Stuart M Phillips

List of Publications by Year
in descending order

428 papers	36,677 citations	1883 102 h-index	4101 175 g-index
474 all docs	474 docs citations	474 times ranked	17933 citing authors

#	Article	IF	Citations
1	Evidence-Based Recommendations for Optimal Dietary Protein Intake in Older People: A Position Paper From the PROT-AGE Study Group. Journal of the American Medical Directors Association, 2013, 14, 542-559.	1.2	1,767
2	Similar metabolic adaptations during exercise after low volume sprint interval and traditional endurance training in humans. Journal of Physiology, 2008, 586, 151-160.	1.3	873
3	Ingested protein dose response of muscle and albumin protein synthesis after resistance exercise in young men. American Journal of Clinical Nutrition, 2009, 89, 161-168.	2.2	755
4	Ingestion of whey hydrolysate, casein, or soy protein isolate: effects on mixed muscle protein synthesis at rest and following resistance exercise in young men. Journal of Applied Physiology, 2009, 107, 987-992.	1.2	720
5	Mixed muscle protein synthesis and breakdown after resistance exercise in humans. American Journal of Physiology - Endocrinology and Metabolism, 1997, 273, E99-E107.	1.8	661
6	A systematic review, meta-analysis and meta-regression of the effect of protein supplementation on resistance training-induced gains in muscle mass and strength in healthy adults. British Journal of Sports Medicine, 2018, 52, 376-384.	3.1	645
7	Protein Ingestion to Stimulate Myofibrillar Protein Synthesis Requires Greater Relative Protein Intakes in Healthy Older Versus Younger Men. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2015, 70, 57-62.	1.7	558
8	Differential effects of resistance and endurance exercise in the fed state on signalling molecule phosphorylation and protein synthesis in human muscle. Journal of Physiology, 2008, 586, 3701-3717.	1.3	494
9	Resistance exercise load does not determine training-mediated hypertrophic gains in young men. Journal of Applied Physiology, 2012, 113, 71-77.	1.2	490
10	IOC consensus statement: dietary supplements and the high-performance athlete. British Journal of Sports Medicine, 2018, 52, 439-455.	3.1	482
11	Consumption of fluid skim milk promotes greater muscle protein accretion after resistance exercise than does consumption of an isonitrogenous and isoenergetic soy-protein beverage. American Journal of Clinical Nutrition, 2007, 85, 1031-1040.	2.2	433
12	Consumption of fat-free fluid milk after resistance exercise promotes greater lean mass accretion than does consumption of soy or carbohydrate in young, novice, male weightlifters. American Journal of Clinical Nutrition, 2007, 86, 373-381.	2.2	400
13	Low-Load High Volume Resistance Exercise Stimulates Muscle Protein Synthesis More Than High-Load Low Volume Resistance Exercise in Young Men. PLoS ONE, 2010, 5, e12033.	1.1	396
14	Resistance exercise enhances myofibrillar protein synthesis with graded intakes of whey protein in older men. British Journal of Nutrition, 2012, 108, 1780-1788.	1.2	379
15	Skeletal muscle protein metabolism in the elderly: Interventions to counteract the 'anabolic resistance' of ageing. Nutrition and Metabolism, 2011, 8, 68.	1.3	372
16	Effects of leucine and its metabolite Î²â€hydroxyâ€Î²â€methylbutyrate on human skeletal muscle protein metabolism. Journal of Physiology, 2013, 591, 2911-2923.	1.3	372
17	Timing and distribution of protein ingestion during prolonged recovery from resistance exercise alters myofibrillar protein synthesis. Journal of Physiology, 2013, 591, 2319-2331.	1.3	341
18	Immobilization induces anabolic resistance in human myofibrillar protein synthesis with low and high dose amino acid infusion. Journal of Physiology, 2008, 586, 6049-6061.	1.3	337

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19	Postexercise net protein synthesis in human muscle from orally administered amino acids. American Journal of Physiology - Endocrinology and Metabolism, 1999, 276, E628-E634.	1.8	325
