

Arthur L Weltman

List of Publications by Citations

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178
papers

5,522
citations

42
h-index

66
g-index

208
ext. papers

6,058
ext. citations

3.4
avg, IF

5.24
L-index

#	Paper	IF	Citations
178	Effect of exercise training intensity on abdominal visceral fat and body composition. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, 1863-72	1.2	216
177	The use of anthropometric and dual-energy X-ray absorptiometry (DXA) measures to estimate total abdominal and abdominal visceral fat in men and women. <i>Obesity</i> , 1999 , 7, 256-64		165
176	Single and combined effects of growth hormone and testosterone administration on measures of body composition, physical performance, mood, sexual function, bone turnover, and muscle gene expression in healthy older men. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2002 , 87, 5649-57	5.6	160
175	Magnesium deficiency is associated with insulin resistance in obese children. <i>Diabetes Care</i> , 2005 , 28, 1175-81	14.6	154
174	Effects of n-3 fish oil on metabolic and histological parameters in NASH: a double-blind, randomized, placebo-controlled trial. <i>Journal of Hepatology</i> , 2015 , 62, 190-7	13.4	142
173	Validity of the relative percent concept for equating training intensity. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1978 , 39, 219-27		138
172	Impact of acute exercise intensity on pulsatile growth hormone release in men. <i>Journal of Applied Physiology</i> , 1999 , 87, 498-504	3.7	137
171	Cortisol and growth hormone responses to exercise at different times of day. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2001 , 86, 2881-9	5.6	131
170	Abdominal visceral fat and fasting insulin are important predictors of 24-hour GH release independent of age, gender, and other physiological factors. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2001 , 86, 3845-52	5.6	120
169	Relationship between age, percentage body fat, fitness, and 24-hour growth hormone release in healthy young adults: effects of gender. <i>Journal of Clinical Endocrinology and Metabolism</i> , 1994 , 78, 543-548	5.6	112
168	Growth hormone release during acute and chronic aerobic and resistance exercise: recent findings. <i>Sports Medicine</i> , 2002 , 32, 987-1004	10.6	105
167	NIH ImageJ and Slice-O-Matic computed tomography imaging software to quantify soft tissue. <i>Obesity</i> , 2007 , 15, 370-6	8	101
166	Alterations in growth and body composition during puberty. I. Comparing multicompartiment body composition models. <i>Journal of Applied Physiology</i> , 1997 , 83, 927-35	3.7	95
165	Multifactorial determinants of functional capacity in peripheral arterial disease: uncoupling of calf muscle perfusion and metabolism. <i>Journal of the American College of Cardiology</i> , 2009 , 54, 628-35	15.1	90
164	Arthrogenic muscle response induced by an experimental knee joint effusion is mediated by pre- and post-synaptic spinal mechanisms. <i>Journal of Electromyography and Kinesiology</i> , 2004 , 14, 631-40	2.5	87
163	Effects of gender on exercise-induced growth hormone release. <i>Journal of Applied Physiology</i> , 1999 , 87, 1154-62	3.7	85
162	Persistent neuromuscular and corticomotor quadriceps asymmetry after anterior cruciate ligament reconstruction. <i>Journal of Athletic Training</i> , 2015 , 50, 303-12	4	73

