

# Roy J Shephard

## List of Publications by Year in Descending Order

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**Version:** 2024-04-28

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

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	Anthropometric, Psychosocial, Physiological, and Postural Observances During Ramadan in Men With Chronic Obstructive Pulmonary Disease.. <i>American Journal of Men's Health</i> , <b>2022</b> , 16, 15579883221078141	2.2	141
179	Yearly changes in the composition of gut microbiota in the elderly, and the effect of lactobacilli intake on these changes. <i>Scientific Reports</i> , <b>2021</b> , 11, 12765	4.9	6
178	Effects of Elastic Band Plyometric Training on Physical Performance of Team Handball Players. <i>Applied Sciences (Switzerland)</i> , <b>2021</b> , 11, 1309	2.6	2
177	Effects of Ramadan Observance on Dietary Intake and Body Composition of Adolescent Athletes: Systematic Review and Meta-Analysis. <i>Nutrients</i> , <b>2020</b> , 12,	6.7	3
176	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> , <b>2020</b> , 12, 26	2.4	5
175	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> , <b>2020</b> , 11, 604983	4.6	8
174	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> , <b>2020</b> , 17,	4.6	7
173	Effects of Upper and Lower Limb Plyometric Training Program on Components of Physical Performance in Young Female Handball Players. <i>Frontiers in Physiology</i> , <b>2020</b> , 11, 1028	4.6	5
172	Effects of Combined Balance and Plyometric Training on Athletic Performance in Female Basketball Players. <i>Journal of Strength and Conditioning Research</i> , <b>2020</b> , 34, 1967-1973	3.2	21
171	Observing Ramadan and sleep-wake patterns in athletes: a systematic review, meta-analysis and meta-regression. <i>British Journal of Sports Medicine</i> , <b>2020</b> , 54, 674-680	10.3	20
170	Neuromuscular Adaptations and Enhancement of Physical Performance in Female Basketball Players After 8 Weeks of Plyometric Training. <i>Frontiers in Physiology</i> , <b>2020</b> , 11, 588787	4.6	3
169	Effect of different nap opportunity durations on short-term maximal performance, attention, feelings, muscle soreness, fatigue, stress and sleep. <i>Physiology and Behavior</i> , <b>2019</b> , 211, 112673	3.5	25
168	Field Tests of Performance and Their Relationship to Age and Anthropometric Parameters in Adolescent Handball Players. <i>Frontiers in Physiology</i> , <b>2019</b> , 10, 1124	4.6	15
167	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> , <b>2019</b> , 14, e0217851	3.7	11
166	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> , <b>2019</b> , 37, 2645-2652	3.6	10
165	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> , <b>2019</b> , 33, 133-141	1.7	7
164	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> , <b>2019</b> , 33, 1804-1815	3.2	16

163	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> , <b>2019</b> , 53, 1557-1559	10.3	20
162	Effects of a Complex Strength-Training Program on Athletic Performance of Junior Female Handball Players. <i>International Journal of Sports Physiology and Performance</i> , <b>2019</b> , 14, 163-169	3.5	13
161	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. <i>Frontiers in Microbiology</i> , <b>2019</b> , 10, 1477	5.7	15
160	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> , <b>2019</b> , 14, e0214827	3.7	4
159	Eight Weeks of Plyometric Training Improves Ability to Change Direction and Dynamic Postural Control in Female Basketball Players. <i>Frontiers in Physiology</i> , <b>2019</b> , 10, 726	4.6	15
158	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> , <b>2019</b> , 31, 465-472	2	6
157	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> , <b>2019</b> , 33, 662-675	3.2	18
156	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> , <b>2019</b> , 16,	4.6	9
155	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> , <b>2019</b> , 33, 3309-3321	3.2	10
154	Changes in and Interactions between Physical and Mental Health in Older Japanese: The Nakanojo Study. <i>Gerontology</i> , <b>2019</b> , 65, 340-352	5.5	4
153	Effects of In-Season Circuit Training on Physical Abilities in Male Handball Players. <i>Journal of Strength and Conditioning Research</i> , <b>2019</b> , 33, 944-957	3.2	19
152	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> , <b>2019</b> , 33, 2094-2103	3.2	25
151	Relationships between maximal strength of lower limb, anthropometric characteristics and fundamental explosive performance in handball players. <i>Sportverletzung-Sportschaden</i> , <b>2019</b> , 33, 96-103	1.7	8
150	Foundational insights into the estimation of whole-body metabolic rate. <i>European Journal of Applied Physiology</i> , <b>2018</b> , 118, 867-874	3.4	5
149	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> , <b>2018</b> , 32, 37-47	3.2	27
148	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> , <b>2018</b> , 58, 778-784	1.4	7
147	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> , <b>2018</b> , 58, 1625-1634	1.4	8
146	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> , <b>2018</b> , 58, 50-56	1.4	2