20	Dietary protein for athletes: From requirements to optimum adaptation. Journal of Sports Sciences, 2011, 29, S29-S38.	1.0	324
21	Two Weeks of Reduced Activity Decreases Leg Lean Mass and Induces â€œAnabolic Resistanceâ€• of Myofibrillar Protein Synthesis in Healthy Elderly. Journal of Clinical Endocrinology and Metabolism, 2013, 98, 2604-2612.	1.8	306
22	High responders to resistance exercise training demonstrate differential regulation of skeletal muscle microRNA expression. Journal of Applied Physiology, 2011, 110, 309-317.	1.2	292
23	IOC Consensus Statement: Dietary Supplements and the High-Performance Athlete. International Journal of Sport Nutrition and Exercise Metabolism, 2018, 28, 104-125.	1.0	292
24	Exercise training and protein metabolism: influences of contraction, protein intake, and sex-based differences. Journal of Applied Physiology, 2009, 106, 1692-1701.	1.2	278
25	Neither load nor systemic hormones determine resistance training-mediated hypertrophy or strength gains in resistance-trained young men. Journal of Applied Physiology, 2016, 121, 129-138.	1.2	276
26	The prevalence of sarcopenia in community-dwelling older adults, an exploration of differences between studies and within definitions: a systematic review and meta-analyses. Age and Ageing, 2019, 48, 48-56.	0.7	265
27	Differential stimulation of myofibrillar and sarcoplasmic protein synthesis with protein ingestion at rest and after resistance exercise. Journal of Physiology, 2009, 587, 897-904.	1.3	261
28	Enhanced Amino Acid Sensitivity of Myofibrillar Protein Synthesis Persists for up to 24 h after Resistance Exercise in Young Men1â€“3. Journal of Nutrition, 2011, 141, 568-573.	1.3	255
29	Protein requirements and supplementation in strength sports. Nutrition, 2004, 20, 689-695.	1.1	250
30	Resistance exercise volume affects myofibrillar protein synthesis and anabolic signalling molecule phosphorylation in young men. Journal of Physiology, 2010, 588, 3119-3130.	1.3	248
31	Muscle time under tension during resistance exercise stimulates differential muscle protein subâ€fractional synthetic responses in men. Journal of Physiology, 2012, 590, 351-362.	1.3	245
32	Alterations of protein turnover underlying disuse atrophy in human skeletal muscle. Journal of Applied Physiology, 2009, 107, 645-654.	1.2	244
33	Gender differences in leucine kinetics and nitrogen balance in endurance athletes. Journal of Applied Physiology, 1993, 75, 2134-2141.	1.2	243
34	Supplementation of a suboptimal protein dose with leucine or essential amino acids: effects on myofibrillar protein synthesis at rest and following resistance exercise in men. Journal of Physiology, 2012, 590, 2751-2765.	1.3	241
35	Resistance trainingâ€induced changes in integrated myofibrillar protein synthesis are related to hypertrophy only after attenuation of muscle damage. Journal of Physiology, 2016, 594, 5209-5222.	1.3	236
36	Protein â€œrequirementsâ€• beyond the RDA: implications for optimizing health. Applied Physiology, Nutrition and Metabolism, 2016, 41, 565-572.	0.9	236

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37	Evaluation of protein requirements for trained strength athletes. Journal of Applied Physiology, 1992, 73, 1986-1995.	1.2	235
38	Leucine supplementation of a low-protein mixed macronutrient beverage enhances myofibrillar protein synthesis in young men: a double-blind, randomized trial. American Journal of Clinical Nutrition, 2014, 99, 276-286.	2.2	234
39	Effects of training duration on substrate turnover and oxidation during exercise. Journal of Applied Physiology, 1996, 81, 2182-2191.	1.2	230
40	Resistance exerciseâ€induced increases in putative anabolic hormones do not enhance muscle protein synthesis or intracellular signalling in young men. Journal of Physiology, 2009, 587, 5239-5247.	1.3	229
