 2018, 118, 867-874.   | 2.5 | 9         |
| 128 | Objectively measured habitual physical activity and sleep-related phenomena in 1645 people aged 1â€“91â€“years: The Nakanojo Community Study. <i>Preventive Medicine Reports</i> , 2018, 11, 180-186. | 1.8 | 9         |
| 129 | A comparison of physical fitness between Igloodik inuit and Volochanka nGanasan. <i>American Journal of Human Biology</i> , 1995, 7, 623-630.   | 1.6 | 8         |
| 130 | Effects of short-term resistance training and tapering on maximal strength, peak power, throwing ball velocity, and sprint performance in handball players. <i>PLoS ONE</i> , 2019, 14, e0214827.     | 2.5 | 8         |
| 131 | Basic Recruit Training: Health Risks and Opportunities. <i>Military Medicine</i> , 2001, 166, 714-720.  | 0.8 | 7         |
| 132 | Suppression of information on the prevalence and prevention of exercise-associated hyponatraemia. <i>British Journal of Sports Medicine</i> , 2011, 45, 1238-1242.                                    | 6.7 | 7         |
| 133 | Peptic Ulcer and Exercise. <i>Sports Medicine</i> , 2017, 47, 33-40.  | 6.5 | 7         |
| 134 | Effects of Elastic Band Plyometric Training on Physical Performance of Team Handball Players. <i>Applied Sciences (Switzerland)</i> , 2021, 11, 1309.   | 2.5 | 7         |
| 135 | Exercise for the frail elderly. <i>Research in Sports Medicine</i> , 1990, 1, 263-277.  | 0.0 | 6         |
| 136 | Relationship of premorbid mass and energy intake to increase of body mass during the treatment of anorexia nervosa. <i>International Journal of Eating Disorders</i> , 1993, 14, 65-73.               | 4.0 | 6         |
| 137 | PHYSICAL CAPACITIES OF SIGHTLESS ADOLESCENTS. <i>Developmental Medicine and Child Neurology</i> , 2008, 27, 767-774.  | 2.1 | 6         |
| 138 | Changes in and Interactions between Physical and Mental Health in Older Japanese: The Nakanojo Study. <i>Gerontology</i> , 2019, 65, 340-352.   | 2.8 | 6         |
| 139 | Curricular Time for Physical Education?. <i>Journal of Physical Education, Recreation and Dance</i> , 1982, 53, 19-28.  | 0.3 | 5         |
| 140 | The Value of Physical Fitness in Preventive Medicine. <i>Novartis Foundation Symposium</i> , 1985, 110, 164-182.  | 1.1 | 5         |
| 141 | Fitness Boom or Bustâ€“A Canadian Perspective. <i>Research Quarterly for Exercise and Sport</i> , 1988, 59, 265-269.  | 1.4 | 4         |
| 142 | Acute Symptom Responses to Environmental Tobacco Smoke in Asthmatic and Nonasthmatic Individuals. <i>Indoor Air</i> , 1991, 1, 404-413.   | 4.3 | 4         |
| 143 | Supervision of Occupational Fitness Assessments. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2003, 28, 225-239.  | 1.7 | 4         |
| 144 | Mandatory ECG Screening of Athletes. <i>Sports Medicine</i> , 2011, 41, 989-1002.   | 6.5 | 4         |

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|-----|--|-----|-----------|
| 145 | The Exercising Commuter: Is Commuting a Healthy Way to Be Active?. <i>Current Cardiovascular Risk Reports</i> , 2012, 6, 299-306.  | 2.0 | 4         |
| 146 | Quality Daily Physical Education for the Primary School Student: A Personal Account of the Trois-Rivières Regional Project. <i>Quest</i> , 2013, 65, 98-115.   | 1.2 | 4         |
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