Roy J Shephard

List of Publications by Citations

180 papers	3,827 citations	33 h-index	53 g-index
192 ext. papers	4,404 ext. citations	4.9 avg, IF	5.96 L-index

#	Paper	IF	Citations
180	PAR-Q, Canadian Home Fitness Test and exercise screening alternatives. *Sports Medicine*, **1988**, 5, 185-95	10.6	222
179	Exercise elevates plasma levels but not gene expression of IL-1beta, IL-6, and TNF-alpha in blood mononuclear cells. *Journal of Applied Physiology*, **2000**, 89, 1499-504	3.7	163
178	INfluence of an employee fitness programme upon fitness, productivity and absenteeism. *Ergonomics*, **1981**, 24, 795-806	2.9	126
177	Spinal cord injury, exercise and quality of life. *Sports Medicine*, **1995**, 20, 226-50	10.6	124
176	Aging and muscle function. *Sports Medicine*, **1992**, 14, 376-96	10.6	116
175	Tests of maximum oxygen intake. A critical review. *Sports Medicine*, **1984**, 1, 99-124	10.6	113
174	Psychosocial Factors Influencing Intentions to Exercise of Young Students from Grades 7 to 9. *Research Quarterly for Exercise and Sport*, **1986**, 57, 41-52	1.9	104
173	Adhesion molecules, catecholamines and leucocyte redistribution during and following exercise. *Sports Medicine*, **2003**, 33, 261-84	10.6	95
172	Infection in athletes. *Sports Medicine*, **1994**, 17, 86-107	10.6	77
171	Sleep, Biorhythms and Human Performance. *Sports Medicine*, **1984**, 1, 11-37	10.6	73
170	Associations between physical activity and susceptibility to cancer: possible mechanisms. *Sports Medicine*, **1998**, 26, 293-315	10.6	71
169	Measurement of human energy expenditure, with particular reference to field studies: an historical perspective. *European Journal of Applied Physiology*, **2012**, 112, 2785-815	3.4	69
168	Effects of 8-week in-season plyometric training on upper and lower limb performance of elite adolescent handball players. *Journal of Strength and Conditioning Research*, **2014**, 28, 1401-10	3.2	68
167	Use of attitude-behaviour models in exercise promotion. *Sports Medicine*, **1990**, 10, 103-21	10.6	67
166	The Canadian Assessment of Physical Literacy: Development of a Model of Children's Capacity for a Healthy, Active Lifestyle Through a Delphi Process. *Journal of Physical Activity and Health*, **2016**, 13, 214-22	2.5	62
165	Effects of physical activity upon the liver. *European Journal of Applied Physiology*, **2015**, 115, 1-46	3.4	60
164	Objectively measured physical activity and progressive loss of lean tissue in older Japanese adults: longitudinal data from the Nakanojo study. *Journal of the American Geriatrics Society*, **2013**, 61, 1887-93	5.6	58