41	Greater stimulation of myofibrillar protein synthesis with ingestion of whey protein isolate <i>v.</i> micellar casein at rest and after resistance exercise in elderly men. British Journal of Nutrition, 2012, 108, 958-962.	1.2	229
42	Elevations in ostensibly anabolic hormones with resistance exercise enhance neither training-induced muscle hypertrophy nor strength of the elbow flexors. Journal of Applied Physiology, 2010, 108, 60-67.	1.2	227
43	Carbohydrate loading and metabolism during exercise in men and women. Journal of Applied Physiology, 1995, 78, 1360-1368.	1.2	222
44	Myofibrillar protein synthesis following ingestion of soy protein isolate at rest and after resistance exercise in elderly men. Nutrition and Metabolism, 2012, 9, 57.	1.3	217
45	Supplemental Protein in Support of Muscle Mass and Health: Advantage Whey. Journal of Food Science, 2015, 80, A8-A15.	1.5	217
46	Myofibrillar and collagen protein synthesis in human skeletal muscle in young men after maximal shortening and lengthening contractions. American Journal of Physiology - Endocrinology and Metabolism, 2005, 288, E1153-E1159.	1.8	215
47	Rapid aminoacidemia enhances myofibrillar protein synthesis and anabolic intramuscular signaling responses after resistance exercise. American Journal of Clinical Nutrition, 2011, 94, 795-803.	2.2	214
48	The Role of Milk- and Soy-Based Protein in Support of Muscle Protein Synthesis and Muscle Protein Accretion in Young and Elderly Persons. Journal of the American College of Nutrition, 2009, 28, 343-354.	1.1	202
49	Cellular adaptation to repeated eccentric exercise-induced muscle damage. Journal of Applied Physiology, 2001, 91, 1669-1678.	1.2	198
50	Resistance training reduces the acute exercise-induced increase in muscle protein turnover. American Journal of Physiology - Endocrinology and Metabolism, 1999, 276, E118-E124.	1.8	190
51	Increased Consumption of Dairy Foods and Protein during Diet- and Exercise-Induced Weight Loss Promotes Fat Mass Loss and Lean Mass Gain in Overweight and Obese Premenopausal Women. Journal of Nutrition, 2011, 141, 1626-1634.	1.3	183
52	Long-term body-weight-supported treadmill training and subsequent follow-up in persons with chronic SCI: effects on functional walking ability and measures of subjective well-being. Spinal Cord, 2005, 43, 291-298.	0.9	182
53	Divergent response of metabolite transport proteins in human skeletal muscle after sprint interval training and detraining. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2007, 292, R1970-R1976.	0.9	181
54	Progressive effect of endurance training on VO2 kinetics at the onset of submaximal exercise. Journal of Applied Physiology, 1995, 79, 1914-1920.	1.2	180

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55	Endurance exercise training attenuates leucine oxidation and BCOAD activation during exercise in humans. American Journal of Physiology - Endocrinology and Metabolism, 2000, 278, E580-E587.	1.8	178
56	Nutritional interventions to augment resistance training-induced skeletal muscle hypertrophy. Frontiers in Physiology, 2015, 6, 245.	1.3	175
57	A Brief Review of Critical Processes in Exercise-Induced Muscular Hypertrophy. Sports Medicine, 2014, 44, 71-77.	3.1	173
58	Coingestion of protein with carbohydrate during recovery from endurance exercise stimulates skeletal muscle protein synthesis in humans. Journal of Applied Physiology, 2009, 106, 1394-1402.	1.2	172
59	Nutritional modulation of training-induced skeletal muscle adaptations. Journal of Applied Physiology, 2011, 110, 834-845.	1.2	170
60	Higher compared with lower dietary protein during an energy deficit combined with intense exercise promotes greater lean mass gain and fat mass loss: a randomized trial. American Journal of Clinical Nutrition, 2016, 103, 738-746.	2.2	168
61	Acute Post-Exercise Myofibrillar Protein Synthesis Is Not Correlated with Resistance Training-Induced Muscle Hypertrophy in Young Men. PLoS ONE, 2014, 9, e89431.	1.1	167