161	Elements in the pathophysiology of diminished growth hormone (GH) secretion in aging humans. <i>Endocrine</i> , 1997 , 7, 41-8		71
160	Catecholamine release, growth hormone secretion, and energy expenditure during exercise vs. recovery in men. <i>Journal of Applied Physiology</i> , 2000 , 89, 937-46	3.7	71
159	Effects of training at and above the lactate threshold on the lactate threshold and maximal oxygen uptake. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1985 , 54, 84-8		69
158	Alterations in growth and body composition during puberty. IV. Energy intake estimated by the youth-adolescent food-frequency questionnaire: validation by the doubly labeled water method. <i>American Journal of Clinical Nutrition</i> , 2000 , 72, 1455-60	7	67
157	The validity of regulating blood lactate concentration during running by ratings of perceived exertion. <i>Medicine and Science in Sports and Exercise</i> , 1996 , 28, 490-5	1.2	66
156	Calf muscle perfusion at peak exercise in peripheral arterial disease: measurement by first-pass contrast-enhanced magnetic resonance imaging. <i>Journal of Magnetic Resonance Imaging</i> , 2007 , 25, 1013-20	5.6	65
155	Clinical thresholds for quadriceps assessment after anterior cruciate ligament reconstruction. <i>Journal of Sport Rehabilitation</i> , 2015 , 24, 36-46	1.7	62
154	Pre-synaptic modulation of quadriceps arthrogenic muscle inhibition. <i>Knee Surgery, Sports Traumatology, Arthroscopy</i> , 2005 , 13, 370-6	5.5	62
153	Gender governs the relationship between exercise intensity and growth hormone release in young adults. <i>Journal of Applied Physiology</i> , 2002 , 92, 2053-60	3.7	62
152	Effects of exercise intensity on postprandial improvement in glucose disposal and insulin sensitivity in prediabetic adults. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2014 , 99, 220-8	5.6	61
151	Relationship of leptin to bone mineralization in children and adolescents. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2003 , 88, 599-604	5.6	61
150	Rating of perceived exertion and blood lactate concentration during submaximal running. <i>Medicine and Science in Sports and Exercise</i> , 1994 , 26, 797-803	1.2	61
149	Strength training for prepubescent males: is it safe?. <i>American Journal of Sports Medicine</i> , 1987 , 15, 483-8	5.8	60
148	Alterations in Growth and Body Composition During Puberty: III. Influence of Maturation, Gender, Body Composition, Fat Distribution, Aerobic Fitness, and Energy Expenditure on Nocturnal Growth Hormone Release. <i>Journal of Clinical Endocrinology and Metabolism</i> , 1998 , 83, 1440-1447	5.6	53
147	Delayed calf muscle phosphocreatine recovery after exercise identifies peripheral arterial disease. <i>Journal of the American College of Cardiology</i> , 2006 , 47, 2289-95	15.1	52
146	Intensity of acute exercise does not affect serum leptin concentrations in young men. <i>Medicine and Science in Sports and Exercise</i> , 2000 , 32, 1556-61	1.2	52
145	Unequal impact of age, percentage body fat, and serum testosterone concentrations on the somatotrophic, IGF-I, and IGF-binding protein responses to a three-day intravenous growth hormone-releasing hormone pulsatile infusion in men. <i>European Journal of Endocrinology</i> , 1998 , 139, 59-71	6.5	52
144	Alterations in growth and body composition during puberty: III. Influence of maturation, gender, body composition, fat distribution, aerobic fitness, and energy expenditure on nocturnal growth hormone release. <i>Journal of Clinical Endocrinology and Metabolism</i> , 1998 , 83, 1440-7	5.6	52