145	Objectively measured habitual physical activity and sleep-related phenomena in 1645 people aged 1-91 years: The Nakanojo Community Study. <i>Preventive Medicine Reports</i> , <b>2018</b> , 11, 180-186	2.6	3
144	Peptic Ulcer and Exercise. <i>Sports Medicine</i> , <b>2017</b> , 47, 33-40	10.6	1
143	Open-circuit respirometry: a brief historical review of the use of Douglas bags and chemical analyzers. <i>European Journal of Applied Physiology</i> , <b>2017</b> , 117, 381-387	3.4	21
142	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> , <b>2017</b> , 31, 901-912	3.2	27
141	Cancers of the Esophagus and Stomach: Potential Mechanisms Behind the Beneficial Influence of Physical Activity. <i>Clinical Journal of Sport Medicine</i> , <b>2017</b> , 27, 415-421	3.2	2
140	Recreational soccer training improves heart-rate variability indices and physical performance in untrained healthy adolescent. <i>Sport Sciences for Health</i> , <b>2017</b> , 13, 507-514	1.3	6
139	Objective Longitudinal Measures of Physical Activity and Bone Health in Older Japanese: the Nakanojo Study. <i>Journal of the American Geriatrics Society</i> , <b>2017</b> , 65, 800-807	5.6	19
138	Anthropometric and physical performance characteristics of professional handball players: influence of playing position. <i>Journal of Sports Medicine and Physical Fitness</i> , <b>2017</b> , 57, 1471-1478	1.4	23
137	Exercise and the Athlete With Infectious Mononucleosis. <i>Clinical Journal of Sport Medicine</i> , <b>2017</b> , 27, 168-178	3.2	5
136	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> , <b>2017</b> , 31, 167-173	1.7	14
135	Physical Activity and Prostate Cancer: An Updated Review. <i>Sports Medicine</i> , <b>2017</b> , 47, 1055-1073	10.6	34
134	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> , <b>2017</b> , 57, 1415-1423 <sup>5</sup>	1.4	23
133	Physical activity in the prevention and management of bladder cancer. <i>Journal of Sports Medicine and Physical Fitness</i> , <b>2017</b> , 57, 1359-1366	1.4	1
132	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> , <b>2017</b> , 57, 1424-1431 <sup>1.4</sup>	1.4	12
131	Responses of the human spleen to exercise. <i>Journal of Sports Sciences</i> , <b>2016</b> , 34, 929-36	3.6	33
130	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> , <b>2016</b> , 13, 214-222 <sup>2.5</sup>	2.5	62
129	Consensus on Evidence-Based Preparticipation Screening and Risk Stratification. <i>Annual Review of Gerontology and Geriatrics</i> , <b>2016</b> , 36, 53-102		5
128	Rapid weight loss in the context of Ramadan observance: recommendations for judokas. <i>Biology of Sport</i> , <b>2016</b> , 33, 407-413	4.3	8

127	Effects of recreational soccer on physical fitness and health indices in sedentary healthy and unhealthy subjects. <i>Biology of Sport</i> , <b>2016</b> , 33, 127-37	4.3	19
126	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> , <b>2016</b> , 30, 3312-3320	3.2	33
125	Exercise proteinuria and hematuria: current knowledge and future directions. <i>Journal of Sports Medicine and Physical Fitness</i> , <b>2016</b> , 56, 1060-76	1.4	16
124	Sickle cell trait: what are the costs and benefits of screening?. <i>Journal of Sports Medicine and Physical Fitness</i> , <b>2016</b> , 56, 1562-1573	1.4	2
123	Physical Activity and the Biliary Tract in Health and Disease. <i>Sports Medicine</i> , <b>2015</b> , 45, 1295-1309	10.6	7
122	Effects of physical activity upon the liver. <i>European Journal of Applied Physiology</i> , <b>2015</b> , 115, 1-46	3.4	60
121	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> , <b>2015</b> , 12, 454-61	2.5	21
120	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> , <b>2015</b> , 12, 139-44	2.5	7
119	Relationships between the yo-yo intermittent recovery test and anaerobic performance tests in adolescent handball players. <i>Journal of Human Kinetics</i> , <b>2015</b> , 45, 197-205	2.6	8
118	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> , <b>2015</b> , 29, 2128-36	3.2	28
117	Changes of Body Mass and Energy Balance during Fasting and Dietary Restriction <b>2015</b> , 13-52		
116	Carbohydrate Metabolism and Fasting <b>2015</b> , 53-68		
115	Introduction: Characteristics of Fasting <b>2015</b> , 1-12		
114	Mobilization and Utilization of Lipids during Dietary Restriction Conditions <b>2015</b> , 69-92		
113	Nutritional Recommendations for Dietary Restriction <b>2015</b> , 207-224		
112	Miscellaneous Medical Issues during Dietary and Fluid Restriction <b>2015</b> , 257-272		
111	Oxidative Stress and Fasting <b>2015</b> , 161-182		
110	Tactics to Sustain Training and Competitive Performance during Fasting <b>2015</b> , 225-238		

