

# Jay R Hoffman

## List of Publications by Year in Descending Order

**Source:** <https://exaly.com/author-pdf/2429609/jay-r-hoffman-publications-by-year.pdf>

**Version:** 2024-04-26

This document has been generated based on the publications and citations recorded by exaly.com. For the latest version of this publication list, visit the link given above.

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

317  
papers

7,825  
citations

44  
h-index

74  
g-index

398  
ext. papers

8,927  
ext. citations

2.6  
avg, IF

5.71  
L-index

#	Paper	IF	Citations
3 <sup>17</sup>	Examination of Cognitive Function, Neurotrophin Concentrations, and both Brain and Systemic Inflammatory Markers Following a Simulated Game of American Football.. <i>Journal of Strength and Conditioning Research</i> , <b>2022</b> , 36, 686-694	3.2	
3 <sup>16</sup>	Sex-Based Performance Responses to an Acute Sprint Interval Cycling Training Session in Collegiate Athletes. <i>Research Quarterly for Exercise and Sport</i> , <b>2021</b> , 92, 469-476	1.9	0
3 <sup>15</sup>	A Comparison Between Total Body and Split Routine Resistance Training Programs in Trained Men. <i>Journal of Strength and Conditioning Research</i> , <b>2021</b> , 35, 1520-1526	3.2	3
3 <sup>14</sup>	Effects of High-Dose, Short-Duration βAlanine Supplementation on Cognitive Function, Mood, and Circulating Brain-Derived Neurotropic Factor (BDNF) in Recreationally-Active Males Before Simulated Military Operational Stress. <i>Journal of Dietary Supplements</i> , <b>2021</b> , 18, 147-168	2.3	7
3 <sup>13</sup>	Continuous and interval training attenuate encephalomyelitis by separate immunomodulatory mechanisms. <i>Annals of Clinical and Translational Neurology</i> , <b>2021</b> , 8, 190-200	5.3	3
3 <sup>12</sup>	βAlanine Supplementation Attenuates the Neurophysiological Response in Animals Exposed to an Acute Heat Stress. <i>Journal of Dietary Supplements</i> , <b>2021</b> , 1-16	2.3	1
3 <sup>11</sup>	Anabolic-Androgenic Steroid Use in Sports, Health, and Society. <i>Medicine and Science in Sports and Exercise</i> , <b>2021</b> , 53, 1778-1794	1.2	5
3 <sup>10</sup>	Manipulation of Dietary Intake on Changes in Circulating Testosterone Concentrations. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	3
3 <sup>09</sup>	Evaluation of a Reactive Agility Assessment Device in Youth Football Players. <i>Journal of Strength and Conditioning Research</i> , <b>2020</b> , 34, 3311-3315	3.2	4
3 <sup>08</sup>	Effect of somatic maturity on the aerobic and anaerobic adaptations to sprint interval training. <i>Physiological Reports</i> , <b>2020</b> , 8, e14426	2.6	1
3 <sup>07</sup>	Changes in Hippocampal Androgen Receptor Density and Behavior in Sprague-Dawley Male Rats Exposed to a Low-Pressure Blast Wave. <i>Brain Plasticity</i> , <b>2020</b> , 5, 135-145	3.5	1
3 <sup>06</sup>	Physical and Anthropometric Characteristics of Basketball Players <b>2020</b> , 3-11		
3 <sup>05</sup>	Agreement of Gait Events Detection during Treadmill Backward Walking by Kinematic Data and Inertial Motion Units. <i>Sensors</i> , <b>2020</b> , 20,	3.8	3
3 <sup>04</sup>	Effect of βAlanine Supplementation on Monocyte Recruitment and Cognition During a 24-Hour Simulated Military Operation. <i>Journal of Strength and Conditioning Research</i> , <b>2020</b> , 34, 3042-3054	3.2	2
3 <sup>03</sup>	Ergogenic Effects of 8 Days of Sceletium Tortuosum Supplementation on Mood, Visual Tracking, and Reaction in Recreationally Trained Men and Women. <i>Journal of Strength and Conditioning Research</i> , <b>2020</b> , 34, 2476-2481	3.2	7
3 <sup>02</sup>	Differential effects of speed on two-dimensional foot strike pattern during barefoot and shod running in recreationally active men. <i>Sports Biomechanics</i> , <b>2020</b> , 19, 438-451	2.2	1
3 <sup>01</sup>	Examining work-to-rest ratios to optimize upper body sprint interval training. <i>Respiratory Physiology and Neurobiology</i> , <b>2019</b> , 262, 12-19	2.8	3

300	Differences in muscle oxygenation between young and middle-aged recreationally active men during high-volume resistance exercise. <i>Kinesiology</i> , <b>2019</b> , 51, 3-11	1	2
299	Effect of L-alanine supplementation on carnosine and histidine content in the hippocampus of 14-month-old rats. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2019</b> , 44, 1112-1115	3	4
298	Role of Endogenous and Exogenous Corticosterone on Behavioral and Cognitive Responses to Low-Pressure Blast Wave Exposure. <i>Journal of Neurotrauma</i> , <b>2019</b> , 36, 380-394	5.4	11
297	Comparison of sustained-release and rapid-release L-alanine formulations on changes in skeletal muscle carnosine and histidine content and isometric performance following a muscle-damaging protocol. <i>Amino Acids</i> , <b>2019</b> , 51, 49-60	3.5	14
296	A Comparison between the Recovery Responses Following an Eccentrically Loaded Bench Press Protocol Vs. Regular Loading in Highly Trained Men. <i>Journal of Human Kinetics</i> , <b>2019</b> , 68, 59-67	2.6	2
295	Association between Muscle Carnosine Content and Changes in Muscle Cytokines following Lower-Body Resistance Exercise. <i>Medicine and Science in Sports and Exercise</i> , <b>2019</b> , 51, 77-77	1.2	
294	L-Alanine Supplementation Reduces Anxiety and Increases Neurotrophin Expression in both Young and Older Rats. <i>Medicine and Science in Sports and Exercise</i> , <b>2019</b> , 51, 137-137	1.2	
293	Examining Work-to-Rest Ratios to Optimize Upper Body Sprint Interval Training. <i>Medicine and Science in Sports and Exercise</i> , <b>2019</b> , 51, 186-186	1.2	
292	The Effect of 2 Weeks of Inactivated Probiotic Bacillus coagulans on Endocrine, Inflammatory, and Performance Responses During Self-Defense Training in Soldiers. <i>Journal of Strength and Conditioning Research</i> , <b>2019</b> , 33, 2330-2337	3.2	7
291	Association between circulating inflammatory markers and marksmanship following intense military training. <i>Journal of the Royal Army Medical Corps</i> , <b>2019</b> , 165, 391-394	0.8	2
290	L-Alanine supplementation reduces anxiety and increases neurotrophin expression in both young and older rats. <i>Nutrition Research</i> , <b>2019</b> , 62, 51-63	4	10
289	Benefits of D-hydroxy-D-methylbutyrate supplementation in trained and untrained individuals. <i>Research in Sports Medicine</i> , <b>2019</b> , 27, 204-218	3.8	8
288	Effects of L-Alanine Supplementation and Intramuscular Carnosine Content on Exercise Performance and Health <b>2019</b> , 327-344		1
287	The Physiology and Biomechanics of Load Carriage Performance. <i>Military Medicine</i> , <b>2019</b> , 184, e83-e90	1.3	14
286	Maturity-Related Differences in Systemic Pulmonary and Localized Fatigue Threshold Among Youth Male Athletes. <i>Pediatric Exercise Science</i> , <b>2019</b> , 31, 99-106	2	1
285	Distinct Effects of Repeated-Sprint Training in Normobaric Hypoxia and L-Alanine Supplementation. <i>Journal of the American College of Nutrition</i> , <b>2019</b> , 38, 149-161	3.5	7
284	Effects of L-Alanine Supplementation on Carnosine Elevation and Physiological Performance. <i>Advances in Food and Nutrition Research</i> , <b>2018</b> , 84, 183-206	6	24
283	Polyphenol supplementation alters intramuscular apoptotic signaling following acute resistance exercise. <i>Physiological Reports</i> , <b>2018</b> , 6, e13552	2.6	5