163	Exercise and the immune system. Natural killer cells, interleukins and related responses. *Sports Medicine*, **1994**, 18, 340-69	10.6	54
162	Sports medicine and the wheelchair athlete. *Sports Medicine*, **1988**, 5, 226-47	10.6	51
161	Cytokine responses to physical activity, with particular reference to IL-6: sources, actions, and clinical implications. *Critical Reviews in Immunology*, **2002**, 22, 165-82	1.8	51
160	Science and medicine of canoeing and kayaking. *Sports Medicine*, **1987**, 4, 19-33	10.6	50
159	Sex differences in relationships between habitual physical activity and health in the elderly: practical implications for epidemiologists based on pedometer/accelerometer data from the Nakanojo Study. *Archives of Gerontology and Geriatrics*, **2013**, 56, 327-38	4	46
158	Exercise in the prevention and treatment of cancer. An update. *Sports Medicine*, **1993**, 15, 258-80	10.6	45
157	Sleep deprivation, chronic exercise and muscular performance. *Ergonomics*, **1985**, 28, 591-601	2.9	41
156	The impact of Ramadan observance upon athletic performance. *Nutrients*, **2012**, 4, 491-505	6.7	38
155	Basal metabolic rate of inuit. *American Journal of Human Biology*, **1995**, 7, 723-729	2.7	38
154	Is it time to retire the 'central governor'?. *Sports Medicine*, **2009**, 39, 709-21	10.6	36
153	Arm strength and impulse generation: initiation of wheelchair movement by the physically disabled. *Ergonomics*, **1986**, 29, 303-11	2.9	35
152	Physical Activity and Prostate Cancer: An Updated Review. *Sports Medicine*, **2017**, 47, 1055-1073	10.6	34
151	Regression to the mean. A threat to exercise science?. *Sports Medicine*, **2003**, 33, 575-84	10.6	34
150	Responses of the human spleen to exercise. *Journal of Sports Sciences*, **2016**, 34, 929-36	3.6	33
149	Autonomic regulation of the circulation during exercise and heat exposure. Inferences from heart rate variability. *Sports Medicine*, **1998**, 26, 85-99	10.6	33
148	Effects of endurance training and heat acclimation on psychological strain in exercising men wearing protective clothing. *Ergonomics*, **1998**, 41, 328-57	2.9	33
147	Effects of an In-season Plyometric Training Program on Repeated Change of Direction and Sprint Performance in the Junior Soccer Player. *Journal of Strength and Conditioning Research*, **2016**, 30, 3312-3320	3.2	33
146	The Canadian Home Fitness Test. 1991 update. *Sports Medicine*, **1991**, 11, 358-66	10.6	32

145	Exercise programmes in the treatment of children with learning disabilities. *Sports Medicine*, **1995**, 19, 55-72	10.6	29
144	Effects of In-Season Short-term Plyometric Training Program on Sprint and Jump Performance of Young Male Track Athletes. *Journal of Strength and Conditioning Research*, **2015**, 29, 2128-36	3.2	28
143	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. *Journal of Strength and Conditioning Research*, **2017**, 31, 901-912	3.2	27
142	Effects of Lower-Limb Strength Training on Agility, Repeated Sprinting With Changes of Direction, Leg Peak Power, and Neuromuscular Adaptations of Soccer Players. *Journal of Strength and Conditioning Research*, **2018**, 32, 37-47	3.2	27
141	Effect of Ramadan observance on maximal muscular performance of trained men. *Clinical Journal of Sport Medicine*, **2013**, 23, 222-7	3.2	27
140	Exercise and relaxation in health promotion. *Sports Medicine*, **1997**, 23, 211-7	10.6	27
139	Exercise for patients with congestive heart failure. *Sports Medicine*, **1997**, 23, 75-92	10.6	27
138	Prediction of body fat content in an inuit community. *American Journal of Human Biology*, **1994**, 6, 249-254	2.7	27
137	Effectiveness of training programmes for prepubescent children. *Sports Medicine*, **1992**, 13, 194-213	10.6	26
136	The biology and medicine of sailing. *Sports Medicine*, **1990**, 9, 86-99	10.6	26
135	Effect of different nap opportunity durations on short-term maximal performance, attention, feelings, muscle soreness, fatigue, stress and sleep. *Physiology and Behavior*, **2019**, 211, 112673	3.5	25
134	Biology and medicine of sailing. An update. *Sports Medicine*, **1997**, 23, 350-6	10.6	25
133	Changes in adiposity and body mass index from late childhood to adult life in the Trois-Rivières study. *American Journal of Human Biology*, **2001**, 13, 349-55	2.7	25
132	Effects of Contrast Strength vs. Plyometric Training on Lower-Limb Explosive Performance, Ability to Change Direction and Neuromuscular Adaptation in Soccer Players. *Journal of Strength and Conditioning Research*, **2019**, 33, 2094-2103	3.2	25
131	Assuring gender equity in recruitment standards for police officers. *Applied Physiology, Nutrition, and Metabolism*, **2002**, 27, 263-95		24
130	Metabolic adaptations to exercise in the cold. An update. *Sports Medicine*, **1993**, 16, 266-89	10.6	24
129	Anthropometric and physical performance characteristics of professional handball players: influence of playing position. *Journal of Sports Medicine and Physical Fitness*, **2017**, 57, 1471-1478	1.4	23
128	Current perspectives on the economics of fitness and sport with particular reference to worksite programmes. *Sports Medicine*, **1989**, 7, 286-309	10.6	23

