

# Gerasimos D Terzis

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/2418145/publications.pdf>

Version: 2024-02-01

94  
papers

2,682  
citations

172457

29  
h-index

206112

48  
g-index

99  
all docs

99  
docs citations

99  
times ranked

2986  
citing authors

#	ARTICLE	IF	CITATIONS
1	Resistance exercise-induced increase in muscle mass correlates with p70S6 kinase phosphorylation in human subjects. <i>European Journal of Applied Physiology</i> , 2007, 102, 145-152.	2.5	190
2	Skeletal Muscle Adaptations to Interval Training in Patients With Advanced COPD. <i>Chest</i> , 2005, 128, 3838-3845.	0.8	179
3	Increase in the degree of coexpression of myosin heavy chain isoforms in skeletal muscle fibers of the very old. <i>Muscle and Nerve</i> , 1999, 22, 449-454.	2.2	133
4	Thiol-based antioxidant supplementation alters human skeletal muscle signaling and attenuates its inflammatory response and recovery after intense eccentric exercise. <i>American Journal of Clinical Nutrition</i> , 2013, 98, 233-245.	4.7	115
5	Effects of rehabilitative exercise on peripheral muscle TNF $\alpha$ , IL-6, IGF-I and MyoD expression in patients with COPD. <i>Thorax</i> , 2007, 62, 950-956.	5.6	107
6	Effect of Pulmonary Rehabilitation on Peripheral Muscle Fiber Remodeling in Patients With COPD in GOLD Stages II to IV. <i>Chest</i> , 2011, 140, 744-752.	0.8	99
7	The degree of p70S6k and S6 phosphorylation in human skeletal muscle in response to resistance exercise depends on the training volume. <i>European Journal of Applied Physiology</i> , 2010, 110, 835-843.	2.5	83
8	Age-dependent changes in 8-oxoguanine-DNA glycosylase activity are modulated by adaptive responses to physical exercise in human skeletal muscle. <i>Free Radical Biology and Medicine</i> , 2011, 51, 417-423.	2.9	82
9	The effects of aging, physical training, and a single bout of exercise on mitochondrial protein expression in human skeletal muscle. <i>Experimental Gerontology</i> , 2012, 47, 417-424.	2.8	81
10	Muscle Fiber Conduction Velocity, Muscle Fiber Composition, and Power Performance. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 1761-1771.	0.4	63
11	Acute effects of different types of aerobic exercise on endothelial function and arterial stiffness. <i>European Journal of Preventive Cardiology</i> , 2016, 23, 1565-1572.	1.8	60
12	Relationship between shot put performance and triceps brachii fiber type composition and power production. <i>European Journal of Applied Physiology</i> , 2003, 90, 10-15.	2.5	57
13	Rate of Force Development, Muscle Architecture, and Performance in Young Competitive Track and Field Throwers. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 81-92.	2.1	56
14	Effect of aerobic and resistance exercise training on late-onset Pompe disease patients receiving enzyme replacement therapy. <i>Molecular Genetics and Metabolism</i> , 2011, 104, 279-283.	1.1	51
15	Effects of Muscle Action Type With Equal Impulse of Conditioning Activity on Postactivation Potentiation. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 2521-2528.	2.1	49
16	High-intensity Interval Training Frequency: Cardiometabolic Effects and Quality of Life. <i>International Journal of Sports Medicine</i> , 2018, 39, 210-217.	1.7	49
17	Vastus Lateralis Fiber Shift Is an Independent Predictor of Mortality in Chronic Obstructive Pulmonary Disease. <i>American Journal of Respiratory and Critical Care Medicine</i> , 2014, 190, 350-352.	5.6	47
18	Muscle Strength, Power, and Morphologic Adaptations After 6 Weeks of Compound vs. Complex Training in Healthy Men. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 2559-2569.	2.1	45