282	Comparison Between Bench Press Throw and Ballistic Push-up Tests to Assess Upper-Body Power in Trained Individuals. <i>Journal of Strength and Conditioning Research</i> , <b>2018</b> , 32, 1503-1510	3.2	8
281	Effects of supine rest duration on ultrasound measures of the vastus lateralis. <i>Clinical Physiology and Functional Imaging</i> , <b>2018</b> , 38, 155-157	2.4	18
280	Effect of Lower-Body Resistance Training on Upper-Body Strength Adaptation in Trained Men. <i>Journal of Strength and Conditioning Research</i> , <b>2018</b> , 32, 13-18	3.2	12
279	Acute Effects of Ammonia Inhalants on Strength and Power Performance in Trained Men. <i>Journal of Strength and Conditioning Research</i> , <b>2018</b> , 32, 244-247	3.2	7
278	Resistance Exercise Selectively Mobilizes Monocyte Subsets: Role of Polyphenols. <i>Medicine and Science in Sports and Exercise</i> , <b>2018</b> , 50, 2231-2241	1.2	5
277	Developmental associations with muscle morphology, physical performance, and asymmetry in youth judo athletes. <i>Sport Sciences for Health</i> , <b>2018</b> , 14, 555-562	1.3	6
276	Effect of High-Dose, Short-Duration $\beta$ Alanine Supplementation on Circulating IL-10 Concentrations During Intense Military Training. <i>Journal of Strength and Conditioning Research</i> , <b>2018</b> , 32, 2978-2981	3.2	4
275	Influence of Baseline Muscle Strength and Size Measures on Training Adaptations in Resistance-trained Men. <i>International Journal of Exercise Science</i> , <b>2018</b> , 11, 198-213	1.3	8
274	Effects of normobaric hypoxia on upper body critical power and anaerobic working capacity. <i>Respiratory Physiology and Neurobiology</i> , <b>2018</b> , 249, 1-6	2.8	6
273	Effects of $\beta$ alanine supplementation on physical performance, cognition, endocrine function, and inflammation during a 24h simulated military operation. <i>Physiological Reports</i> , <b>2018</b> , 6, e13938	2.6	10
272	Resistance training does not induce uniform adaptations to quadriceps. <i>PLoS ONE</i> , <b>2018</b> , 13, e0198304	3.7	26
271	Exercise-Induced Hormone Elevations Are Related to Muscle Growth. <i>Journal of Strength and Conditioning Research</i> , <b>2017</b> , 31, 45-53	3.2	30
270	Controlled Low-Pressure Blast-Wave Exposure Causes Distinct Behavioral and Morphological Responses Modelling Mild Traumatic Brain Injury, Post-Traumatic Stress Disorder, and Comorbid Mild Traumatic Brain Injury-Post-Traumatic Stress Disorder. <i>Journal of Neurotrauma</i> , <b>2017</b> , 34, 145-164	5.4	28
269	Acute effects of a beverage containing bitter melon extract (CARELA) on postprandial glycemia among prediabetic adults. <i>Nutrition and Diabetes</i> , <b>2017</b> , 7, e241	4.7	10
268	Relative age effects despite weight categories in elite junior male wrestlers. <i>Sport Sciences for Health</i> , <b>2017</b> , 13, 99-106	1.3	6
267	Castration alters protein balance after high-frequency muscle contraction. <i>Journal of Applied Physiology</i> , <b>2017</b> , 122, 264-272	3.7	20
266	Behavioral and inflammatory response in animals exposed to a low-pressure blast wave and supplemented with $\beta$ alanine. <i>Amino Acids</i> , <b>2017</b> , 49, 871-886	3.5	23
265	Evaluating Upper-Body Strength and Power From a Single Test: The Ballistic Push-up. <i>Journal of Strength and Conditioning Research</i> , <b>2017</b> , 31, 1338-1345	3.2	25

264	Combined effect of GBI-30, 6086 and HMB supplementation on muscle integrity and cytokine response during intense military training. <i>Journal of Applied Physiology</i> , <b>2017</b> , 123, 11-18	3.7	17
263	Comparison of the recovery response from high-intensity and high-volume resistance exercise in trained men. <i>European Journal of Applied Physiology</i> , <b>2017</b> , 117, 1287-1298	3.4	50
262	Polyphenol Supplementation Attenuates Apoptotic Signaling Following Acute Resistance Exercise in Untrained Males. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 392	1.2	
261	Scanning plane comparison of ultrasound-derived morphological characteristics of the vastus lateralis. <i>Clinical Anatomy</i> , <b>2017</b> , 30, 533-542	2.5	12
260	Resistance Exercise and Polyphenol Supplementation elicits Unique Recruitment of Monocyte Subsets in Untrained Men. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 1028-1029	1.2	
259	Tumor necrosis factor-alpha and soluble TNF-alpha receptor responses in young vs. middle-aged males following eccentric exercise. <i>Experimental Gerontology</i> , <b>2017</b> , 100, 28-35	4.5	9
258	Alanine supplementation elevates intramuscular carnosine content and attenuates fatigue in men and women similarly but does not change muscle l-histidine content. <i>Nutrition Research</i> , <b>2017</b> , 48, 16-25	4	24
257	Impact of Polyphenol Supplementation on Acute and Chronic Response to Resistance Training. <i>Journal of Strength and Conditioning Research</i> , <b>2017</b> , 31, 2945-2954	3.2	13
256	Comparisons in the Recovery Response From Resistance Exercise Between Young and Middle-Aged Men. <i>Journal of Strength and Conditioning Research</i> , <b>2017</b> , 31, 3454-3462	3.2	9
255	Comparison of Two Alanine Dosing Protocols on Muscle Carnosine Elevations. <i>Journal of the American College of Nutrition</i> , <b>2017</b> , 36, 608-616	3.5	27
254	The Effect of Bacillus Coagulans and HMB On Muscle Integrity and Inflammation During Military Training. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 81	1.2	1
253	Effects of Different Relative Loads on Power Performance During the Ballistic Push-up. <i>Journal of Strength and Conditioning Research</i> , <b>2017</b> , 31, 3411-3416	3.2	2
252	International Society of Sports Nutrition Position Stand: protein and exercise. <i>Journal of the International Society of Sports Nutrition</i> , <b>2017</b> , 14, 20	4.5	264
251	Effects of a 10-Week Introductory Judo Course on Postural Control During a Bilateral Reactionary Gripping Task. <i>Motor Control</i> , <b>2017</b> , 21, 373-389	1.3	5
250	The influence of isometric preload on power expressed during bench press in strength-trained men. <i>European Journal of Sport Science</i> , <b>2017</b> , 17, 195-199	3.9	2
249	The effect of HMB ingestion on the IGF-I and IGF binding protein response to high intensity military training. <i>Growth Hormone and IGF Research</i> , <b>2017</b> , 32, 55-59	2	4
248	The Dmax method is a valid procedure to estimate physical working capacity at fatigue threshold. <i>Muscle and Nerve</i> , <b>2017</b> , 55, 344-349	3.4	2
247	Homogeneity of echo intensity values in transverse ultrasound images. <i>Muscle and Nerve</i> , <b>2017</b> , 56, 93-98.4	3.4	9