109	Effects of Dietary and Fluid Restrictions upon Physical Performance, Cognition and Vigilance <b>2015</b> , 183-206		
108	Coping and Recovery Tactics during Fasting and Dietary Restriction <b>2015</b> , 239-256		
107	Physical Activity and the Risk of Cardio-Metabolic Disease in the Elderly: Dose Recommendations as Seen in the Nakanojo Study. <i>Current Cardiovascular Risk Reports</i> , <b>2014</b> , 8, 1	0.9	0
106	Physical activity of children and academic achievement. <i>Medicine and Science in Sports and Exercise</i> , <b>2014</b> , 46, 840	1.2	2
105	Increased physical education and muscle strength of primary school students. <i>Medicine and Science in Sports and Exercise</i> , <b>2014</b> , 46, 209	1.2	
104	Reliability and validity of a 20-s alternative to the wingate anaerobic test in team sport male athletes. <i>PLoS ONE</i> , <b>2014</b> , 9, e114444	3.7	15
103	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> , <b>2014</b> , 28, 1401-10	3.2	68
102	Gait cycle and plantar pressure distribution in children with cerebral palsy: clinically useful outcome measures for a management and rehabilitation. <i>NeuroRehabilitation</i> , <b>2014</b> , 35, 657-63	2	12
101	Reproducibility of gait cycle and plantar pressure distribution in children with spastic hemiplegic cerebral palsy. <i>NeuroRehabilitation</i> , <b>2014</b> , 35, 597-606	2	3
100	Quality Daily Physical Education for the Primary School Student: A Personal Account of the Trois-Rivières Regional Project. <i>Quest</i> , <b>2013</b> , 65, 98-115	2.2	4
99	Is urinary specific gravity a useful simple marker of fluid depletion in athletes?. <i>European Journal of Applied Physiology</i> , <b>2013</b> , 113, 1905	3.4	1
98	Ramadan and sport: minimizing effects upon the observant athlete. <i>Sports Medicine</i> , <b>2013</b> , 43, 1217-41	10.6	18
97	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. <i>Archives of Gerontology and Geriatrics</i> , <b>2013</b> , 56, 327-38	4	46
96	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> , <b>2013</b> , 31, 497-504	3.6	6
95	A critique of RPE as a basis of exercise prescription. <i>European Journal of Applied Physiology</i> , <b>2013</b> , 113, 1369-70	3.4	1
94	Handgrip force offers a measure of physical function in individuals living with HIV/AIDS. <i>Journal of Acquired Immune Deficiency Syndromes (1999)</i> , <b>2013</b> , 63, e30-2	3.1	11
93	Effect of Ramadan observance on maximal muscular performance of trained men. <i>Clinical Journal of Sport Medicine</i> , <b>2013</b> , 23, 222-7	3.2	27
92	Objectively measured physical activity and progressive loss of lean tissue in older Japanese adults: longitudinal data from the Nakanojo study. <i>Journal of the American Geriatrics Society</i> , <b>2013</b> , 61, 1887-93	5.6	58