62	Short-term high- vs. low-velocity isokinetic lengthening training results in greater hypertrophy of the elbow flexors in young men. Journal of Applied Physiology, 2005, 98, 1768-1776.	1.2	160
63	A Review of Resistance Training-Induced Changes in Skeletal Muscle Protein Synthesis and Their Contribution to Hypertrophy. Sports Medicine, 2015, 45, 801-807.	3.1	155
64	Per meal dose and frequency of protein consumption is associated with lean mass and muscle performance. Clinical Nutrition, 2016, 35, 1506-1511.	2.3	154
65	Reduced resting skeletal muscle protein synthesis is rescued by resistance exercise and protein ingestion following short-term energy deficit. American Journal of Physiology - Endocrinology and Metabolism, 2014, 306, E989-E997.	1.8	150
66	Recent Perspectives Regarding the Role of Dietary Protein for the Promotion of Muscle Hypertrophy with Resistance Exercise Training. Nutrients, 2018, 10, 180.	1.7	149
67	Creatine Supplementation during Resistance Training in Older Adultsâ€"A Meta-analysis. Medicine and Science in Sports and Exercise, 2014, 46, 1194-1203.	0.2	148
68	Limb Immobilization Induces a Coordinate Down-Regulation of Mitochondrial and Other Metabolic Pathways in Men and Women. PLoS ONE, 2009, 4, e6518.	1.1	147
69	Maximizing muscle protein anabolism: the role of protein quality. Current Opinion in Clinical Nutrition and Metabolic Care, 2009, 12, 66-71.	1.3	146
70	Resistance Exercise Training as a Primary Countermeasure to Age-Related Chronic Disease. Frontiers in Physiology, 2019, 10, 645.	1.3	146
71	Antioxidant enzyme activity is up-regulated after unilateral resistance exercise training in older adults. Free Radical Biology and Medicine, 2005, 39, 289-295.	1.3	145
72	Coâ€expression of IGFâ€1 family members with myogenic regulatory factors following acute damaging muscleâ€lengthening contractions in humans. Journal of Physiology, 2008, 586, 5549-5560.	1.3	145

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73	Testosterone injection stimulates net protein synthesis but not tissue amino acid transport. American Journal of Physiology - Endocrinology and Metabolism, 1998, 275, E864-E871.	1.8	143
74	Dairy food consumption and body weight and fatness studied longitudinally over the adolescent period. International Journal of Obesity, 2003, 27, 1106-1113.	1.6	142
75	Dietary Protein to Support Anabolism with Resistance Exercise in Young Men. Journal of the American College of Nutrition, 2005, 24, 134S-139S.	1.1	142
76	Neuromuscular adaptations in human muscle following low intensity resistance training with vascular occlusion. European Journal of Applied Physiology, 2004, 92, 399-406.	1.2	141
77	Perspective: Protein Requirements and Optimal Intakes in Aging: Are We Ready to Recommend More Than the Recommended Daily Allowance?. Advances in Nutrition, 2018, 9, 171-182.	2.9	141
78	Resistance-training-induced adaptations in skeletal muscle protein turnover in the fed state. Canadian Journal of Physiology and Pharmacology, 2002, 80, 1045-1053.	0.7	140
79	Fasted-state skeletal muscle protein synthesis after resistance exercise is altered with training. Journal of Physiology, 2005, 568, 283-290.	1.3	138
80	Dietary protein requirements and adaptive advantages in athletes. British Journal of Nutrition, 2012, 108, S158-S167.	1.2	138
81	Body Composition and Strength Changes in Women with Milk and Resistance Exercise. Medicine and Science in Sports and Exercise, 2010, 42, 1122-1130.	0.2	136
82	Contraction-induced muscle damage is unaffected by vitamin E supplementation. Medicine and Science in Sports and Exercise, 2002, 34, 798-805.	0.2	134
83	Endothelial function of young healthy males following whole body resistance training. Journal of Applied Physiology, 2005, 98, 2185-2190.	1.2	134