127	Carbohydrate and fluid needs of the soccer player. *Sports Medicine*, **1987**, 4, 164-76	10.6	23
126	Open-circuit respirometry: a brief historical review of the use of Douglas bags and chemical analyzers. *European Journal of Applied Physiology*, **2017**, 117, 381-387	3.4	21
125	Qualified Fitness and Exercise as Professionals and Exercise Prescription: Evolution of the PAR-Q and Canadian Aerobic Fitness Test. *Journal of Physical Activity and Health*, **2015**, 12, 454-61	2.5	21
124	Ethics in exercise science research. *Sports Medicine*, **2002**, 32, 169-83	10.6	21
123	Specific muscular development in under-18 soccer players. *Journal of Sports Sciences*, **1987**, 5, 165-75	3.6	21
122	Can We Identify Those for Whom Exercise is Hazardous?. *Sports Medicine*, **1984**, 1, 75-86	10.6	21
121	Effects of Combined Balance and Plyometric Training on Athletic Performance in Female Basketball Players. *Journal of Strength and Conditioning Research*, **2020**, 34, 1967-1973	3.2	21
120	Development of the discipline of exercise immunology. *Exercise Immunology Review*, **2010**, 16, 194-222	8.6	21
119	Is there a Tecent occupational paradoxTwhere highly active physically active workers die early? Or are there failures in some study methods?. *British Journal of Sports Medicine*, **2019**, 53, 1557-1559	10.3	20
118	Association between muscle strength and the cardiopulmonary status of individuals living with HIV/AIDS. *Clinics*, **2013**, 68, 359-64	2.3	20
117	Physical activity, health, and well-being at different life stages. *Research Quarterly for Exercise and Sport*, **1995**, 66, 298-302	1.9	20
116	Physical activity and child health. *Sports Medicine*, **1984**, 1, 205-33	10.6	20
115	Observing Ramadan and sleep-wake patterns in athletes: a systematic review, meta-analysis and meta-regression. *British Journal of Sports Medicine*, **2020**, 54, 674-680	10.3	20
114	Objective Longitudinal Measures of Physical Activity and Bone Health in Older Japanese: the Nakanojo Study. *Journal of the American Geriatrics Society*, **2017**, 65, 800-807	5.6	19
113	Effects of recreational soccer on physical fitness and health indices in sedentary healthy and unhealthy subjects. *Biology of Sport*, **2016**, 33, 127-37	4.3	19
112	Effects of In-Season Circuit Training on Physical Abilities in Male Handball Players. *Journal of Strength and Conditioning Research*, **2019**, 33, 944-957	3.2	19
111	Ramadan and sport: minimizing effects upon the observant athlete. *Sports Medicine*, **2013**, 43, 1217-41	10.6	18
110	Effects of Combined Plyometric and Short Sprint With Change-of-Direction Training on Athletic Performance of Male U15 Handball Players. *Journal of Strength and Conditioning Research*, **2019**, 33, 662-675	3.2	18