143	Intensity of exercise recovery, blood lactate disappearance, and subsequent swimming performance. <i>Journal of Sports Sciences</i> , 2008 , 26, 29-34	3.6	50
142	Short-term modulation of the androgen milieu alters pulsatile, but not exercise- or growth hormone (GH)-releasing hormone-stimulated GH secretion in healthy men: impact of gonadal steroid and GH secretory changes on metabolic outcomes. <i>Journal of Clinical Endocrinology and Metabolism</i> , 1997 , 82, 3710-9	5.6	48
141	Exercise training decreases the growth hormone (GH) response to acute constant-load exercise. <i>Medicine and Science in Sports and Exercise</i> , 1997 , 29, 669-76	1.2	46
140	Effects of antioxidant supplementation on insulin sensitivity, endothelial adhesion molecules, and oxidative stress in normal-weight and overweight young adults. <i>Metabolism: Clinical and Experimental</i> , 2009 , 58, 254-62	12.7	45
139	Walkable distances are bioenergetically scaled. <i>Journal of Experimental Psychology: Human Perception and Performance</i> , 2016 , 42, 39-51	2.6	44
138	Creatine Supplementation Increases Total Body Water Without Altering Fluid Distribution. <i>Journal of Athletic Training</i> , 2003 , 38, 44-50	4	43
137	The effects of specificity of training on rating of perceived exertion at the lactate threshold. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1989 , 59, 365-9		42
136	Exercise-dependent growth hormone release is linked to markers of heightened central adrenergic outflow. <i>Journal of Applied Physiology</i> , 2000 , 89, 629-35	3.7	41
135	Impact of abdominal visceral fat, growth hormone, fitness, and insulin on lipids and lipoproteins in older adults. <i>Metabolism: Clinical and Experimental</i> , 2003 , 52, 73-80	12.7	40
134	Metformin use in children with obesity and normal glucose tolerance--effects on cardiovascular markers and intrahepatic fat. <i>Journal of Pediatric Endocrinology and Metabolism</i> , 2012 , 25, 33-40	1.6	39
133	The effectiveness of traditional and sling exercise strength training in women. <i>Journal of Strength and Conditioning Research</i> , 2011 , 25, 464-71	3.2	39
132	The effects of assistive devices on the oxygen cost, cardiovascular stress, and perception of nonweight-bearing ambulation. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , 1993 , 18, 537-42	4.2	39
131	Jogging biomechanics after exercise in individuals with ACL-reconstructed knees. <i>Medicine and Science in Sports and Exercise</i> , 2014 , 46, 1067-76	1.2	38
130	Perceptual responses and blood lactate concentration. <i>Medicine and Science in Sports and Exercise</i> , 1991 , 23, 80-87	1.2	38
129	Interrelationship between anaerobic power output, anaerobic capacity and aerobic power. <i>Ergonomics</i> , 1979 , 22, 325-32	2.9	36
128	Body composition by DEXA in older adults: accuracy and influence of scan mode. <i>Medicine and Science in Sports and Exercise</i> , 1997 , 29, 560-7	1.2	36
127	Comparison of Borg- and OMNI-RPE as markers of the blood lactate response to exercise. <i>Medicine and Science in Sports and Exercise</i> , 2006 , 38, 1348-52	1.2	35
126	E2 supplementation selectively relieves GH autonegative feedback on GH-releasing peptide-2-stimulated GH secretion. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2001 , 86, 5904-11	5.6	35

125	The influence of friends and psychosocial factors on physical activity and screen time behavior in adolescents: a mixed-methods analysis. <i>Journal of Behavioral Medicine</i> , 2016 , 39, 610-23	3.6	35
124	Peripheral joint cooling increases spinal reflex excitability and serum norepinephrine. <i>International Journal of Neuroscience</i> , 2007 , 117, 229-42	2	34
123	A high-carbohydrate, high-fiber meal improves endothelial function in adults with the metabolic syndrome. <i>Diabetes Care</i> , 2006 , 29, 2313-5	14.6	34
122	Synergy of L-arginine and GHRP-2 stimulation of growth hormone in men and women: modulation by exercise. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2000 , 279, R1467-77	3.2	34
121	The impact of sex and exercise duration on growth hormone secretion. <i>Journal of Applied Physiology</i> , 2006 , 101, 1641-7	3.7	33
120	Effects of continuous versus intermittent exercise, obesity, and gender on growth hormone secretion. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2008 , 93, 4711-20	5.6	31
119	Randomized, Controlled Trial of Exercise on Objective and Subjective Sleep in Parkinson Disease. <i>Movement Disorders</i> , 2020 , 35, 947-958	7	30
118	Assessment of the aerosport TEEM 100 portable metabolic measurement system. <i>Medicine and Science in Sports and Exercise</i> , 1996 , 28, 509-15	1.2	30
117	The effect of exercise intensity on endothelial function in physically inactive lean and obese adults. <i>PLoS ONE</i> , 2014 , 9, e85450	3.7	29
116	Generalized equation for predicting body density of women from girth measurements. <i>Medicine and Science in Sports and Exercise</i> , 1989 , 21, 101-4	1.2	29
115	Activity-related energy expenditure in older adults: a call for more research. <i>Medicine and Science in Sports and Exercise</i> , 2014 , 46, 2335-40	1.2	28
114	Effects of exercise training intensity on nocturnal growth hormone secretion in obese adults with the metabolic syndrome. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2009 , 94, 1979-86	5.6	28
113	Comparing Performance During Morning vs. Afternoon Training Sessions in Intercollegiate Basketball Players. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 1557-1562	3.2	27
112	How Lifestyle Factors Affect Cognitive and Executive Function and the Ability to Learn in Children. <i>Nutrients</i> , 2019 , 11,	6.7	27
111	Growth hormone response to graded exercise intensities is attenuated and the gender difference abolished in older adults. <i>Journal of Applied Physiology</i> , 2006 , 100, 1623-9	3.7	27
110	Exercise Intensity Modulates Glucose-Stimulated Insulin Secretion when Adjusted for Adipose, Liver and Skeletal Muscle Insulin Resistance. <i>PLoS ONE</i> , 2016 , 11, e0154063	3.7	25
109	Effect of fractionized vs continuous, single-session exercise on blood pressure in adults. <i>Journal of Human Hypertension</i> , 2010 , 24, 300-2	2.6	24
108	The effect of a low-carbohydrate, high-protein diet on post laparoscopic gastric bypass weight loss: a prospective randomized trial. <i>Journal of Surgical Research</i> , 2007 , 142, 308-13	2.5	24