84	Resistance training alters the response of fed state mixed muscle protein synthesis in young men. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2008, 294, R172-R178.	0.9	134
85	Muscular and Systemic Correlates of Resistance Training-Induced Muscle Hypertrophy. PLoS ONE, 2013, 8, e78636.	1.1	134
86	Menstrual cycle phase and sex influence muscle glycogen utilization and glucose turnover during moderate-intensity endurance exercise. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2006, 291, R1120-R1128.	0.9	133
87	Early resistance training-induced increases in muscle cross-sectional area are concomitant with edema-induced muscle swelling. European Journal of Applied Physiology, 2016, 116, 49-56.	1.2	131
88	Commonly consumed protein foods contribute to nutrient intake, diet quality, and nutrient adequacy. American Journal of Clinical Nutrition, 2015, 101, 1346S-1352S.	2.2	130
89	Carbohydrate Does Not Augment Exercise-Induced Protein Accretion versus Protein Alone. Medicine and Science in Sports and Exercise, 2011, 43, 1154-1161.	0.2	127
90	Sex-based differences in skeletal muscle function and morphology with short-term limb immobilization. Journal of Applied Physiology, 2005, 99, 1085-1092.	1.2	124

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91	Gender differences in carbohydrate loading are related to energy intake. Journal of Applied Physiology, 2001, 91, 225-230.	1.2	123
92	Nutritional regulation of muscle protein synthesis with resistance exercise: strategies to enhance anabolism. Nutrition and Metabolism, 2012, 9, 40.	1.3	123
93	Association of Interleukin-6 Signalling with the Muscle Stem Cell Response Following Muscle-Lengthening Contractions in Humans. PLoS ONE, 2009, 4, e6027.	1.1	120
94	Progressive effect of endurance training on metabolic adaptations in working skeletal muscle. American Journal of Physiology - Endocrinology and Metabolism, 1996, 270, E265-E272.	1.8	118
95	Control of skeletal muscle atrophy in response to disuse: clinical/preclinical contentions and fallacies of evidence. American Journal of Physiology - Endocrinology and Metabolism, 2016, 311, E594-E604.	1.8	117
96	Body weight supported treadmill training in acute spinal cord injury: impact on muscle and bone. Spinal Cord, 2005, 43, 649-657.	0.9	115
97	The Acute Satellite Cell Response and Skeletal Muscle Hypertrophy following Resistance Training. PLoS ONE, 2014, 9, e109739.	1.1	115
98	Resistance Training with Vascular Occlusion: Metabolic Adaptations in Human Muscle. Medicine and Science in Sports and Exercise, 2003, 35, 1203-1208.	0.2	111
99	Effect of whole body resistance training on arterial compliance in young men. Experimental Physiology, 2005, 90, 645-651.	0.9	111
100	Nutritional Supplements in Support of Resistance Exercise to Counter Age-Related Sarcopenia. Advances in Nutrition, 2015, 6, 452-460.	2.9	111
101	UEFA expert group statement on nutrition in elite football. Current evidence to inform practical recommendations and guide future research. British Journal of Sports Medicine, 2021, 55, 416-416.	3.1	111
102	Nutrition guidelines for strength sports: Sprinting, weightlifting, throwing events, and bodybuilding. Journal of Sports Sciences, 2011, 29, S67-S77.	1.0	109
103	Associations of exercise-induced hormone profiles and gains in strength and hypertrophy in a large cohort after weight training. European Journal of Applied Physiology, 2012, 112, 2693-2702.	1.2	109
104	The impact of protein quality on the promotion of resistance exercise-induced changes in muscle mass. Nutrition and Metabolism, 2016, 13, 64.	1.3	108
105	Influence of aerobic exercise intensity on myofibrillar and mitochondrial protein synthesis in young men during early and late postexercise recovery. American Journal of Physiology - Endocrinology and Metabolism, 2014, 306, E1025-E1032.	1.8	107