246	Evaluating Upper-body Strength And Power From A Single Test. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 602	1.2	1
245	Lessons From Analyzing the Medical Costs of Civilian Terror Victims: Planning Resources Allocation for a New Era of Confrontations. <i>Milbank Quarterly</i> , <b>2017</b> , 95, 783-800	3.9	2
244	Comparison Of High And Low 25(OH)-Vitamin D Concentrations On Recovery From Resistance Exercise In Men. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 850	1.2	
243	Influence of Skeletal Muscle Carnosine Content on Fatigue during Repeated Resistance Exercise in Recreationally Active Women. <i>Nutrients</i> , <b>2017</b> , 9,	6.7	13
242	Strength and Speed/Power Athletes <b>2017</b> , 211-232		1
241	Intramyocellular triacylglycerol accumulation across weight loss strategies; Sub-study of the CENTRAL trial. <i>PLoS ONE</i> , <b>2017</b> , 12, e0188431	3.7	5
240	Mathematical Modeling and Expression of Heart Rate Deflection Point using Heart Rate and Oxygen Consumption. <i>International Journal of Exercise Science</i> , <b>2017</b> , 10, 592-603	1.3	2
239	Force-time characteristics during an explosive isometric gripping task: effects of a 10-week introductory judo course. <i>Journal of Combat Sports and Martial Arts</i> , <b>2017</b> , 2, 101-105		1
238	Post-resistance exercise ingestion of milk protein attenuates plasma TNF $\alpha$ and TNFr1 expression on monocyte subpopulations. <i>Amino Acids</i> , <b>2017</b> , 49, 1415-1426	3.5	1
237	The Response of Leukemia Inhibitory Factor to High-Intensity and High-Volume Resistance Training in Trained Men. <i>Medicine and Science in Sports and Exercise</i> , <b>2017</b> , 49, 492	1.2	
236	Resistance exercise increases intramuscular NF- $\kappa$ B signaling in untrained males. <i>European Journal of Applied Physiology</i> , <b>2016</b> , 116, 2103-2111	3.4	5
235	Exercise Maintains Dendritic Complexity in an Animal Model of Posttraumatic Stress Disorder. <i>Medicine and Science in Sports and Exercise</i> , <b>2016</b> , 48, 2487-2494	1.2	6
234	Altering Work to Rest Ratios Differentially Influences Fatigue Indices During Repeated Sprint Ability Testing. <i>Journal of Strength and Conditioning Research</i> , <b>2016</b> , 30, 400-6	3.2	3
233	Effects of 4 Weeks of High-Intensity Interval Training and $\beta$ -Hydroxy- $\beta$ -Methylbutyric Free Acid Supplementation on the Onset of Neuromuscular Fatigue. <i>Journal of Strength and Conditioning Research</i> , <b>2016</b> , 30, 626-34	3.2	16
232	Intramuscular MAPK signaling following high volume and high intensity resistance exercise protocols in trained men. <i>European Journal of Applied Physiology</i> , <b>2016</b> , 116, 1663-70	3.4	11
231	Effect of acute L-Alanyl-L-Glutamine and electrolyte ingestion on cognitive function and reaction time following endurance exercise. <i>European Journal of Sport Science</i> , <b>2016</b> , 16, 72-9	3.9	10
230	Intramuscular Anabolic Signaling and Endocrine Response Following Resistance Exercise: Implications for Muscle Hypertrophy. <i>Sports Medicine</i> , <b>2016</b> , 46, 671-85	10.6	47
229	Effects of resistance training on classic and specific bioelectrical impedance vector analysis in elderly women. <i>Experimental Gerontology</i> , <b>2016</b> , 74, 9-12	4.5	19

228	β-Hydroxy-β-methylbutyrate attenuates cytokine response during sustained military training. <i>Nutrition Research</i> , <b>2016</b> , 36, 553-63	4	16
227	Monocyte Recruitment Following High-intensity And High-volume Resistance Exercise. <i>Medicine and Science in Sports and Exercise</i> , <b>2016</b> , 48, 393-394	1.2	3
226	The Effects of Multiple-Joint Isokinetic Resistance Training on Maximal Isokinetic and Dynamic Muscle Strength and Local Muscular Endurance. <i>Journal of Sports Science and Medicine</i> , <b>2016</b> , 15, 34-40	2.7	9
225	Spatial Awareness is Related to Moderate Intensity Running during a Collegiate Rugby Match. <i>International Journal of Exercise Science</i> , <b>2016</b> , 9, 599-606	1.3	
224	Comparison of block versus weekly undulating periodization models on endocrine and strength changes in male athletes. <i>Kinesiology</i> , <b>2016</b> , 48, 71-78	1	4
223	Supplementation with Guanidinoacetic Acid in Women with Chronic Fatigue Syndrome. <i>Nutrients</i> , <b>2016</b> , 8, 72	6.7	18
222	The Effect of Post-Resistance Exercise Amino Acids on Plasma MCP-1 and CCR2 Expression. <i>Nutrients</i> , <b>2016</b> , 8,	6.7	5
221	Strength ratios are affected by years of experience in American collegiate rugby athletes: A preliminary study. <i>Isokinetics and Exercise Science</i> , <b>2016</b> , 24, 257-262	0.6	4
220	A Microbiopsy Method for Immunohistological and Morphological Analysis: A Pilot Study. <i>Medicine and Science in Sports and Exercise</i> , <b>2016</b> , 48, 331-5	1.2	20
219	Isometric Mid-Thigh Pull Correlates With Strength, Sprint, and Agility Performance in Collegiate Rugby Union Players. <i>Journal of Strength and Conditioning Research</i> , <b>2016</b> , 30, 3051-3056	3.2	59
218	Monocyte Recruitment after High-Intensity and High-Volume Resistance Exercise. <i>Medicine and Science in Sports and Exercise</i> , <b>2016</b> , 48, 1169-78	1.2	13
217	Critical Velocity Is Associated With Combat-Specific Performance Measures in a Special Forces Unit. <i>Journal of Strength and Conditioning Research</i> , <b>2016</b> , 30, 446-53	3.2	6
216	Physical Differences Between Forwards and Backs in American Collegiate Rugby Players. <i>Journal of Strength and Conditioning Research</i> , <b>2016</b> , 30, 2382-91	3.2	22
215	Comparison of high-intensity vs. high-volume resistance training on the BDNF response to exercise. <i>Journal of Applied Physiology</i> , <b>2016</b> , 121, 123-8	3.7	53
214	Player Selection Bias in National Football League Draftees. <i>Journal of Strength and Conditioning Research</i> , <b>2016</b> , 30, 2965-2971	3.2	7
213	Short-Term Unilateral Resistance Training Results in Cross Education of Strength Without Changes in Muscle Size, Activation, or Endocrine Response. <i>Journal of Strength and Conditioning Research</i> , <b>2016</b> , 30, 1213-23	3.2	29
212	Changes in Plasma Aldosterone and Electrolytes Following High-Volume and High-Intensity Resistance Exercise Protocols in Trained Men. <i>Journal of Strength and Conditioning Research</i> , <b>2016</b> , 30, 1917-23	3.2	5
211	The effect of polyphenols on cytokine and granulocyte response to resistance exercise. <i>Physiological Reports</i> , <b>2016</b> , 4, e13058	2.6	14