109	Physical Activity Policy Development: a synopsis of the WHO/CDC Consultation, September 29 through October 2, 2002, Atlanta, Georgia. *Public Health Reports*, **2004**, 119, 346-51	2.5	17
108	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. *Journal of Strength and Conditioning Research*, **2019**, 33, 1804-1815	3.2	16
107	Exercise proteinuria and hematuria: current knowledge and future directions. *Journal of Sports Medicine and Physical Fitness*, **2016**, 56, 1060-76	1.4	16
106	Field Tests of Performance and Their Relationship to Age and Anthropometric Parameters in Adolescent Handball Players. *Frontiers in Physiology*, **2019**, 10, 1124	4.6	15
105	Independent and Interactive Effects of Habitually Ingesting Fermented Milk Products Containing Strain Shirota and of Engaging in Moderate Habitual Daily Physical Activity on the Intestinal Health of Older People. *Frontiers in Microbiology*, **2019**, 10, 1477	5.7	15
104	Eight Weeks of Plyometric Training Improves Ability to Change Direction and Dynamic Postural Control in Female Basketball Players. *Frontiers in Physiology*, **2019**, 10, 726	4.6	15
103	Reliability and validity of a 20-s alternative to the wingate anaerobic test in team sport male athletes. *PLoS ONE*, **2014**, 9, e114444	3.7	15
102	Occupational demand and human rights. Public safety officers and cardiorespiratory fitness. *Sports Medicine*, **1991**, 12, 94-109	10.6	15
101	Adaptation to exercise in the cold. *Sports Medicine*, **1985**, 2, 59-71	10.6	15
100	Exercise and malignancy. *Sports Medicine*, **1986**, 3, 235-41	10.6	15
99	Effects of In-Season Explosive Strength Training on Maximal Leg Strength, Jumping, Sprinting, and Intermittent Aerobic Performance in Male Handball Athletes. *Sportverletzung-Sportschaden*, **2017**, 31, 167-173	1.7	14
98	Role of the physician in childhood obesity. *Clinical Journal of Sport Medicine*, **2004**, 14, 161-8	3.2	14
97	Effects of a Complex Strength-Training Program on Athletic Performance of Junior Female Handball Players. *International Journal of Sports Physiology and Performance*, **2019**, 14, 163-169	3.5	13
96	Effects of leg contrast strength training on sprint, agility and repeated change of direction performance in male soccer players. *Journal of Sports Medicine and Physical Fitness*, **2017**, 57, 1424-1431	1.4	12
95	Gait cycle and plantar pressure distribution in children with cerebral palsy: clinically useful outcome measures for a management and rehabilitation. *NeuroRehabilitation*, **2014**, 35, 657-63	2	12
94	Factors influencing the exercise behaviour of patients. *Sports Medicine*, **1985**, 2, 348-66	10.6	12
93	Short-term maximal performance, alertness, dietary intake, sleep pattern and mood states of physically active young men before, during and after Ramadan observance. *PLoS ONE*, **2019**, 14, e0217851	3.7	11
92	Handgrip force offers a measure of physical function in individuals living with HIV/AIDS. *Journal of Acquired Immune Deficiency Syndromes (1999)*, **2013**, 63, e30-2	3.1	11

91	Exercise and cancer: linkages with obesity?. *Critical Reviews in Food Science and Nutrition*, **1996**, 36, 321-39	11.5	11
90	Growth and fitness of Canadian inuit: Secular trends, 1970-1990. *American Journal of Human Biology*, **1994**, 6, 525-541	2.7	11
89	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. *Journal of Sports Sciences*, **2019**, 37, 2645-2652	3.6	10
88	A personal perspective on aging and productivity, with particular reference to physically demanding work. *Ergonomics*, **1995**, 38, 617-36	2.9	10
87	Effects of Short-Term In-Season Weightlifting Training on the Muscle Strength, Peak Power, Sprint Performance, and Ball-Throwing Velocity of Male Handball Players. *Journal of Strength and Conditioning Research*, **2019**, 33, 3309-3321	3.2	10
86	Cohort effects: A possible limitation to the interpretation of longitudinal studies. *American Journal of Human Biology*, **1993**, 5, 305-310	2.7	9
85	Sex differences of physical working capacity in normoxia and hypoxia. *Ergonomics*, **1988**, 31, 1177-92	2.9	9
84	In-Season Weightlifting Training Exercise in Healthy Male Handball Players: Effects on Body Composition, Muscle Volume, Maximal Strength, and Ball-Throwing Velocity. *International Journal of Environmental Research and Public Health*, **2019**, 16,	4.6	9
83	Shuttle versus straight repeated-sprint ability tests and their relationship to anthropometrics and explosive muscular performance in elite handball players. *Journal of Sports Medicine and Physical Fitness*, **2018**, 58, 1625-1634	1.4	8
82	Relationships between the yo-yo intermittent recovery test and anaerobic performance tests in adolescent handball players. *Journal of Human Kinetics*, **2015**, 45, 197-205	2.6	8
81	Sport, leisure and well-being--an ergonomics perspective. *Ergonomics*, **1988**, 31, 1501-17	2.9	8
80	The "unisex phantom," sexual dimorphism, and proportional growth assessment. *American Journal of Physical Anthropology*, **1985**, 67, 403-12	2.5	8
79	Effects of Elastic Band Based Plyometric Exercise on Explosive Muscular Performance and Change of Direction Abilities of Male Team Handball Players. *Frontiers in Physiology*, **2020**, 11, 604983	4.6	8
78	Rapid weight loss in the context of Ramadan observance: recommendations for judokas. *Biology of Sport*, **2016**, 33, 407-413	4.3	8
77	Relationships between maximal strength of lower limb, anthropometric characteristics and fundamental explosive performance in handball players. *Sportverletzung-Sportschaden*, **2019**, 33, 96-103	1.7	8
76	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. *Sportverletzung-Sportschaden*, **2019**, 33, 133-141	1.7	7
75	Physical Activity and the Biliary Tract in Health and Disease. *Sports Medicine*, **2015**, 45, 1295-1309	10.6	7
74	Relationships between the handball-specific complex test, non-specific field tests and the match performance score in elite professional handball players. *Journal of Sports Medicine and Physical Fitness*, **2018**, 58, 778-784	1.4	7