#	ARTICLE	IF	CITATIONS
19	Effects of high-intensity interval cycling performed after resistance training on muscle strength and hypertrophy. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2017, 27, 1317-1327.	2.9	41
20	Fiber Type Composition and Rate of Force Development in Endurance- and Resistance-Trained Individuals. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 2388-2397.	2.1	41
21	Throwing performance after resistance training and detraining. <i>Journal of Strength and Conditioning Research</i> , 2008, 22, 1198-1204.	2.1	40
22	Rate of Force Development and Muscle Architecture after Fast and Slow Velocity Eccentric Training. <i>Sports</i> , 2019, 7, 41.	1.7	39
23	Effects of Tapering With Light vs. Heavy Loads on Track and Field Throwing Performance. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 3484-3495.	2.1	38
24	Role of Muscle Morphology in Jumping, Sprinting, and Throwing Performance in Participants With Different Power Training Duration Experience. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 807-817.	2.1	38
25	Comparison Between Unilateral and Bilateral Plyometric Training on Single- and Double-Leg Jumping Performance and Strength. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 633-640.	2.1	38
26	Muscular Power, Neuromuscular Activation, and Performance in Shot Put Athletes At Preseason and at Competition Period. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 1773-1779.	2.1	37
27	Delayed Effects of a Low-Volume, Power-Type Resistance Exercise Session on Explosive Performance. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 643-650.	2.1	35
28	Acute Effect of Drop Jumping on Throwing Performance. <i>Journal of Strength and Conditioning Research</i> , 2009, 23, 2592-2597.	2.1	33
29	Muscle Architectural and Functional Adaptations Following 12-Weeks of Stretching in Adolescent Female Athletes. <i>Frontiers in Physiology</i> , 2021, 12, 701338.	2.8	33
30	Effects of Strength vs. Ballistic-Power Training on Throwing Performance. <i>Journal of Sports Science and Medicine</i> , 2013, 12, 130-7.	1.6	32
31	Fiber Type Composition and Capillary Density in Relation to Submaximal Number of Repetitions in Resistance Exercise. <i>Journal of Strength and Conditioning Research</i> , 2008, 22, 845-850.	2.1	29
32	Early phase interference between low-intensity running and power training in moderately trained females. <i>European Journal of Applied Physiology</i> , 2016, 116, 1063-1073.	2.5	29
33	Protein ingestion preserves proteasome activity during intense aseptic inflammation and facilitates skeletal muscle recovery in humans. <i>British Journal of Nutrition</i> , 2017, 118, 189-200.	2.3	29
34	Postactivation Potentiation of Bench Press Throw Performance Using Velocity-Based Conditioning Protocols with Low and Moderate Loads. <i>Journal of Human Kinetics</i> , 2019, 68, 81-98.	1.5	28
35	Muscle fibre type composition and body composition in hammer throwers. <i>Journal of Sports Science and Medicine</i> , 2010, 9, 104-9.	1.6	28
36	Emerin expression in tubular aggregates. <i>Acta Neuropathologica</i> , 2004, 107, 546-552.	7.7	26

#	ARTICLE	IF	CITATIONS
37	Muscle lim protein isoform negatively regulates striated muscle actin dynamics and differentiation. <i>FEBS Journal</i> , 2014, 281, 3261-3279.	4.7	26
38	Body Composition and Performance in Shot Put Athletes at Preseason and at Competition. <i>International Journal of Sports Physiology and Performance</i> , 2010, 5, 417-421.	2.3	25
39	Acute Improvement of Vertical Jump Performance After Isometric Squats Depends on Knee Angle and Vertical Jumping Ability. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 2250-2257.	2.1	25
40	Muscle Fiber and Performance Changes after Fast Eccentric Complex Training. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 729-738.	0.4	24
41	Effect of Concurrent Power Training and High-Intensity Interval Cycling on Muscle Morphology and Performance. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 2464-2471.	2.1	21
42	Rate of Force Development, Muscle Architecture, and Performance in Elite Weightlifters. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 216-223.	2.3	20
43	Potential of Bench Press Throw Performance Using a Heavy Load and Velocity-Based Repetition Control. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, S72-S79.	2.1	20
44	The Importance of Lean Body Mass for the Rate of Force Development in Taekwondo Athletes and Track and Field Throwers. <i>Journal of Functional Morphology and Kinesiology</i> , 2018, 3, 43.	2.4	19
45	Effects of exercise training during infusion on late-onset Pompe disease patients receiving enzyme replacement therapy. <i>Molecular Genetics and Metabolism</i> , 2012, 107, 669-673.	1.1	18
46	Acute Effect of Countermovement Jumping on Throwing Performance in Track and Field Athletes During Competition. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 359-364.	2.1	17
47	Changes in Muscle Power and Muscle Morphology with Different Volumes of Fast Eccentric Half-Squats. <i>Sports</i> , 2019, 7, 164.	1.7	16
48	Muscle Strength, Body Composition, and Performance of an Elite Shot-Putter. <i>International Journal of Sports Physiology and Performance</i> , 2012, 7, 394-396.	2.3	14
49	Muscle fiber composition, jumping performance, and rate of force development adaptations induced by different power training volumes in females. <i>Applied Physiology, Nutrition and Metabolism</i> , 2020, 45, 996-1006.	1.9	14
50	Acute Effects of Countermovement Jumping and Sprinting on Shot Put Performance. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 684-690.	2.1	13
51	Regulation of Granulocyte Colony-Stimulating Factor and Its Receptor in Skeletal Muscle Is Dependent Upon the Type of Inflammatory Stimulus. <i>Journal of Interferon and Cytokine Research</i> , 2015, 35, 710-719.	1.2	13
52	Effects of low volume isometric leg press complex training at two knee angles on force-angle relationship and rate of force development. <i>European Journal of Sport Science</i> , 2019, 19, 345-353.	2.7	13
53	Effects of high-intensity interval training frequency on perceptual responses and future physical activity participation. <i>Applied Physiology, Nutrition and Metabolism</i> , 2019, 44, 952-957.	1.9	13
54	The Effect of Short-Term Sport-Specific Strength and Conditioning Training on Physical Fitness of Well-Trained Mixed Martial Arts Athletes. <i>Journal of Sports Science and Medicine</i> , 2018, 17, 348-358.	1.6	13