107	Physical deconditioning as a cause of breathlessness among obese adolescents with a diagnosis of asthma. <i>PLoS ONE</i> , 2013 , 8, e61022	3.7	24
106	Differences in transverse abdominis activation with stable and unstable bridging exercises in individuals with low back pain. <i>North American Journal of Sports Physical Therapy: NAJSPT</i> , 2010 , 5, 63-73		24
105	Walking and running economy: inverse association with peak oxygen uptake. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 2122-7	1.2	23
104	The effects of time following acute growth hormone administration on metabolic and power output measures during acute exercise. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2004 , 89, 4298-305	5.6	23
103	Phonophoresis and the absorption of dexamethasone in the presence of an occlusive dressing. <i>Journal of Athletic Training</i> , 2007 , 42, 349-54	4	23
102	Glucose Tolerance is Linked to Postprandial Fuel Use Independent of Exercise Dose. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 2058-2066	1.2	23
101	Noninvasive Assessment of Internal and External Player Load: Implications for Optimizing Athletic Performance. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 1280-1287	3.2	22
100	Predictors of improvement in endothelial function after exercise training in a diverse sample of postmenopausal women. <i>Journal of Women's Health</i> , 2014 , 23, 260-6	3	22
99	Low-density lipoprotein lowering does not improve calf muscle perfusion, energetics, or exercise performance in peripheral arterial disease. <i>Journal of the American College of Cardiology</i> , 2011 , 58, 1068-76	15.1	22
98	Lifestyle intervention improves fitness independent of metformin in obese adolescents. <i>Medicine and Science in Sports and Exercise</i> , 2012 , 44, 786-92	1.2	22
97	Relationship of timed sit-up tests to isokinetic abdominal strength. <i>Research Quarterly for Exercise and Sport</i> , 1992 , 63, 80-4	1.9	22
96	E2 Supplementation Selectively Relieves GH Autonegative Feedback on GH-Releasing Peptide-2-Stimulated GH Secretion. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2001 , 86, 5904-5911	5.6	22
95	Morbidly obese women with and without endometrial cancer: are there differences in measured physical fitness, body composition, or hormones?. <i>Gynecologic Oncology</i> , 2012 , 124, 431-6	4.9	21
94	The effect of cold water immersion on 48-hour performance testing in collegiate soccer players. <i>Journal of Strength and Conditioning Research</i> , 2012 , 26, 2043-50	3.2	21
93	Reproducibility of rest and exercise stress contrast-enhanced calf perfusion magnetic resonance imaging in peripheral arterial disease. <i>Journal of Cardiovascular Magnetic Resonance</i> , 2013 , 15, 14	6.9	20
92	Synergy of L-arginine and growth hormone (GH)-releasing peptide-2 on GH release: influence of gender. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2000 , 279, R1455-66	3.2	20
91	Measurement of isokinetic strength prepubertal males*. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , 1988 , 9, 345-51	4.2	20
90	Strength training increases endurance time to exhaustion during high-intensity exercise despite no change in critical power. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 601-9	3.2	19