73	Associations of activity monitor output and an estimate of aerobic fitness with pulse wave velocities: the Nakanojo study. *Journal of Physical Activity and Health*, **2015**, 12, 139-44	2.5	7
72	Physical performance and training response during Ramadan observance, with particular reference to protein metabolism. *British Journal of Sports Medicine*, **2012**, 46, 477-84	10.3	7
71	A comparison of physical fitness between Igloolik inuit and Volochanka nGanasan. *American Journal of Human Biology*, **1995**, 7, 623-630	2.7	7
70	Physical fitness and productive activity of paraplegics. *Research in Sports Medicine*, **1992**, 3, 165-181		7
69	Enhanced physical education and body fat in the primary school child. *American Journal of Human Biology*, **1993**, 5, 697-704	2.7	7
68	Factors associated with population variation in physiological working capacity. *American Journal of Physical Anthropology*, **1985**, 28, 97-122	2.5	7
67	Effects of Unloaded vs. Ankle-Loaded Plyometric Training on the Physical Fitness of U-17 Male Soccer Players. *International Journal of Environmental Research and Public Health*, **2020**, 17,	4.6	7
66	Recreational soccer training improves heart-rate variability indices and physical performance in untrained healthy adolescent. *Sport Sciences for Health*, **2017**, 13, 507-514	1.3	6
65	Effects of a shoot training programme with a reduced hoop diameter rim on free-throw performance and kinematics in young basketball players. *Journal of Sports Sciences*, **2013**, 31, 497-504	3.6	6
64	Suppression of information on the prevalence and prevention of exercise-associated hyponatraemia. *British Journal of Sports Medicine*, **2011**, 45, 1238-42	10.3	6
63	Indomethacin inhibits circulating PGE2 and reverses postexercise suppression of natural killer cell activity. *American Journal of Physiology - Regulatory Integrative and Comparative Physiology*, **1999**, 276, R1496-505	3.2	6
62	Muscle strength and aerobic power--a study of lower-limb disabled males. *International Rehabilitation Medicine*, **1985**, 7, 151-5		6
61	Effects of a Combined Upper- and Lower-Limb Plyometric Training Program on High-Intensity Actions in Female U14 Handball Players. *Pediatric Exercise Science*, **2019**, 31, 465-472	2	6
60	Yearly changes in the composition of gut microbiota in the elderly, and the effect of lactobacilli intake on these changes. *Scientific Reports*, **2021**, 11, 12765	4.9	6
59	The effect of a sand surface on physical performance responses of junior male handball players to plyometric training. *BMC Sports Science, Medicine and Rehabilitation*, **2020**, 12, 26	2.4	5
58	Foundational insights into the estimation of whole-body metabolic rate. *European Journal of Applied Physiology*, **2018**, 118, 867-874	3.4	5
57	Consensus on Evidence-Based Preparticipation Screening and Risk Stratification. *Annual Review of Gerontology and Geriatrics*, **2016**, 36, 53-102		5
56	Exercise and the Athlete With Infectious Mononucleosis. *Clinical Journal of Sport Medicine*, **2017**, 27, 168-178	3.2	5