#	ARTICLE	IF	CITATIONS
55	Performance Decrement and Skill Deterioration During a Water Polo Game are Linked With the Conditioning Level of the Athletes. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 1033-1041.	2.1	12
56	Intramuscular fiber conduction velocity, isometric force and explosive performance. <i>Journal of Human Kinetics</i> , 2016, 51, 93-101.	1.5	12
57	Seven months of aerobic intradialytic exercise training can prevent muscle loss in haemodialysis patients: an ultrasonography study. <i>International Urology and Nephrology</i> , 2022, 54, 447-456.	1.4	12
58	Lean Body Mass, Muscle Architecture, and Performance in Well-Trained Female Weightlifters. <i>Sports</i> , 2020, 8, 67.	1.7	11
59	The Acute Impact of Different Types of Aerobic Exercise on Arterial Wave Reflections and Inflammation. <i>Cardiology</i> , 2016, 135, 81-86.	1.4	10
60	Triceps Brachii Muscle Strength and Architectural Adaptations with Resistance Training Exercises at Short or Long Fascicle Length. <i>Journal of Functional Morphology and Kinesiology</i> , 2018, 3, 28.	2.4	10
61	Biological Determinants of Track and Field Throwing Performance. <i>Journal of Functional Morphology and Kinesiology</i> , 2021, 6, 40.	2.4	10
62	Gastrocnemius Medialis Architectural Properties at Rest and During Stretching in Female Athletes with Different Flexibility Training Background. <i>Sports</i> , 2019, 7, 39.	1.7	9
63	Effect of Inter-Repetition Rest vs. Traditional Strength Training on Lower Body Strength, Rate of Force Development, and Muscle Architecture. <i>Applied Sciences (Switzerland)</i> , 2021, 11, 45.	2.5	9
64	Changes in EMG and movement velocity during a set to failure against different loads in the bench press exercise. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 2071-2082.	2.9	8
65	Effect of long term enzyme replacement therapy in late onset Pompe disease: A single-centre experience. <i>Neuromuscular Disorders</i> , 2021, 31, 91-100.	0.6	7
66	Exercise-Induced Changes in Tumor Growth via Tumor Immunity. <i>Sports</i> , 2021, 9, 46.	1.7	7
67	Effects of a 25-Week Periodized Training Macrocycle on Muscle Strength, Power, Muscle Architecture, and Performance in Well-Trained Track and Field Throwers. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 2728-2736.	2.1	7
68	Acute Resistance Exercise: Physiological and Biomechanical Alterations During a Subsequent Swim Training Session. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 105-112.	2.3	6
69	Weak Association between Vastus Lateralis Muscle Fiber Composition and Fascicle Length in Young Untrained Females. <i>Sports</i> , 2021, 9, 56.	1.7	6
70	Effects of Concurrent Strength and High-Intensity Interval Training on Fitness and Match Performance in Water-Polo Players. <i>Journal of Human Kinetics</i> , 2019, 67, 175-184.	1.5	6
71	Different eccentric-based power training volumes improve glycemic, lipidemic profile and body composition of females in a dose-dependent manner: Associations with muscle fibres composition adaptations. <i>European Journal of Sport Science</i> , 2023, 23, 241-250.	2.7	6
72	Acute and Long-Term Effects of Concurrent Resistance and Swimming Training on Swimming Performance. <i>Sports</i> , 2022, 10, 29.	1.7	6