89	Oxygen uptake and ratings of perceived exertion at the lactate threshold and maximal fat oxidation rate in untrained adults. <i>European Journal of Applied Physiology</i> , 2011 , 111, 2063-8	3.4	19
88	Reliability of estimates of pulsatile characteristics of luteinizing hormone and growth hormone release in women. <i>Journal of Clinical Endocrinology and Metabolism</i> , 1990 , 71, 1646-52	5.6	19
87	Sustained growth hormone (GH) and insulin-like growth factor I responses to prolonged high-dose twice-daily GH-releasing hormone stimulation in middle-aged and older men. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2004 , 89, 6325-30	5.6	18
86	Administration of recombinant human GHRH-1,44-amide for 3 months reduces abdominal visceral fat mass and increases physical performance measures in postmenopausal women. <i>European Journal of Endocrinology</i> , 2005 , 153, 669-77	6.5	18
85	Contributions of gender and systemic estradiol and testosterone concentrations to maximal secretagogue drive of burst-like growth hormone secretion in healthy middle-aged and older adults. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2004 , 89, 6291-6	5.6	17
84	Repeated bouts of exercise alter the blood lactate-RPE relation. <i>Medicine and Science in Sports and Exercise</i> , 1998 , 30, 1113-7	1.2	17
83	Sling exercise and traditional warm-up have similar effects on the velocity and accuracy of throwing. <i>Journal of Strength and Conditioning Research</i> , 2011 , 25, 1673-9	3.2	16
82	Percutaneous intervention in peripheral artery disease improves calf muscle phosphocreatine recovery kinetics: a pilot study. <i>Vascular Medicine</i> , 2012 , 17, 3-9	3.3	16
81	Effects of opioid receptor blockade on luteinizing hormone (LH) pulses and interpulse LH concentrations in normal women during the early phase of the menstrual cycle. <i>Journal of Endocrinological Investigation</i> , 1992 , 15, 525-31	5.2	16
80	Exercise resistance across the prediabetes phenotypes: Impact on insulin sensitivity and substrate metabolism. <i>Reviews in Endocrine and Metabolic Disorders</i> , 2016 , 17, 81-90	10.5	16
79	The influence of anatomical boundaries, age, and sex on the assessment of abdominal visceral fat. <i>Obesity</i> , 1997 , 5, 395-401		15
78	Short-term testosterone supplementation relieves growth hormone autonegative feedback in men. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2004 , 89, 1285-90	5.6	15
77	Contrasting negative-feedback control of endogenously driven and exercise-stimulated pulsatile growth hormone secretion in women and men. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2004 , 89, 840-6	5.6	15
76	Optimal Test Characteristics for Maximal Anaerobic Work on the Bicycle Ergometer. <i>Research Quarterly American Alliance for Health Physical Education and Recreation</i> , 1977 , 48, 319-327		15
75	High-intensity exercise training for the prevention of type 2 diabetes mellitus. <i>Physician and Sportsmedicine</i> , 2014 , 42, 7-14	2.4	14
74	Growth hormone replacement therapy in adults with growth hormone deficiency improves maximal oxygen consumption independently of dosing regimen or physical activity. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2008 , 93, 125-30	5.6	14
73	Bariatric Surgery Resistance: Using Preoperative Lifestyle Medicine and/or Pharmacology for Metabolic Responsiveness. <i>Obesity Surgery</i> , 2017 , 27, 3281-3291	3.7	13
72	Low cardiorespiratory fitness is associated with higher extracellular vesicle counts in obese adults. <i>Physiological Reports</i> , 2018 , 6, e13701	2.6	12