55	Relationship between ice hockey-specific complex test and maximal strength, aerobic capacity and postural regulation in professional players. *Journal of Sports Medicine and Physical Fitness*, **2017**, 57, 1415-1423	1.4	5
54	Effects of Upper and Lower Limb Plyometric Training Program on Components of Physical Performance in Young Female Handball Players. *Frontiers in Physiology*, **2020**, 11, 1028	4.6	5
53	Effects of short-term resistance training and tapering on maximal strength, peak power, throwing ball velocity, and sprint performance in handball players. *PLoS ONE*, **2019**, 14, e0214827	3.7	4
52	Quality Daily Physical Education for the Primary School Student: A Personal Account of the Trois-Rivi□es Regional Project. *Quest*, **2013**, 65, 98-115	2.2	4
51	The Exercising Commuter: Is Commuting a Healthy Way to Be Active?. *Current Cardiovascular Risk Reports*, **2012**, 6, 299-306	0.9	4
50	Physical capacities of sightless adolescents. *Developmental Medicine and Child Neurology*, **1985**, 27, 767-74	3.3	4
49	Relationship of premorbid mass and energy intake to increase of body mass during the treatment of anorexia nervosa. *International Journal of Eating Disorders*, **1993**, 14, 65-73	6.3	4
48	Fitness Boom or Bust□A Canadian Perspective. *Research Quarterly for Exercise and Sport*, **1988**, 59, 265-269	2.9	4
47	Curricular Time for Physical Education?. *Journal of Physical Education, Recreation and Dance*, **1982**, 53, 19-28	0.7	4
46	Changes in and Interactions between Physical and Mental Health in Older Japanese: The Nakanojo Study. *Gerontology*, **2019**, 65, 340-352	5.5	4
45	Effects of Ramadan Observance on Dietary Intake and Body Composition of Adolescent Athletes: Systematic Review and Meta-Analysis. *Nutrients*, **2020**, 12,	6.7	3
44	Reproducibility of gait cycle and plantar pressure distribution in children with spastic hemiplegic cerebral palsy. *NeuroRehabilitation*, **2014**, 35, 597-606	2	3
43	Mandatory ECG screening of athletes: is this question now resolved?. *Sports Medicine*, **2011**, 41, 989-1002	10.6	3
42	Supervision of occupational fitness assessments. *Applied Physiology, Nutrition, and Metabolism*, **2003**, 28, 225-39		3
41	Assessment of patients with clinical congestive heart failure: Ventilatory threshold or aerobic power determination?. *Research in Sports Medicine*, **1991**, 3, 37-48		3
40	Neuromuscular Adaptations and Enhancement of Physical Performance in Female Basketball Players After 8 Weeks of Plyometric Training. *Frontiers in Physiology*, **2020**, 11, 588787	4.6	3
39	Objectively measured habitual physical activity and sleep-related phenomena in 1645 people aged 1-91 years: The Nakanojo Community Study. *Preventive Medicine Reports*, **2018**, 11, 180-186	2.6	3
38	Cancers of the Esophagus and Stomach: Potential Mechanisms Behind the Beneficial Influence of Physical Activity. *Clinical Journal of Sport Medicine*, **2017**, 27, 415-421	3.2	2