106	Leucine supplementation enhances integrative myofibrillar protein synthesis in free-living older men consuming lower- and higher-protein diets: a parallel-group crossover study. American Journal of Clinical Nutrition, 2016, 104, 1594-1606.	2.2	103
107	Resistance exercise enhances mTOR and MAPK signalling in human muscle over that seen at rest after bolus protein ingestion. Acta Physiologica, 2011, 201, 365-372.	1.8	101
108	Hypertrophy with unilateral resistance exercise occurs without increases in endogenous anabolic hormone concentration. European Journal of Applied Physiology, 2006, 98, 546-555.	1.2	99

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109	Sex-based comparisons of myofibrillar protein synthesis after resistance exercise in the fed state. Journal of Applied Physiology, 2012, 112, 1805-1813.	1.2	99
110	Uncomplicated Resistance Training and Health-Related Outcomes. Current Sports Medicine Reports, 2010, 9, 208-213.	0.5	97
111	Omegaâ€3 fatty acid supplementation attenuates skeletal muscle disuse atrophy during two weeks of unilateral leg immobilization in healthy young women. FASEB Journal, 2019, 33, 4586-4597.	0.2	96
112	Contractile and Nutritional Regulation of Human Muscle Growth. Exercise and Sport Sciences Reviews, 2003, 31, 127-131.	1.6	95
113	Minimal whey protein with carbohydrate stimulates muscle protein synthesis following resistance exercise in trained young men. Applied Physiology, Nutrition and Metabolism, 2007, 32, 1132-1138.	0.9	95
114	Contractionâ€induced muscle damage in humans following calcium channel blocker administration. Journal of Physiology, 2002, 544, 849-859.	1.3	94
115	Effect of glycogen availability on human skeletal muscle protein turnover during exercise and recovery. Journal of Applied Physiology, 2010, 109, 431-438.	1.2	94
116	Leucine, Not Total Protein, Content of a Supplement Is the Primary Determinant of Muscle Protein Anabolic Responses in Healthy Older Women. Journal of Nutrition, 2018, 148, 1088-1095.	1.3	94
117	Hypoenergetic diet-induced reductions in myofibrillar protein synthesis are restored with resistance training and balanced daily protein ingestion in older men. American Journal of Physiology - Endocrinology and Metabolism, 2015, 308, E734-E743.	1.8	93
118	Increased muscle oxidative potential following resistance training induced fibre hypertrophy in young men. Applied Physiology, Nutrition and Metabolism, 2006, 31, 495-501.	0.9	92
119	Skeletal muscle and resistance exercise training; the role of protein synthesis in recovery and remodeling. Journal of Applied Physiology, 2017, 122, 541-548.	1.2	92
120	Dose-dependent responses of myofibrillar protein synthesis with beef ingestion are enhanced with resistance exercise in middle-aged men. Applied Physiology, Nutrition and Metabolism, 2013, 38, 120-125.	0.9	91
121	Whey Protein Supplementation Preserves Postprandial Myofibrillar Protein Synthesis during Short-Term Energy Restriction in Overweight and Obese Adults. Journal of Nutrition, 2015, 145, 246-252.	1.3	91
122	Skeletal muscle satellite cells are located at a closer proximity to capillaries in healthy young compared with older men. Journal of Cachexia, Sarcopenia and Muscle, 2016, 7, 547-554.	2.9	91
123	Nutrient-rich meat proteins in offsetting age-related muscle loss. Meat Science, 2012, 92, 174-178.	2.7	90
124	Current Concepts and Unresolved Questions in Dietary Protein Requirements and Supplements in Adults. Frontiers in Nutrition, 2017, 4, 13.	1.6	90
125	Defining anabolic resistance: implications for delivery of clinical care nutrition. Current Opinion in Critical Care, 2018, 24, 124-130.	1.6	90
126	Faster femoral artery blood velocity kinetics at the onset of exercise following short-term training. Cardiovascular Research, 1996, 31, 278-286.	1.8	89

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127	Can body weight supported treadmill training increase bone mass and reverse muscle atrophy in individuals with chronic incomplete spinal cord injury?. Applied Physiology, Nutrition and Metabolism, 2006, 31, 283-291.	0.9	88