91	Association between muscle strength and the cardiopulmonary status of individuals living with HIV/AIDS. <i>Clinics</i> , <b>2013</b> , 68, 359-64	2.3	20
90	The impact of Ramadan observance upon athletic performance. <i>Nutrients</i> , <b>2012</b> , 4, 491-505	6.7	38
89	The Exercising Commuter: Is Commuting a Healthy Way to Be Active?. <i>Current Cardiovascular Risk Reports</i> , <b>2012</b> , 6, 299-306	0.9	4
88	Measurement of human energy expenditure, with particular reference to field studies: an historical perspective. <i>European Journal of Applied Physiology</i> , <b>2012</b> , 112, 2785-815	3.4	69
87	Physical performance and training response during Ramadan observance, with particular reference to protein metabolism. <i>British Journal of Sports Medicine</i> , <b>2012</b> , 46, 477-84	10.3	7
86	Mandatory ECG screening of athletes: is this question now resolved?. <i>Sports Medicine</i> , <b>2011</b> , 41, 989-1002	0.6	3
85	Suppression of information on the prevalence and prevention of exercise-associated hyponatraemia. <i>British Journal of Sports Medicine</i> , <b>2011</b> , 45, 1238-42	10.3	6
84	The John Sutton Memorial Lecture, 2009. Conductance systems: an integrative approach to the physiology of extreme conditions. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2010</b> , 35, 113-24	3	1
83	Development of the discipline of exercise immunology. <i>Exercise Immunology Review</i> , <b>2010</b> , 16, 194-222	8.6	21
82	Is it time to retire the Central governor?. <i>Sports Medicine</i> , <b>2009</b> , 39, 709-21	10.6	36
81	Physical Activity Policy Development: a synopsis of the WHO/CDC Consultation, September 29 through October 2, 2002, Atlanta, Georgia. <i>Public Health Reports</i> , <b>2004</b> , 119, 346-51	2.5	17
80	Role of the physician in childhood obesity. <i>Clinical Journal of Sport Medicine</i> , <b>2004</b> , 14, 161-8	3.2	14
79	Does cold air damage the lungs of winter athletes?. <i>Current Sports Medicine Reports</i> , <b>2004</b> , 3, 289-91	1.9	
78	Adhesion molecules, catecholamines and leucocyte redistribution during and following exercise. <i>Sports Medicine</i> , <b>2003</b> , 33, 261-84	10.6	95
77	Regression to the mean. A threat to exercise science?. <i>Sports Medicine</i> , <b>2003</b> , 33, 575-84	10.6	34
76	Supervision of occupational fitness assessments. <i>Applied Physiology, Nutrition, and Metabolism</i> , <b>2003</b> , 28, 225-39		3
75	Assuring gender equity in recruitment standards for police officers. <i>Applied Physiology, Nutrition, and Metabolism</i> , <b>2002</b> , 27, 263-95		24
74	Issues in exercise, fitness, and subjective perceptions of fitness of physical education teachers. <i>Perceptual and Motor Skills</i> , <b>2002</b> , 95, 361-2; discussion 432	2.2	1

73	Ethics in exercise science research. <i>Sports Medicine</i> , <b>2002</b> , 32, 169-83	10.6	21
72	Cytokine responses to physical activity, with particular reference to IL-6: sources, actions, and clinical implications. <i>Critical Reviews in Immunology</i> , <b>2002</b> , 22, 165-82	1.8	51
71	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> , <b>2001</b> , 13, 349-55	2.7	25
70	Basic Recruit Training: Health Risks and Opportunities. <i>Military Medicine</i> , <b>2001</b> , 166, 714-720	1.3	2
69	Exercise elevates plasma levels but not gene expression of IL-1beta, IL-6, and TNF-alpha in blood mononuclear cells. <i>Journal of Applied Physiology</i> , <b>2000</b> , 89, 1499-504	3.7	163
68	Indomethacin inhibits circulating PGE2 and reverses postexercise suppression of natural killer cell activity. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , <b>1999</b> , 276, R1496-505	3.2	6
67	Perceptions and patterns of physical activity: A comparison of Mohawk/Cayuga and non-native adolescents. <i>American Journal of Human Biology</i> , <b>1998</b> , 10, 629-635	2.7	
66	Associations between physical activity and susceptibility to cancer: possible mechanisms. <i>Sports Medicine</i> , <b>1998</b> , 26, 293-315	10.6	71
65	Autonomic regulation of the circulation during exercise and heat exposure. Inferences from heart rate variability. <i>Sports Medicine</i> , <b>1998</b> , 26, 85-99	10.6	33
64	Effects of endurance training and heat acclimation on psychological strain in exercising men wearing protective clothing. <i>Ergonomics</i> , <b>1998</b> , 41, 328-57	2.9	33
63	Biology and medicine of sailing. An update. <i>Sports Medicine</i> , <b>1997</b> , 23, 350-6	10.6	25
62	Exercise and relaxation in health promotion. <i>Sports Medicine</i> , <b>1997</b> , 23, 211-7	10.6	27
61	Exercise for patients with congestive heart failure. <i>Sports Medicine</i> , <b>1997</b> , 23, 75-92	10.6	27
60	Exercise and cancer: linkages with obesity?. <i>Critical Reviews in Food Science and Nutrition</i> , <b>1996</b> , 36, 321-39	1.5	11
59	Current status of the step test in field evaluation of aerobic fitness: The Canadian home fitness test and its analogues. <i>Research in Sports Medicine</i> , <b>1995</b> , 6, 29-41		
58	Physical activity, health, and well-being at different life stages. <i>Research Quarterly for Exercise and Sport</i> , <b>1995</b> , 66, 298-302	1.9	20
57	A personal perspective on aging and productivity, with particular reference to physically demanding work. <i>Ergonomics</i> , <b>1995</b> , 38, 617-36	2.9	10
56	Exercise programmes in the treatment of children with learning disabilities. <i>Sports Medicine</i> , <b>1995</b> , 19, 55-72	10.6	29