210	Resistance training intensity and volume affect changes in rate of force development in resistance-trained men. <i>European Journal of Applied Physiology</i> , <b>2016</b> , 116, 2367-2374	3.4	28
209	Alanine ingestion increases muscle carnosine content and combat specific performance in soldiers. <i>Amino Acids</i> , <b>2015</b> , 47, 627-36	3.5	28
208	Intramuscular anabolic signaling and endocrine response following high volume and high intensity resistance exercise protocols in trained men. <i>Physiological Reports</i> , <b>2015</b> , 3, e12466	2.6	28
207	Alanine supplementation and military performance. <i>Amino Acids</i> , <b>2015</b> , 47, 2463-74	3.5	19
206	TNF- $\alpha$ and TNFR1 responses to recovery therapies following acute resistance exercise. <i>Frontiers in Physiology</i> , <b>2015</b> , 6, 48	4.6	9
205	Regular- and postseason comparisons of playing time and measures of running performance in NCAA Division I women soccer players. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2015</b> , 40, 907-17	3	11
204	Effects of l-Alanyl-l-Glutamine Ingestion on One-Hour Run Performance. <i>Journal of the American College of Nutrition</i> , <b>2015</b> , 34, 488-96	3.5	10
203	Alanine supplemented diets enhance behavioral resilience to stress exposure in an animal model of PTSD. <i>Amino Acids</i> , <b>2015</b> , 47, 1247-57	3.5	35
202	Resistance training improves capacity to delay neuromuscular fatigue in older adults. <i>Archives of Gerontology and Geriatrics</i> , <b>2015</b> , 61, 27-32	4	8
201	Protein supplementation does not alter intramuscular anabolic signaling or endocrine response after resistance exercise in trained men. <i>Nutrition Research</i> , <b>2015</b> , 35, 990-1000	4	7
200	The effect of training volume and intensity on improvements in muscular strength and size in resistance-trained men. <i>Physiological Reports</i> , <b>2015</b> , 3, e12472	2.6	89
199	International society of sports nutrition position stand: Beta-Alanine. <i>Journal of the International Society of Sports Nutrition</i> , <b>2015</b> , 12, 30	4.5	111
198	C-terminal agrin fragment is inversely related to neuromuscular fatigue in older men. <i>Muscle and Nerve</i> , <b>2015</b> , 51, 132-3	3.4	18
197	Sprinting performance on the Woodway Curve 3.0 is related to muscle architecture. <i>European Journal of Sport Science</i> , <b>2015</b> , 15, 606-14	3.9	20
196	Association between myosin heavy chain protein isoforms and intramuscular anabolic signaling following resistance exercise in trained men. <i>Physiological Reports</i> , <b>2015</b> , 3, e12268	2.6	17
195	Six-Week Oral Guanidinoacetic Acid Administration Improves Muscular Performance in Healthy Volunteers. <i>Journal of Investigative Medicine</i> , <b>2015</b> , 63, 942-6	2.9	7
194	Reduced high-intensity-running rate in collegiate women's soccer when games are separated by 42 hours. <i>International Journal of Sports Physiology and Performance</i> , <b>2015</b> , 10, 436-9	3.5	12
193	Moderate Altitude Affects High Intensity Running Performance in a Collegiate Women's Soccer Game. <i>Journal of Human Kinetics</i> , <b>2015</b> , 47, 147-54	2.6	6



192	Comparison of the effects of electrical stimulation and cold-water immersion on muscle soreness after resistance exercise. <i>Journal of Sport Rehabilitation</i> , <b>2015</b> , 24, 99-108	1.7	20
191	Exercise Enhances the Behavioral Responses to Acute Stress in an Animal Model of PTSD. <i>Medicine and Science in Sports and Exercise</i> , <b>2015</b> , 47, 2043-52	1.2	20
190	The Inter-Association Task Force for Preventing Sudden Death in Collegiate Conditioning Sessions. <i>Strength and Conditioning Journal</i> , <b>2015</b> , 37, 113-116	2	1
189	Block vs. Weekly Undulating Periodized Resistance Training Programs in Women. <i>Journal of Strength and Conditioning Research</i> , <b>2015</b> , 29, 2679-87	3.2	12
188	Effects of β-Hydroxy-β-methylbutyrate Free Acid Ingestion and Resistance Exercise on the Acute Endocrine Response. <i>International Journal of Endocrinology</i> , <b>2015</b> , 2015, 856708	2.7	17
187	Muscle strength and hypertrophy occur independently of protein supplementation during short-term resistance training in untrained men. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2015</b> , 40, 797-802	3	13
186	Leukocyte IGF-1 receptor expression during muscle recovery. <i>Medicine and Science in Sports and Exercise</i> , <b>2015</b> , 47, 92-9	1.2	8
185	The effect of an acute ingestion of Turkish coffee on reaction time and time trial performance. <i>Journal of the International Society of Sports Nutrition</i> , <b>2015</b> , 12, 37	4.5	24
184	β-Hydroxy-β-methylbutyrate (HMB) supplementation and resistance exercise significantly reduce abdominal adiposity in healthy elderly men. <i>Experimental Gerontology</i> , <b>2015</b> , 64, 33-4	4.5	13
183	Effects of time-release caffeine containing supplement on metabolic rate, glycerol concentration and performance. <i>Journal of Sports Science and Medicine</i> , <b>2015</b> , 14, 322-32	2.7	4
182	Evaluation of Electromyographic Frequency Domain Changes during a Three-Minute Maximal Effort Cycling Test. <i>Journal of Sports Science and Medicine</i> , <b>2015</b> , 14, 452-8	2.7	8
181	Examination of the Effectiveness of Predictors for Musculoskeletal Injuries in Female Soldiers. <i>Journal of Sports Science and Medicine</i> , <b>2015</b> , 14, 515-21	2.7	21
180	A comparison of traditional and block periodized strength training programs in trained athletes. <i>Journal of Strength and Conditioning Research</i> , <b>2014</b> , 28, 990-7	3.2	42
179	Dose-response effects of oral guanidinoacetic acid on serum creatine, homocysteine and B vitamins levels. <i>European Journal of Nutrition</i> , <b>2014</b> , 53, 1637-43	5.2	15
178	Muscle quality index improves with resistance exercise training in older adults. <i>Experimental Gerontology</i> , <b>2014</b> , 53, 1-6	4.5	54
177	Bilateral differences in muscle architecture and increased rate of injury in national basketball association players. <i>Journal of Athletic Training</i> , <b>2014</b> , 49, 794-9	4	27
176	Effects of β-hydroxy-β-methylbutyrate free acid and cold water immersion on expression of CR3 and MIP-1β following resistance exercise. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , <b>2014</b> , 306, R483-9	3.2	17
175	Effects of β-hydroxy-β-methylbutyrate free acid and cold water immersion on post-exercise markers of muscle damage. <i>Amino Acids</i> , <b>2014</b> , 46, 1501-11	3.5	24

174	Resistance training improves single leg stance performance in older adults. <i>Aging Clinical and Experimental Research</i> , <b>2014</b> , 26, 89-92	4.8	11
173	β-alanine supplementation improves tactical performance but not cognitive function in combat soldiers. <i>Journal of the International Society of Sports Nutrition</i> , <b>2014</b> , 11, 15	4.5	26
172	High-intensity interval training and β-hydroxy-β-methylbutyric free acid improves aerobic power and metabolic thresholds. <i>Journal of the International Society of Sports Nutrition</i> , <b>2014</b> , 11, 16	4.5	18
171	Performance-enhancing effects of non-selective endothelin receptor antagonist. <i>International Journal of Cardiology</i> , <b>2014</b> , 171, 294-7	3.2	
170	Physical working capacity at fatigue threshold (PWCFT) is associated with sarcopenia-related body composition and measures of functionality in older adults. <i>Archives of Gerontology and Geriatrics</i> , <b>2014</b> , 59, 300-4	4	6
169	Do Acute Changes In Muscle Architecture Affect Post-Activation Potentiation?. <i>Medicine and Science in Sports and Exercise</i> , <b>2014</b> , 46, 354	1.2	2
168	Effects of 28-days ingestion of a slow-release energy supplement versus placebo on hematological and cardiovascular measures of health. <i>Journal of the International Society of Sports Nutrition</i> , <b>2014</b> , 11, 59	4.5	3
167	Mediators of monocyte migration in response to recovery modalities following resistance exercise. <i>Mediators of Inflammation</i> , <b>2014</b> , 2014, 145817	4.3	3
166	Effectiveness of oral and topical hydrogen for sports-related soft tissue injuries. <i>Postgraduate Medicine</i> , <b>2014</b> , 126, 187-95	3.7	28
165	Acute anabolic response to β-hydroxy-β-methylbutyrate (HMB)-free acid supplementation following heavy resistance exercise. <i>Journal of the International Society of Sports Nutrition</i> , <b>2014</b> , 11, P16	4.5	78
164	Examination of the health and safety aspects of 28-days ingestion of a supplement containing slow-release caffeine. <i>Journal of the International Society of Sports Nutrition</i> , <b>2014</b> , 11, P17	4.5	78
163	Pharmacokinetics of caffeine administered in a time-release versus regular tablet form. <i>Journal of the International Society of Sports Nutrition</i> , <b>2014</b> , 11, P23	4.5	2
162	Bio-active peptides (Biogro) supplementation improves work capacity during short-term resistance exercise in men. <i>Journal of the International Society of Sports Nutrition</i> , <b>2014</b> , 11,	4.5	78
161	Speed, force, and power values produced from nonmotorized treadmill test are related to sprinting performance. <i>Journal of Strength and Conditioning Research</i> , <b>2014</b> , 28, 1812-9	3.2	16
160	Visual tracking speed is related to basketball-specific measures of performance in NBA players. <i>Journal of Strength and Conditioning Research</i> , <b>2014</b> , 28, 2406-14	3.2	71
159	Predictors of high-intensity running capacity in collegiate women during a soccer game. <i>Journal of Strength and Conditioning Research</i> , <b>2014</b> , 28, 964-70	3.2	25
158	Acute effect of intensity fluctuation on energy output and substrate utilization. <i>Journal of Strength and Conditioning Research</i> , <b>2014</b> , 28, 2136-44	3.2	
157	Resistance exercise may improve spatial awareness and visual reaction in older adults. <i>Journal of Strength and Conditioning Research</i> , <b>2014</b> , 28, 2079-87	3.2	33