37	Physical activity of children and academic achievement. *Medicine and Science in Sports and Exercise*, **2014**, 46, 840	1.2	2
36	Effects of in-season short-term aerobic and high-intensity interval training program on repeated sprint ability and jump performance in handball players. *Journal of Sports Medicine and Physical Fitness*, **2018**, 58, 50-56	1.4	2
35	Basic Recruit Training: Health Risks and Opportunities. *Military Medicine*, **2001**, 166, 714-720	1.3	2
34	Attitudes towards health and illness among exercisers and non-exercisers. *Stress and Health*, **1994**, 10, 21-26		2
33	Acute Symptom Responses to Environmental Tobacco Smoke in Asthmatic and Nonasthmatic Individuals. *Indoor Air*, **1991**, 1, 404-413	5.4	2
32	Exercise for the frail elderly. *Research in Sports Medicine*, **1990**, 1, 263-277		2
31	Effects of Elastic Band Plyometric Training on Physical Performance of Team Handball Players. *Applied Sciences (Switzerland)*, **2021**, 11, 1309	2.6	2
30	Sickle cell trait: what are the costs and benefits of screening?. *Journal of Sports Medicine and Physical Fitness*, **2016**, 56, 1562-1573	1.4	2
29	Peptic Ulcer and Exercise. *Sports Medicine*, **2017**, 47, 33-40	10.6	1
28	Is urinary specific gravity a useful simple marker of fluid depletion in athletes?. *European Journal of Applied Physiology*, **2013**, 113, 1905	3.4	1
27	Physical activity in the prevention and management of bladder cancer. *Journal of Sports Medicine and Physical Fitness*, **2017**, 57, 1359-1366	1.4	1
26	A critique of RPE as a basis of exercise prescription. *European Journal of Applied Physiology*, **2013**, 113, 1369-70	3.4	1
25	The John Sutton Memorial Lecture, 2009. Conductance systems: an integrative approach to the physiology of extreme conditions. *Applied Physiology, Nutrition and Metabolism*, **2010**, 35, 113-24	3	1
24	Issues in exercise, fitness, and subjective perceptions of fitness of physical education teachers. *Perceptual and Motor Skills*, **2002**, 95, 361-2; discussion 432	2.2	1
23	Net energy cost of stair climbing and ambulation in subjects with hemiplegia. *Research in Sports Medicine*, **1994**, 5, 199-210		1
22	Considerations in the cost-benefit evaluation of exercise programs. *Research in Sports Medicine*, **1991**, 3, 65-77		1
21	Anthropometric, Psychosocial, Physiological, and Postural Observances During Ramadan in Men With Chronic Obstructive Pulmonary Disease.. *American Journal of Menls Health*, **2022**, 16, 15579883221078141	2.2	1
20	Physical Activity and the Risk of Cardio-Metabolic Disease in the Elderly: Dose Recommendations as Seen in the Nakanojo Study. *Current Cardiovascular Risk Reports*, **2014**, 8, 1	0.9	0

19	Effects of supplemental jump and sprint exercise training on sand on athletic performance of male U17 handball players. *International Journal of Sports Science and Coaching*,174795412110257	1.8	0
18	Increased physical education and muscle strength of primary school students. *Medicine and Science in Sports and Exercise*, **2014**, 46, 209	1.2	
17	Perceptions and patterns of physical activity: A comparison of Mohawk/Cayuga and non-native adolescents. *American Journal of Human Biology*, **1998**, 10, 629-635	2.7	
16	Current status of the step test in field evaluation of aerobic fitness: The Canadian home fitness test and its analogues. *Research in Sports Medicine*, **1995**, 6, 29-41		
15	Reliability of a test of cardiovascular fitness. *International Journal of Epidemiology*, **1985**, 14, 639-40	7.8	
14	The value of physical fitness in preventive medicine. *Novartis Foundation Symposium*, **1985**, 110, 164-82		
13	Changes of Body Mass and Energy Balance during Fasting and Dietary Restriction **2015**, 13-52		
12	Carbohydrate Metabolism and Fasting **2015**, 53-68		
11	Introduction: Characteristics of Fasting **2015**, 1-12		
10	Mobilization and Utilization of Lipids during Dietary Restriction Conditions **2015**, 69-92		
9	Nutritional Recommendations for Dietary Restriction **2015**, 207-224		
8	Miscellaneous Medical Issues during Dietary and Fluid Restriction **2015**, 257-272		
7	Oxidative Stress and Fasting **2015**, 161-182		
6	Tactics to Sustain Training and Competitive Performance during Fasting **2015**, 225-238		
5	Effects of Dietary and Fluid Restrictions upon Physical Performance, Cognition and Vigilance **2015**, 183-206		
4	Coping and Recovery Tactics during Fasting and Dietary Restriction **2015**, 239-256		
3	Screening the Older Patient for an Exercise Program. *The American Journal of Geriatric Cardiology*, **1992**, 1, 9-13		
2	Effects of brief periods of combined plyometric exercise and high intensity running training on the fitness performance of male U17 handball players. *International Journal of Sports Science and Coaching*,174795412210909	1.8	

1 Does cold air damage the lungs of winter athletes?. *Current Sports Medicine Reports*, **2004**, 3, 289-91 1.9