71	Quadriceps activation following aerobic exercise in persons with low back pain and healthy controls. <i>Clinical Biomechanics</i> , 2010 , 25, 847-51	2.2	12
70	Neuroendocrine control of GH release during acute aerobic exercise. <i>Journal of Endocrinological Investigation</i> , 2003 , 26, 843-50	5.2	12
69	The relationship between muscle and balance performance as a function of age. <i>Isokinetics and Exercise Science</i> , 1996 , 6, 125-132	0.6	12
68	Postprandial augmentation index is reduced in adults with prediabetes following continuous and interval exercise training. <i>Experimental Physiology</i> , 2019 , 104, 264-271	2.4	12
67	Age and secretagogue type jointly determine dynamic growth hormone responses to exogenous insulin-like growth factor-negative feedback in healthy men. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2004 , 89, 5542-8	5.6	11
66	Gender modulates sequential suppression and recovery of pulsatile growth hormone secretion by physiological feedback signals in young adults. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2005 , 90, 2874-81	5.6	11
65	Specificity of training on computer obtained isokinetic measures. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , 1989 , 10, 495-8	4.2	11
64	The effects of hydraulic-resistance strength training on serum lipid levels in prepubertal boys. <i>JAMA Pediatrics</i> , 1987 , 141, 777-80		11
63	Comparison of hydrostatic weighing at residual volume and total lung capacity. <i>Medicine and Science in Sports and Exercise</i> , 1981 , 13, 210-3	1.2	11
62	A low-calorie diet with or without interval exercise training improves adiposopathy in obese women. <i>Applied Physiology, Nutrition and Metabolism</i> , 2019 , 44, 1057-1064	3	11
61	Does oral glutamine improve insulin sensitivity in adolescents with type 1 diabetes?. <i>Nutrition</i> , 2017 , 34, 1-6	4.8	10
60	The use of exercise in the management of type 1 and type 2 diabetes. <i>Clinics in Sports Medicine</i> , 2009 , 28, 423-39	2.6	10
59	Serum lipid levels and steroidal hormones in women runners with irregular menses. <i>Applied Physiology, Nutrition, and Metabolism</i> , 1997 , 22, 66-77		10
58	Pubertal alterations in growth and body composition: IX. Altered spontaneous secretion and metabolic clearance of growth hormone in overweight youth. <i>Metabolism: Clinical and Experimental</i> , 2005 , 54, 1374-83	12.7	9
57	Endothelial function following glucose ingestion in adults with prediabetes: Role of exercise intensity. <i>Obesity</i> , 2016 , 24, 1515-21	8	9
56	Two weeks of exercise training intensity on appetite regulation in obese adults with prediabetes. <i>Journal of Applied Physiology</i> , 2019 , 126, 746-754	3.7	8
55	Activity monitoring in men@ college soccer: a single season longitudinal study. <i>Research in Sports Medicine</i> , 2018 , 26, 178-190	3.8	8
54	The Influence of Friends and Psychosocial Factors on Physical Activity and Screen Time in Normal and Overweight Adolescents: A Mixed-Methods Analysis. <i>American Journal of Health Promotion</i> , 2019 , 33, 97-106	2.5	8