156	National collegiate athletic association strength and conditioning coaches' knowledge and practices regarding prevention and recognition of exertional heat stroke. <i>Journal of Strength and Conditioning Research</i> , <b>2014</b> , 28, 3013-23	3.2	3
155	Vastus lateralis exhibits non-homogenous adaptation to resistance training. <i>Muscle and Nerve</i> , <b>2014</b> , 50, 785-93	3.4	40
154	Muscle architecture and strength: adaptations to short-term resistance training in older adults. <i>Muscle and Nerve</i> , <b>2014</b> , 49, 584-92	3.4	88
153	Biomarkers of muscle quality: N-terminal propeptide of type III procollagen and C-terminal agrin fragment responses to resistance exercise training in older adults. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , <b>2014</b> , 5, 139-48	10.3	52
152	Reliability of the dynavision™2 for assessing reaction time performance. <i>Journal of Sports Science and Medicine</i> , <b>2014</b> , 13, 145-50	2.7	34
151	Do changes in muscle architecture affect post-activation potentiation?. <i>Journal of Sports Science and Medicine</i> , <b>2014</b> , 13, 483-92	2.7	5
150	Influence of gender and muscle architecture asymmetry on jump and sprint performance. <i>Journal of Sports Science and Medicine</i> , <b>2014</b> , 13, 904-11	2.7	20
149	Oral nutritional supplement fortified with beta-alanine improves physical working capacity in older adults: a randomized, placebo-controlled study. <i>Experimental Gerontology</i> , <b>2013</b> , 48, 933-9	4.5	34
148	Effects of a competitive wrestling season on body composition, endocrine markers, and anaerobic exercise performance in NCAA collegiate wrestlers. <i>European Journal of Applied Physiology</i> , <b>2013</b> , 113, 1157-68	3.4	21
147	Effect of calcium β-hydroxy-β-methylbutyrate (CaHMB) with and without resistance training in men and women 65+yrs: a randomized, double-blind pilot trial. <i>Experimental Gerontology</i> , <b>2013</b> , 48, 1303-10	4.5	72
146	International Society of Sports Nutrition position stand: energy drinks. <i>Journal of the International Society of Sports Nutrition</i> , <b>2013</b> , 10, 1	4.5	121
145	International Society of Sports Nutrition Position Stand: beta-hydroxy-beta-methylbutyrate (HMB). <i>Journal of the International Society of Sports Nutrition</i> , <b>2013</b> , 10, 6	4.5	87
144	Phosphatidylserine and caffeine attenuate postexercise mood disturbance and perception of fatigue in humans. <i>Nutrition Research</i> , <b>2013</b> , 33, 464-72	4	14
143	Effect of sodium bicarbonate and beta-alanine supplementation on maximal sprint swimming. <i>Journal of the International Society of Sports Nutrition</i> , <b>2013</b> , 10, 52	4.5	18
142	β-Hydroxy-β-methylbutyrate (HMB)-free acid attenuates circulating TNF-α and TNFR1 expression postresistance exercise. <i>Journal of Applied Physiology</i> , <b>2013</b> , 115, 1173-82	3.7	44
141	Predictors of fielding performance in professional baseball players. <i>International Journal of Sports Physiology and Performance</i> , <b>2013</b> , 8, 510-6	3.5	12
140	Performance and muscle architecture comparisons between starters and nonstarters in National Collegiate Athletic Association Division I women's soccer. <i>Journal of Strength and Conditioning Research</i> , <b>2013</b> , 27, 2355-65	3.2	33
139	Effect of age on anthropometric and physical performance measures in professional baseball players. <i>Journal of Strength and Conditioning Research</i> , <b>2013</b> , 27, 375-81	3.2	13

138	Performance changes in NBA basketball players vary in starters vs. nonstarters over a competitive season. <i>Journal of Strength and Conditioning Research</i> , <b>2013</b> , 27, 611-5	3.2	37
137	Reliability of the Woodway Curve(TM) Non-Motorized Treadmill for Assessing Anaerobic Performance. <i>Journal of Sports Science and Medicine</i> , <b>2013</b> , 12, 104-8	2.7	15
136	N-Terminal Propeptide of Type III Procollagen (P3NP) Responses to Resistance Exercise in Older Adults. <i>FASEB Journal</i> , <b>2013</b> , 27, lb812	0.9	1
135	L-alanyl-L-glutamine ingestion maintains performance during a competitive basketball game. <i>Journal of the International Society of Sports Nutrition</i> , <b>2012</b> , 9, 4	4.5	17
134	L-glutamine absorption is enhanced after ingestion of L-alanylglutamine compared with the free amino acid or wheat protein. <i>Nutrition Research</i> , <b>2012</b> , 32, 272-7	4	27
133	Efficacy of phosphatidic acid ingestion on lean body mass, muscle thickness and strength gains in resistance-trained men. <i>Journal of the International Society of Sports Nutrition</i> , <b>2012</b> , 9, 47	4.5	30
132	The effect of a dietary supplement (N-oleyl-phosphatidyl-ethanolamine and epigallocatechin gallate) on dietary compliance and body fat loss in adults who are overweight: a double-blind, randomized control trial. <i>Lipids in Health and Disease</i> , <b>2012</b> , 11, 127	4.4	17
131	The inter-association task force for preventing sudden death in collegiate conditioning sessions: best practices recommendations. <i>Journal of Athletic Training</i> , <b>2012</b> , 47, 477-80	4	37
130	Alanine supplementation. <i>Current Sports Medicine Reports</i> , <b>2012</b> , 11, 189-95	1.9	15
129	Caffeine, Energy Drinks, and Strength-Power Performance. <i>Strength and Conditioning Journal</i> , <b>2012</b> , 34, 11-16	2	4
128	The effects of rest interval length on acute bench press performance: the influence of gender and muscle strength. <i>Journal of Strength and Conditioning Research</i> , <b>2012</b> , 26, 1817-26	3.2	22
127	The effects of rest interval length manipulation of the first upper-body resistance exercise in sequence on acute performance of subsequent exercises in men and women. <i>Journal of Strength and Conditioning Research</i> , <b>2012</b> , 26, 2929-38	3.2	7
126	Performance changes in National Collegiate Athletic Association Division I women basketball players during a competitive season: starters vs. nonstarters. <i>Journal of Strength and Conditioning Research</i> , <b>2012</b> , 26, 3197-203	3.2	13
125	Effect of 15 days of betaine ingestion on concentric and eccentric force outputs during isokinetic exercise. <i>Journal of Strength and Conditioning Research</i> , <b>2011</b> , 25, 2235-41	3.2	25
124	Performance changes during a college playing career in NCAA division III football athletes. <i>Journal of Strength and Conditioning Research</i> , <b>2011</b> , 25, 2351-7	3.2	37
123	Nutrition and Hydration Issues for Combat Sport Athletes. <i>Strength and Conditioning Journal</i> , <b>2011</b> , 33, 10-17	2	19
122	Effect of a pre-workout energy supplement on acute multi-joint resistance exercise. <i>Journal of Sports Science and Medicine</i> , <b>2011</b> , 10, 261-6	2.7	40
121	Endogenous opioid peptide responses to opioid and anti-inflammatory medications following eccentric exercise-induced muscle damage. <i>Peptides</i> , <b>2010</b> , 31, 88-93	3.8	8