55	Spinal cord injury, exercise and quality of life. <i>Sports Medicine</i> , <b>1995</b> , 20, 226-50	10.6	124
54	A comparison of physical fitness between Igloodik inuit and Volochanka nGanasan. <i>American Journal of Human Biology</i> , <b>1995</b> , 7, 623-630	2.7	7
53	Basal metabolic rate of inuit. <i>American Journal of Human Biology</i> , <b>1995</b> , 7, 723-729	2.7	38
52	Net energy cost of stair climbing and ambulation in subjects with hemiplegia. <i>Research in Sports Medicine</i> , <b>1994</b> , 5, 199-210		1
51	Attitudes towards health and illness among exercisers and non-exercisers. <i>Stress and Health</i> , <b>1994</b> , 10, 21-26		2
50	Prediction of body fat content in an inuit community. <i>American Journal of Human Biology</i> , <b>1994</b> , 6, 249-254		27
49	Growth and fitness of Canadian inuit: Secular trends, 1970-1990. <i>American Journal of Human Biology</i> , <b>1994</b> , 6, 525-541	2.7	11
48	Infection in athletes. <i>Sports Medicine</i> , <b>1994</b> , 17, 86-107	10.6	77
47	Exercise and the immune system. Natural killer cells, interleukins and related responses. <i>Sports Medicine</i> , <b>1994</b> , 18, 340-69	10.6	54
46	Metabolic adaptations to exercise in the cold. An update. <i>Sports Medicine</i> , <b>1993</b> , 16, 266-89	10.6	24
45	Exercise in the prevention and treatment of cancer. An update. <i>Sports Medicine</i> , <b>1993</b> , 15, 258-80	10.6	45
44	Cohort effects: A possible limitation to the interpretation of longitudinal studies. <i>American Journal of Human Biology</i> , <b>1993</b> , 5, 305-310	2.7	9
43	Enhanced physical education and body fat in the primary school child. <i>American Journal of Human Biology</i> , <b>1993</b> , 5, 697-704	2.7	7
42	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> , <b>1993</b> , 14, 65-73	6.3	4
41	Physical fitness and productive activity of paraplegics. <i>Research in Sports Medicine</i> , <b>1992</b> , 3, 165-181		7
40	Aging and muscle function. <i>Sports Medicine</i> , <b>1992</b> , 14, 376-96	10.6	116
39	Effectiveness of training programmes for prepubescent children. <i>Sports Medicine</i> , <b>1992</b> , 13, 194-213	10.6	26
38	Screening the Older Patient for an Exercise Program. <i>The American Journal of Geriatric Cardiology</i> , <b>1992</b> , 1, 9-13		

37	Acute Symptom Responses to Environmental Tobacco Smoke in Asthmatic and Nonasthmatic Individuals. <i>Indoor Air</i> , <b>1991</b> , 1, 404-413	5.4	2
36	Considerations in the cost-benefit evaluation of exercise programs. <i>Research in Sports Medicine</i> , <b>1991</b> , 3, 65-77		1
35	Assessment of patients with clinical congestive heart failure: Ventilatory threshold or aerobic power determination?. <i>Research in Sports Medicine</i> , <b>1991</b> , 3, 37-48		3
34	The Canadian Home Fitness Test. 1991 update. <i>Sports Medicine</i> , <b>1991</b> , 11, 358-66	10.6	32
33	Occupational demand and human rights. Public safety officers and cardiorespiratory fitness. <i>Sports Medicine</i> , <b>1991</b> , 12, 94-109	10.6	15
32	Exercise for the frail elderly. <i>Research in Sports Medicine</i> , <b>1990</b> , 1, 263-277		2
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