128	Alterations in human muscle protein metabolism with aging: Protein and exercise as countermeasures to offset sarcopenia. BioFactors, 2014, 40, 199-205.	2.6	88
129	A higher effort-based paradigm in physical activity and exercise for public health: making the case for a greater emphasis on resistance training. BMC Public Health, 2017, 17, 300.	1.2	88
130	Hepatocyte growth factor (HGF) and the satellite cell response following muscle lengthening contractions in humans. Muscle and Nerve, 2008, 38, 1434-1442.	1.0	87
131	Day-to-Day Changes in Muscle Protein Synthesis in Recovery From Resistance, Aerobic, and High-Intensity Interval Exercise in Older Men. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2015, 70, 1024-1029.	1.7	87
132	A whey protein-based multi-ingredient nutritional supplement stimulates gains in lean body mass and strength in healthy older men: A randomized controlled trial. PLoS ONE, 2017, 12, e0181387.	1.1	87
133	Dietary protein for athletes: from requirements to metabolic advantage. Applied Physiology, Nutrition and Metabolism, 2006, 31, 647-654.	0.9	86
134	Physiologic and molecular bases of muscle hypertrophy and atrophy: impact of resistance exercise on human skeletal muscle (protein and exercise dose effects)This paper is one of a selection of papers published in this Special Issue, entitled 14th International Biochemistry of Exercise ConferenceÂâ€“ Muscles as Molecular and Metabolic Machines, and has undergone the Journalâ€™s usual peer review process.. Applied Physiology, Nutrition and Metabolism, 2009, 34, 403-410.	0.9	86
135	Treadmill training-induced adaptations in muscle phenotype in persons with incomplete spinal cord injury. Muscle and Nerve, 2004, 30, 61-68.	1.0	85
136	Anabolic Processes in Human Skeletal Muscle: Restoring the Identities of Growth Hormone and Testosterone. Physician and Sportsmedicine, 2010, 38, 97-104.	1.0	84
137	Muscle fibre activation is unaffected by load and repetition duration when resistance exercise is performed to task failure. Journal of Physiology, 2019, 597, 4601-4613.	1.3	84
138	Protein Recommendations for Weight Loss in Elite Athletes: A Focus on Body Composition and Performance. International Journal of Sport Nutrition and Exercise Metabolism, 2018, 28, 170-177.	1.0	83
139	Short-Term Training: When Do Repeated Bouts of Resistance Exercise Become Training?. Applied Physiology, Nutrition, and Metabolism, 2000, 25, 185-193.	1.7	79
140	Human exercise-mediated skeletal muscle hypertrophy is an intrinsic process. International Journal of Biochemistry and Cell Biology, 2010, 42, 1371-1375.	1.2	79
141	CrossTalk proposal: The dominant mechanism causing disuse muscle atrophy is decreased protein synthesis. Journal of Physiology, 2014, 592, 5341-5343.	1.3	79
142	Protein leucine content is a determinant of shorter- and longer-term muscle protein synthetic responses at rest and following resistance exercise in healthy older women: a randomized, controlled trial. American Journal of Clinical Nutrition, 2018, 107, 217-226.	2.2	79
143	Failed Recovery of Glycemic Control and Myofibrillar Protein Synthesis With 2 wk of Physical Inactivity in Overweight, Prediabetic Older Adults. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2018, 73, 1070-1077.	1.7	79
144	The Impact of Step Reduction on Muscle Health in Aging: Protein and Exercise as Countermeasures. Frontiers in Nutrition, 2019, 6, 75.	1.6	79

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145	Identifying the Structural Adaptations that Drive the Mechanical Load-Induced Growth of Skeletal Muscle: A Scoping Review. Cells, 2020, 9, 1658.	1.8	79
146	Diets Higher in Dairy Foods and Dietary Protein Support Bone Health during Diet- and Exercise-Induced Weight Loss in Overweight and Obese Premenopausal Women. Journal of Clinical Endocrinology and Metabolism, 2012, 97, 251-260.	1.8	78