120	Caffeine and Energy Drinks. <i>Strength and Conditioning Journal</i> , <b>2010</b> , 32, 15-20	2	23
119	After-school fitness performance is not altered after physical education lessons in adolescent athletes. <i>Journal of Strength and Conditioning Research</i> , <b>2010</b> , 24, 765-70	3.2	4
118	Anthropometric and performance differences among high-school football players. <i>Journal of Strength and Conditioning Research</i> , <b>2010</b> , 24, 1975-82	3.2	25
117	Sport Science. <i>Strength and Conditioning Journal</i> , <b>2010</b> , 32, 33-45	2	4
116	Influence of Recovery Time on Warm-up Effects in Male Adolescent Athletes. <i>Medicine and Science in Sports and Exercise</i> , <b>2010</b> , 42, 545-546	1.2	
115	Influence of recovery time on warm-up effects in male adolescent athletes. <i>Pediatric Exercise Science</i> , <b>2010</b> , 22, 266-77	2	9
114	Preliminary Evaluation of Exercise Training with Balloons on Fitness Performance in Elementary School Children. <i>Medicine and Science in Sports and Exercise</i> , <b>2010</b> , 42, 550	1.2	
113	Correlates of Wingate Anaerobic Power Test and Physical Performance Indices in College Football Players. <i>Medicine and Science in Sports and Exercise</i> , <b>2010</b> , 42, 157	1.2	
112	Effect Of Acute L-alanyl-l-glutamine Ingestion And Dehydration On Immune, Inflammatory And Oxidative Stress Responses During Anaerobic Exercise. <i>Medicine and Science in Sports and Exercise</i> , <b>2010</b> , 42, 790	1.2	1
111	Effect of a proprietary protein supplement on recovery indices following resistance exercise in strength/power athletes. <i>Amino Acids</i> , <b>2010</b> , 38, 771-8	3.5	43
110	Improved time to exhaustion following ingestion of the energy drink Amino Impact. <i>Journal of the International Society of Sports Nutrition</i> , <b>2010</b> , 7, 14	4.5	33
109	The effects of acute and prolonged CRAM supplementation on reaction time and subjective measures of focus and alertness in healthy college students. <i>Journal of the International Society of Sports Nutrition</i> , <b>2010</b> , 7, 39	4.5	17
108	Examination of the efficacy of acute L-alanyl-L-glutamine ingestion during hydration stress in endurance exercise. <i>Journal of the International Society of Sports Nutrition</i> , <b>2010</b> , 7, 8	4.5	26
107	Regulating intensity using perceived exertion: effect of exercise duration. <i>European Journal of Applied Physiology</i> , <b>2009</b> , 105, 445-51	3.4	18
106	Effect of preceding resistance exercise on metabolism during subsequent aerobic session. <i>European Journal of Applied Physiology</i> , <b>2009</b> , 107, 43-50	3.4	24
105	Thermogenic effect of an acute ingestion of a weight loss supplement. <i>Journal of the International Society of Sports Nutrition</i> , <b>2009</b> , 6, 1	4.5	60
104	Examination of a pre-exercise, high energy supplement on exercise performance. <i>Journal of the International Society of Sports Nutrition</i> , <b>2009</b> , 6, 2	4.5	53
103	Effect of betaine supplementation on power performance and fatigue. <i>Journal of the International Society of Sports Nutrition</i> , <b>2009</b> , 6, 7	4.5	64

102	Thermogenic effect of meltdown RTD energy drink in young healthy women: a double blind, cross-over design study. <i>Lipids in Health and Disease</i> , <b>2009</b> , 8, 57	4.4	19
101	Seasonal variation in physical performance-related variables in male NCAA Division III soccer players. <i>Journal of Strength and Conditioning Research</i> , <b>2009</b> , 23, 2555-9	3.2	41
100	The effects of treadmill sprint training and resistance training on maximal running velocity and power. <i>Journal of Strength and Conditioning Research</i> , <b>2009</b> , 23, 385-94	3.2	25
99	Comparison between different off-season resistance training programs in Division III American college football players. <i>Journal of Strength and Conditioning Research</i> , <b>2009</b> , 23, 11-9	3.2	70
98	Position stand on androgen and human growth hormone use. <i>Journal of Strength and Conditioning Research</i> , <b>2009</b> , 23, S1-S59	3.2	74
97	Effect of protein-supplement timing on strength, power, and body-composition changes in resistance-trained men. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2009</b> , 19, 172-85	4.4	70
96	Anthropometric and performance comparisons in professional baseball players. <i>Journal of Strength and Conditioning Research</i> , <b>2009</b> , 23, 2173-8	3.2	32
95	Physical performance characteristics in National Collegiate Athletic Association Division III champion female lacrosse athletes. <i>Journal of Strength and Conditioning Research</i> , <b>2009</b> , 23, 1524-9	3.2	20
94	Short-duration beta-alanine supplementation increases training volume and reduces subjective feelings of fatigue in college football players. <i>Nutrition Research</i> , <b>2008</b> , 28, 31-5	4	87
93	Beta-alanine and the hormonal response to exercise. <i>International Journal of Sports Medicine</i> , <b>2008</b> , 29, 952-8	3.6	45
92	Dynamic Warm-Up Protocols, With and Without a Weighted Vest, and Fitness Performance in High School Female Athletes. <i>Yearbook of Sports Medicine</i> , <b>2008</b> , 2008, 74-75		0
91	The applied physiology of American football. <i>International Journal of Sports Physiology and Performance</i> , <b>2008</b> , 3, 387-92	3.5	28
90	Effect of rest interval length on bench press performance in boys, teens, and men. <i>Pediatric Exercise Science</i> , <b>2008</b> , 20, 457-69	2	46
89	The effects of combined ballistic and heavy resistance training on maximal lower- and upper-body strength in recreationally trained men. <i>Journal of Strength and Conditioning Research</i> , <b>2008</b> , 22, 132-9	3.2	29
88	Self-selected resistance training intensity in healthy women: the influence of a personal trainer. <i>Journal of Strength and Conditioning Research</i> , <b>2008</b> , 22, 103-11	3.2	42
87	Effect of Alanine Supplementation on the Acute Hormonal Response to Resistance Exercise. <i>Medicine and Science in Sports and Exercise</i> , <b>2008</b> , 40, S166	1.2	
86	Nutritional supplementation and anabolic steroid use in adolescents. <i>Medicine and Science in Sports and Exercise</i> , <b>2008</b> , 40, 15-24	1.2	82
85	Effect of a pre-exercise energy supplement on the acute hormonal response to resistance exercise. <i>Journal of Strength and Conditioning Research</i> , <b>2008</b> , 22, 874-82	3.2	48