#	ARTICLE	IF	CITATIONS
73	Intramuscular fibre conduction velocity and muscle fascicle length in human vastus lateralis. <i>Applied Physiology, Nutrition and Metabolism</i> , 2019, 44, 133-138.	1.9	5
74	Gastrocnemius Medialis Architectural Properties in Flexibility Trained and Not Trained Child Female Athletes: A Pilot Study. <i>Sports</i> , 2020, 8, 29.	1.7	5
75	Evaluation of the Isometric and Dynamic Rates of Force Development in Multi-Joint Muscle Actions. <i>Journal of Human Kinetics</i> , 2022, 81, 135-148.	1.5	5
76	Effects of Dryland Training During the COVID-19 Lockdown Period on Swimming Performance. <i>International Journal of Sports Physiology and Performance</i> , 2022, 17, 1264-1271.	2.3	5
77	Reliability of resting intramuscular fiber conduction velocity—evaluation. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018, 28, 48-56.	2.9	4
78	Effect of exercise training on functional capacity and body composition in myotonic dystrophy type 2 patients. <i>Muscle and Nerve</i> , 2021, 63, 477-483.	2.2	4
79	Force—Time Characteristics of Dynamic and Isometric Muscle Actions: Association with Muscle Architecture in Female Athletes. <i>Applied Sciences (Switzerland)</i> , 2021, 11, 5272.	2.5	4
80	Changes in Muscle Strength and Vertical Jump Performance after Short-Term Isometric Training at Different Knee Angles. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 252.	0.4	2
81	Preconditioning Strategies Before Maximum Clean Performance in Female Weightlifters. <i>Journal of Strength and Conditioning Research</i> , 2020, Publish Ahead of Print, .	2.1	2
82	Comparison of movement velocity and force-velocity parameters using a free video analysis software and a linear position transducer during unilateral and bilateral ballistic leg press. <i>Biomedical Human Kinetics</i> , 2022, 14, 25-32.	0.6	1
83	Functional capacity in a late-onset Pompe disease patient: Effect of enzyme replacement therapy and exercise training. <i>Annals of Indian Academy of Neurology</i> , 2016, 19, 423.	0.5	1
84	Effect of Inter-Repetition Rest vs. Traditional Resistance Training on the Upper Body Strength Rate of Force Development and Triceps Brachii Muscle Architecture. <i>Journal of Human Kinetics</i> , 2022, 81, 189-198.	1.5	1
85	200. <i>Cytokine</i> , 2014, 70, 76.	3.2	0
86	Effects Of Tapering With Light Vs. Heavy Loads On Track And Field Throwing Performance. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 263.	0.4	0
87	Changes in Muscle Strength and Performance after a Plyometric Training Session in Children and Adults. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 542-543.	0.4	0
88	Time-course Of Changes In Maximal Force And Rate Of Force Development After A Plyometric Training Session. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 356.	0.4	0
89	Protein supplementation alters redox-status and proteasomic activity following aseptic inflammation induced by exercise. <i>Free Radical Biology and Medicine</i> , 2016, 96, S42.	2.9	0
90	Comparison Between Unilateral and Bilateral Plyometric Training on Single and Double Leg Jumping Performance. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 1059.	0.4	0

#	ARTICLE	IF	CITATIONS
91	Differences in Gastrocnemius Muscle Architectural Properties between Child Female Athletes with Different Flexibility Training Backgrounds. Proceedings (mdpi), 2019, 25, .	0.2	0
92	Muscle Architecture of Gastrocnemius Medialis and Rate of Force Development during Different Stretching Protocols. Proceedings (mdpi), 2019, 25, .	0.2	0
93	Body composition and 6â€‰%minute walking ability in late-onset pompe disease patients after 9 years of enzyme replacement therapy. International Journal of Neuroscience, 2020, , 1-7.	1.6	0
94	Effects of Unilateral and Bilateral Plyometric Training on Leg Strength and Rate of Force Development. Medicine and Science in Sports and Exercise, 2016, 48, 477.	0.4	0