147	Concurrent resistance and aerobic exercise stimulates both myofibrillar and mitochondrial protein synthesis in sedentary middle-aged men. Journal of Applied Physiology, 2012, 112, 1992-2001.	1.2	78
148	Effects of capsinoid ingestion on energy expenditure and lipid oxidation at rest and during exercise. Nutrition and Metabolism, 2010, 7, 65.	1.3	77
149	Low-load resistance training during step-reduction attenuates declines in muscle mass and strength and enhances anabolic sensitivity in older men. Physiological Reports, 2015, 3, e12493.	0.7	77
150	Nutrient provision increases signalling and protein synthesis in human skeletal muscle after repeated sprints. European Journal of Applied Physiology, 2011, 111, 1473-1483.	1.2	76
151	MUSCLE DISUSE AS A PIVOTAL PROBLEM IN SARCOPENIA-RELATED MUSCLE LOSS AND DYSFUNCTION. Journal of Frailty & Aging,the, 2016, 5, 1-9.	0.8	76
152	A Critical Examination of Dietary Protein Requirements, Benefits, and Excesses in Athletes. International Journal of Sport Nutrition and Exercise Metabolism, 2007, 17, S58-S76.	1.0	75
153	Summary Points and Consensus Recommendations From the International Protein Summit. Nutrition in Clinical Practice, 2017, 32, 142S-151S.	1.1	75
154	Resistance exercise and nutrition to counteract muscle wasting. Applied Physiology, Nutrition and Metabolism, 2009, 34, 817-828.	0.9	74
155	Differential Metabolomics for Quantitative Assessment of Oxidative Stress with Strenuous Exercise and Nutritional Intervention: Thiol-Specific Regulation of Cellular Metabolism with <i>N</i>-Acetyl-<scp>l</scp>-Cysteine Pretreatment. Analytical Chemistry, 2010, 82, 2959-2968.	3.2	74
156	Resistance training reduces whole-body protein turnover and improves net protein retention in untrained young males. Applied Physiology, Nutrition and Metabolism, 2006, 31, 557-564.	0.9	73
157	Alcohol Ingestion Impairs Maximal Post-Exercise Rates of Myofibrillar Protein Synthesis following a Single Bout of Concurrent Training. PLoS ONE, 2014, 9, e88384.	1.1	73
158	Resistance exercise decreases eIF2BÎµ phosphorylation and potentiates the feeding-induced stimulation of p70^{S6K1} and rpS6 in young men. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2008, 295, R604-R610.	0.9	72
159	Fish oil supplementation suppresses resistance exercise and feeding-induced increases in anabolic signaling without affecting myofibrillar protein synthesis in young men. Physiological Reports, 2016, 4, e12715.	0.7	72
160	Resistance exercise: good for more than just Grandma and Grandpaâ€™s muscles. Applied Physiology, Nutrition and Metabolism, 2007, 32, 1198-1205.	0.9	71
161	Resistance exercise and appropriate nutrition to counteract muscle wasting and promote muscle hypertrophy. Current Opinion in Clinical Nutrition and Metabolic Care, 2010, 13, 630-634.	1.3	71
162	Sex differences in mitochondrial respiratory function in human skeletal muscle. American Journal of Physiology - Regulatory Integrative and Comparative Physiology, 2018, 314, R909-R915.	0.9	70

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163	Dietary protein for athletes: From requirements to optimum adaptation. Journal of Sports Sciences, 2011, 29, S29-S38.	1.0	70
164	Bigger weights may not beget bigger muscles: evidence from acute muscle protein synthetic responses after resistance exercise. Applied Physiology, Nutrition and Metabolism, 2012, 37, 551-554.	0.9	69
165	Pronounced energy restriction with elevated protein intake results in no change in proteolysis and reductions in skeletal muscle protein synthesis that are mitigated by resistance exercise. FASEB Journal, 2018, 32, 265-275.	0.2	69
166	Bolus Arginine Supplementation Affects neither Muscle Blood Flow nor Muscle Protein Synthesis in Young Men at Rest or After Resistance Exercise. Journal of Nutrition, 2011, 141, 195-200.	1.3	68
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