84	Regulating Intensity Using Perceived Exertion: Effect of Exercise Duration. <i>Medicine and Science in Sports and Exercise</i> , <b>2008</b> , 40, S100	1.2	
83	Preliminary evaluation of an after-school resistance training program for improving physical fitness in middle school-age boys. <i>Perceptual and Motor Skills</i> , <b>2007</b> , 104, 407-15	2.2	28
82	Effect of exercise intensity on fat utilization in males and females. <i>Research in Sports Medicine</i> , <b>2007</b> , 15, 175-88	3.8	9
81	Effects of beta-alanine supplementation on the onset of neuromuscular fatigue and ventilatory threshold in women. <i>Amino Acids</i> , <b>2007</b> , 32, 381-6	3.5	130
80	The effect of rest interval length on metabolic responses to the bench press exercise. <i>European Journal of Applied Physiology</i> , <b>2007</b> , 100, 1-17	3.4	132
79	Influence of intensity fluctuation on exercise metabolism. <i>European Journal of Applied Physiology</i> , <b>2007</b> , 100, 253-60	3.4	7
78	Inhalation of ultrafine and fine particulate matter disrupts systemic vascular function. <i>Inhalation Toxicology</i> , <b>2007</b> , 19, 133-40	2.7	111
77	Anticipatory responses of catecholamines on muscle force production. <i>Journal of Applied Physiology</i> , <b>2007</b> , 102, 94-102	3.7	52
76	Effects of an amino acid/creatine energy supplement on the acute hormonal response to resistance exercise. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2007</b> , 17, 608-23	4.4	16
75	Using Science to Improve Professional Practice, Part 2. <i>Strength and Conditioning Journal</i> , <b>2007</b> , 29, 69-73		2
74	Comparison of low- and high-intensity resistance exercise on lipid peroxidation: role of muscle oxygenation. <i>Journal of Strength and Conditioning Research</i> , <b>2007</b> , 21, 118-22	3.2	24
73	Anabolic Androgenic Steroids. <i>Strength and Conditioning Journal</i> , <b>2007</b> , 29, 50-57	2	
72	Acute muscular strength assessment using free weight bars of different thickness. <i>Journal of Strength and Conditioning Research</i> , <b>2007</b> , 21, 240-4	3.2	21
71	Do bilateral power deficits influence direction-specific movement patterns?. <i>Research in Sports Medicine</i> , <b>2007</b> , 15, 125-32	3.8	62
70	Effect of nutritionally enriched coffee consumption on aerobic and anaerobic exercise performance. <i>Journal of Strength and Conditioning Research</i> , <b>2007</b> , 21, 456-9	3.2	26
69	Effects of maximal squat exercise testing on vertical jump performance in american college football players. <i>Journal of Sports Science and Medicine</i> , <b>2007</b> , 6, 149-50	2.7	7
68	Effects of protein supplementation on muscular performance and resting hormonal changes in college football players. <i>Journal of Sports Science and Medicine</i> , <b>2007</b> , 6, 85-92	2.7	18
67	The combined effects of protein intake and resistance training on serum osteocalcin concentrations in strength and power athletes. <i>Journal of Strength and Conditioning Research</i> , <b>2007</b> , 21, 1197-203	3.2	5

66	Protein Intake: Effect of Timing. <i>Strength and Conditioning Journal</i> , <b>2007</b> , 29, 26	2	4
65	Effect of creatine and beta-alanine supplementation on performance and endocrine responses in strength/power athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2006</b> , 16, 430-441	4.4	93
64	Acute Effects of Different Warm-Up Protocols on Anaerobic Performance in Teenage Athletes. <i>Pediatric Exercise Science</i> , <b>2006</b> , 18, 64-75	2	27
63	Thermogenic effect from nutritionally enriched coffee consumption. <i>Journal of the International Society of Sports Nutrition</i> , <b>2006</b> , 3, 35-41	4.5	36
62	Effect of protein intake on strength, body composition and endocrine changes in strength/power athletes. <i>Journal of the International Society of Sports Nutrition</i> , <b>2006</b> , 3, 12-8	4.5	21
61	Pituitary-adrenal responses to arm versus leg exercise in untrained man. <i>European Journal of Applied Physiology</i> , <b>2006</b> , 97, 471-7	3.4	7
60	Timing of preparatory landing responses as a function of availability of optic flow information. <i>Journal of Electromyography and Kinesiology</i> , <b>2005</b> , 15, 120-30	2.5	24
59	EVALUATION OF PHYSIOLOGICAL RESPONSES DURING RECOVERY FOLLOWING THREE RESISTANCE EXERCISE PROGRAMS. <i>Journal of Strength and Conditioning Research</i> , <b>2005</b> , 19, 305-309	3.2	3
58	Biochemical and hormonal responses during an intercollegiate football season. <i>Medicine and Science in Sports and Exercise</i> , <b>2005</b> , 37, 1237-41	1.2	59
57	Metabolic and perceptual responses during Spinning cycle exercise. <i>Medicine and Science in Sports and Exercise</i> , <b>2005</b> , 37, 853-9	1.2	19
56	Recreational sports participation is associated with enhanced physical fitness in children. <i>Research in Sports Medicine</i> , <b>2005</b> , 13, 149-61	3.8	21
55	Comparison of loaded and unloaded jump squat training on strength/power performance in college football players. <i>Journal of Strength and Conditioning Research</i> , <b>2005</b> , 19, 810-5	3.2	33
54	The effect of a competitive collegiate football season on power performance and muscle oxygen recovery kinetics. <i>Journal of Strength and Conditioning Research</i> , <b>2005</b> , 19, 509-13	3.2	3
53	Effect of low-dose, short-duration creatine supplementation on anaerobic exercise performance. <i>Journal of Strength and Conditioning Research</i> , <b>2005</b> , 19, 260-4	3.2	13
52	Evaluation of physiological responses during recovery following three resistance exercise programs. <i>Journal of Strength and Conditioning Research</i> , <b>2005</b> , 19, 305-9	3.2	17
51	Influence Of Vicoprofen?? On Endogenous Opioid Peptides Following Exercise-induced Muscle Damage. <i>Medicine and Science in Sports and Exercise</i> , <b>2005</b> , 37, S357	1.2	
50	Effect Of Muscle Oxygenation During Resistance Exercise On Lipid Peroxidation. <i>Medicine and Science in Sports and Exercise</i> , <b>2005</b> , 37, S260	1.2	
49	Effect Of Protein Supplementation On Strength, Power And Body Composition Changes In Experienced Resistance Trained Men. <i>Medicine and Science in Sports and Exercise</i> , <b>2005</b> , 37, S45	1.2	1