53	Peripheral ankle cooling and core body temperature. <i>Journal of Athletic Training</i> , 2006 , 41, 185-8	4	8
52	Pre-operative aerobic exercise on metabolic health and surgical outcomes in patients receiving bariatric surgery: A pilot trial. <i>PLoS ONE</i> , 2020 , 15, e0239130	3.7	8
51	Heart rate response to psychological stressors of individuals possessing resting bradycardia. <i>Behavioral Medicine</i> , 1995 , 21, 40-6	4.4	7
50	Effects of increasing oxygen availability on bicycle ergometer endurance performance. <i>Ergonomics</i> , 1978 , 21, 427-37	2.9	7
49	Onset of Metabolic Acidosis (Anaerobic Threshold) as a Criterion Measure of Submaximum Fitness. <i>Research Quarterly American Alliance for Health Physical Education and Recreation</i> , 1978 , 49, 218-227		7
48	Impact of Pre-operative Aerobic Exercise on Cardiometabolic Health and Quality of Life in Patients Undergoing Bariatric Surgery. <i>Frontiers in Physiology</i> , 2020 , 11, 1018	4.6	7
47	Impact of Short-Term Continuous and Interval Exercise Training on Endothelial Function and Glucose Metabolism in Prediabetes. <i>Journal of Diabetes Research</i> , 2019 , 2019, 4912174	3.9	7
46	Biomechanical adaptations during running differ based on type of exercise and fitness level. <i>Gait and Posture</i> , 2018 , 60, 35-40	2.6	7
45	Effect of an herbal/botanical supplement on recovery from delayed onset muscle soreness: a randomized placebo-controlled trial. <i>Journal of the International Society of Sports Nutrition</i> , 2014 , 11, 27	4.5	6
44	Isokinetic Strength of the Trunk and Hip in Female Runners. <i>Isokinetics and Exercise Science</i> , 1991 , 1, 22-25.6		6
43	Effect of Gravity Correction on Isokinetic Average Force of the Quadriceps and Hamstring Muscle Groups in Women Runners. <i>Isokinetics and Exercise Science</i> , 1991 , 1, 99-102	0.6	6
42	A reliable method for the measurement of constant load maximal endurance performance on the bicycle ergometer. <i>Research Quarterly for Exercise and Sport</i> , 1982 , 53, 176-9	1.9	6
41	Comparison of Peak Performance Measures in Children Ages 6 to 8, 9 to 10, and 11 to 13 Years. <i>Research Quarterly American Alliance for Health Physical Education and Recreation</i> , 1977 , 48, 695-702		6
40	Heart period variability of trained and untrained men at rest and during mental challenge 1998 , 35, 16		6
39	Effects of Low-Fat and High-Fat Meals, with and without Dietary Fiber, on Postprandial Endothelial Function, Triglyceridemia, and Glycemia in Adolescents. <i>Nutrients</i> , 2019 , 11,	6.7	5
38	Effects of carbohydrate supplementation on the RPE-blood lactate relationship. <i>Medicine and Science in Sports and Exercise</i> , 2009 , 41, 1326-33	1.2	5
37	Anaerobic Threshold and Cardiovascular Responses during One- versus Two-Legged Cycling. <i>Research Quarterly American Alliance for Health Physical Education and Recreation</i> , 1978 , 49, 351-362		5
36	Two Weeks of Interval Training Enhances Fat Oxidation during Exercise in Obese Adults with Prediabetes. <i>Journal of Sports Science and Medicine</i> , 2019 , 18, 636-644	2.7	5

35	Interval Exercise Lowers Circulating CD105 Extracellular Vesicles in Prediabetes. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 729-735	1.2	5
34	Comparing Simple Insulin Sensitivity Indices to the Oral Minimal Model Postexercise. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 66-72	1.2	5
33	An Oral Glucose Load Decreases Postprandial Extracellular Vesicles in Obese Adults with and without Prediabetes. <i>Nutrients</i> , 2019 , 11,	6.7	4
32	Enhancing Exercise Responsiveness across Prediabetes Phenotypes by Targeting Insulin Sensitivity with Nutrition. <i>Journal of Diabetes Research</i> , 2017 , 2017, 8314852	3.9	4
31	Effect of an herbal/botanical supplement on strength, balance, and muscle function following 12-weeks of resistance training: a placebo controlled study. <i>Journal of the International Society of Sports Nutrition</i> , 2014 , 11, 23	4.5	4
30	Predictors of Growth Hormone Secretion in Aging. <i>Rejuvenation Research</i> , 2000 , 3, 303-314		4
29	All-Out versus a Steady-Paced Cycling Strategy for Maximal Work Output of Short Duration. <i>Research Quarterly American Alliance for Health Physical Education and Recreation</i> , 1976 , 47, 164-168		4
28	Designing a Safe, Sound Exercise Program. <i>Physician and Sportsmedicine</i> , 1982 , 10, 177	2.4	3
27	Min-By-Min Respiratory Exchange and Oxygen Uptake Kinetics during Steady-State Exercise in Subjects of High and Low Max VO ₂ . <i>Research Quarterly American Alliance for Health Physical Education and Recreation</i> , 1976 , 47, 490-498		3
26	Exercise Recovery, Lactate Removal, and Subsequent High Intensity Exercise Performance. <i>Research Quarterly American Alliance for Health Physical Education and Recreation</i> , 1977 , 48, 786-796		3
25	Effects of Severe Prior Exercise on Assessment of Maximal Oxygen Uptake during One- versus Two-Legged Cycling. <i>Research Quarterly American Alliance for Health Physical Education and Recreation</i> , 1978 , 49, 363-371		3
24	Evaluation of racial differences in resting and postprandial endothelial function in postmenopausal women matched for age, fitness and body composition. <i>Ethnicity and Disease</i> , 2013 , 23, 43-8	1.8	3
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