48	Effect of hydration status on thirst, drinking, and related hormonal responses during low-intensity exercise in the heat. <i>Journal of Applied Physiology</i> , <b>2004</b> , 97, 39-44	3.7	71
47	Effect of contraction frequency on energy expenditure and substrate utilisation during upper and lower body exercise. <i>British Journal of Sports Medicine</i> , <b>2004</b> , 38, 31-5	10.3	17
46	Influence of Contraction Frequency on Cardiovascular Responses During the Upper and Lower Body Exercise. <i>Research in Sports Medicine</i> , <b>2004</b> , 12, 251-264	3.8	4
45	Core temperature measurement by microwave radiometry. <i>Journal of Thermal Biology</i> , <b>2004</b> , 29, 539-542	2.9	3
44	COMPARISON OF OLYMPIC VS. TRADITIONAL POWER LIFTING TRAINING PROGRAMS IN FOOTBALL PLAYERS. <i>Journal of Strength and Conditioning Research</i> , <b>2004</b> , 18, 129-135	3.2	6
43	Effects of beta-hydroxy beta-methylbutyrate on power performance and indices of muscle damage and stress during high-intensity training. <i>Journal of Strength and Conditioning Research</i> , <b>2004</b> , 18, 747-52	3.2	50
42	Comparison of Olympic vs. traditional power lifting training programs in football players. <i>Journal of Strength and Conditioning Research</i> , <b>2004</b> , 18, 129-35	3.2	57
41	Changes in Muscle Oxygen Recovery Kinetics in College Football Players. <i>Medicine and Science in Sports and Exercise</i> , <b>2004</b> , 36, S232-S233	1.2	
40	Effect of muscle oxygenation during resistance exercise on anabolic hormone response. <i>Medicine and Science in Sports and Exercise</i> , <b>2003</b> , 35, 1929-34	1.2	41
39	Cognitive and motor function after administration of hydrocodone bitartrate plus ibuprofen, ibuprofen alone, or placebo in healthy subjects with exercise-induced muscle damage: a randomized, repeated-dose, placebo-controlled study. <i>Psychopharmacology</i> , <b>2003</b> , 166, 228-33	4.7	8
38	Regulating intensity using perceived exertion during extended exercise periods. <i>European Journal of Applied Physiology</i> , <b>2003</b> , 89, 475-82	3.4	28
37	Effect of order of exercise intensity upon cardiorespiratory, metabolic, and perceptual responses during exercise of mixed intensity. <i>European Journal of Applied Physiology</i> , <b>2003</b> , 90, 569-74	3.4	8
36	The effect of an intercollegiate soccer game on maximal power performance. <i>Applied Physiology, Nutrition, and Metabolism</i> , <b>2003</b> , 28, 807-17		24
35	Strength changes during an in-season resistance-training program for football. <i>Journal of Strength and Conditioning Research</i> , <b>2003</b> , 17, 109-14	3.2	27
34	Comparison between linear and nonlinear in-season training programs in freshman football players. <i>Journal of Strength and Conditioning Research</i> , <b>2003</b> , 17, 561-5	3.2	10
33	Physiological and biomechanical analysis of treadmill walking up various gradients in men and women. <i>European Journal of Applied Physiology</i> , <b>2002</b> , 86, 503-8	3.4	33
32	American College of Sports Medicine position stand. Progression models in resistance training for healthy adults. <i>Medicine and Science in Sports and Exercise</i> , <b>2002</b> , 34, 364-80	1.2	928
31	Performance, biochemical, and endocrine changes during a competitive football game. <i>Medicine and Science in Sports and Exercise</i> , <b>2002</b> , 34, 1845-53	1.2	52

30	Effects of Vicoprofen <sup>®</sup> and Ibuprofen on Anaerobic Performance after Muscle Damage. <i>Journal of Sport Rehabilitation</i> , <b>2002</b> , 11, 104-119	1.7	5
29	Effects of Ibuprofen and Vicoprofen <sup>®</sup> on Physical Performance after Exercise-Induced Muscle Damage. <i>Journal of Sport Rehabilitation</i> , <b>2002</b> , 11, 224-234	1.7	9
28	Physiological Aspects of Sport Training and Performance <b>2002</b> ,		38
27	Evaluation of a new anaerobic power testing system. <i>Journal of Strength and Conditioning Research</i> , <b>2002</b> , 16, 142-8	3.2	19
26	EFFECTS OF IBUPROFEN AND HYDROCODONE BITARTRATE ADMINISTRATION ON CIRCULATING GROWTH FACTORS AND ANABOLIC HORMONES FOLLOWING ECCENTRIC EXERCISE-INDUCED MUSCLE DAMAGE. <i>Medicine and Science in Sports and Exercise</i> , <b>2001</b> , 33, S287	1.2	
25	A Comparison Between the Wingate Anaerobic Power Test to Both Vertical Jump and Line Drill Tests in Basketball Players. <i>Journal of Strength and Conditioning Research</i> , <b>2000</b> , 14, 261-264	3.2	4
24	Use of Performance Testing for Monitoring Overtraining in Elite Youth Basketball Players. <i>Strength and Conditioning Journal</i> , <b>2000</b> , 22, 54	2	11
23	A Comparison Between the Wingate Anaerobic Power Test to Both Vertical Jump and Line Drill Tests in Basketball Players. <i>Journal of Strength and Conditioning Research</i> , <b>2000</b> , 14, 261	3.2	27
22	The Effect of Leg Strength on the Incidence of Lower Extremity Overuse Injuries during Military Training. <i>Military Medicine</i> , <b>1999</b> , 164, 153-156	1.3	40
21	The Influence of Aerobic Capacity on Anaerobic Performance and Recovery Indices in Basketball Players. <i>Journal of Strength and Conditioning Research</i> , <b>1999</b> , 13, 407	3.2	16
20	Hormonal and Biochemical Changes in Elite Basketball Players During a 4-Week Training Camp. <i>Journal of Strength and Conditioning Research</i> , <b>1999</b> , 13, 280	3.2	8
19	Plasma testosterone and cortisol responses to training-intensity exercise in mild and hot environments. <i>International Journal of Sports Medicine</i> , <b>1998</b> , 19, 177-81	3.6	7
18	Thermal and circulatory responses during exercise: effects of hypohydration, dehydration, and water intake. <i>Journal of Applied Physiology</i> , <b>1997</b> , 82, 2028-35	3.7	148
17	The Relationship between Aerobic Fitness and Recovery from High-Intensity Exercise in Infantry Soldiers. <i>Military Medicine</i> , <b>1997</b> , 162, 484-488	1.3	15
16	The effect of environmental temperature on testosterone and cortisol responses to high intensity, intermittent exercise in humans. <i>European Journal of Applied Physiology</i> , <b>1997</b> , 75, 83-7	3.4	33
15	Plasma volume responses to consecutive anaerobic exercise tests. <i>International Journal of Sports Medicine</i> , <b>1996</b> , 17, 268-71	3.6	9
14	A treadmill test of sprint running. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>1996</b> , 6, 259-64	4.6	20
13	Relationship Between Athletic Performance Tests and Playing Time in Elite College Basketball Players. <i>Journal of Strength and Conditioning Research</i> , <b>1996</b> , 10, 67-71	3.2	5

12	Relationship Between Athletic Performance Tests and Playing Time in Elite College Basketball Players. <i>Journal of Strength and Conditioning Research</i> , <b>1996</b> , 10, 67	3.2	48
11	The effect of water restriction on anaerobic power and vertical jumping height in basketball players. <i>International Journal of Sports Medicine</i> , <b>1995</b> , 16, 214-8	3.6	54
10	Strength and sprint performance in wheelchair athletes. <i>Research in Sports Medicine</i> , <b>1994</b> , 5, 165-171		
9	Effects of hydration state on plasma testosterone, cortisol and catecholamine concentrations before and during mild exercise at elevated temperature. <i>European Journal of Applied Physiology and Occupational Physiology</i> , <b>1994</b> , 69, 294-300		46
8	Dietary supplementation and improved anaerobic performance. <i>International Journal of Sport Nutrition</i> , <b>1994</b> , 4, 387-97		4
7	Oxygen consumption following exercise of moderate intensity and duration. <i>European Journal of Applied Physiology and Occupational Physiology</i> , <b>1992</b> , 65, 421-6		17
6	The Effects of an Off-season Strength and Conditioning Program on Starters and Non-starters in Women's Intercollegiate Volleyball. <i>Journal of Strength and Conditioning Research</i> , <b>1991</b> , 5, 174-181	3.2	3
5	Strength, Speed and Endurance Changes During the Course of a Division I Basketball Season. <i>Journal of Strength and Conditioning Research</i> , <b>1991</b> , 5, 144-149	3.2	4
4	Anaerobic power responses to amino acid nutritional supplementation. <i>International Journal of Sport Nutrition</i> , <b>1991</b> , 1, 366-77		3
3	The Effects of Self-selection for Frequency of Training in a Winter Conditioning Program for Football. <i>Journal of Strength and Conditioning Research</i> , <b>1990</b> , 4, 76-82	3.2	3
2	Resistance Training does not Induce Uniform Adaptations to Quadriceps Muscles		1
1	Physiology of Basketball12-24		4