

Koichi Nakazato

List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/3582859/publications.pdf>

Version: 2024-02-01

65
papers

1,228
citations

394421

19
h-index

434195

31
g-index

65
all docs

65
docs citations

65
times ranked

1424
citing authors

| # | ARTICLE | IF | CITATIONS |
|----|--|-----|-----------|
| 1 | The role of mTOR signalling in the regulation of skeletal muscle mass in a rodent model of resistance exercise. <i>Scientific Reports</i> , 2016, 6, 31142. | 3.3 | 139 |
| 2 | mTOR signaling response to resistance exercise is altered by chronic resistance training and detraining in skeletal muscle. <i>Journal of Applied Physiology</i> , 2013, 114, 934-940. | 2.5 | 114 |
| 3 | The order of concurrent endurance and resistance exercise modifies mTOR signaling and protein synthesis in rat skeletal muscle. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2014, 306, E1155-E1162. | 3.5 | 62 |
| 4 | Ursolic acid stimulates mTORC1 signaling after resistance exercise in rat skeletal muscle. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2013, 305, E760-E765. | 3.5 | 53 |
| 5 | Effects of Dietary Apple Polyphenol on Adipose Tissues Weights in Wistar Rats. <i>Experimental Animals</i> , 2006, 55, 383-389. | 1.1 | 41 |
| 6 | <i>ACTN3</i> R577X genotype and athletic performance in a large cohort of Japanese athletes. <i>European Journal of Sport Science</i> , 2016, 16, 694-701. | 2.7 | 40 |
| 7 | Low-load bench press and push-up induce similar muscle hypertrophy and strength gain. <i>Journal of Exercise Science and Fitness</i> , 2017, 15, 37-42. | 2.2 | 37 |
| 8 | Relationship between exercise volume and muscle protein synthesis in a rat model of resistance exercise. <i>Journal of Applied Physiology</i> , 2017, 123, 710-716. | 2.5 | 32 |
| 9 | Effect of Increased Excursion of the Ankle on the Severity of Acute Eccentric Contraction-Induced Strain Injury in the Gastrocnemius. <i>American Journal of Sports Medicine</i> , 2004, 32, 1263-1269. | 4.2 | 31 |
| 10 | Dietary apple polyphenols have preventive effects against lengthening contraction-induced muscle injuries. <i>Molecular Nutrition and Food Research</i> , 2010, 54, 364-372. | 3.3 | 31 |
| 11 | The <i>ACTN3</i> R577X genotype is associated with muscle function in a Japanese population. <i>Applied Physiology, Nutrition and Metabolism</i> , 2015, 40, 316-322. | 1.9 | 28 |
| 12 | Apple polyphenols induce browning of white adipose tissue. <i>Journal of Nutritional Biochemistry</i> , 2020, 77, 108299. | 4.2 | 28 |
| 13 | Improvement of Endurance Based on Muscle Fiber-Type Composition by Treatment with Dietary Apple Polyphenols in Rats. <i>PLoS ONE</i> , 2015, 10, e0134303. | 2.5 | 26 |
| 14 | Dietary Apple Polyphenols Enhance Gastrocnemius Function in Wistar Rats. <i>Medicine and Science in Sports and Exercise</i> , 2007, 39, 934-940. | 0.4 | 25 |
| 15 | Effective utilization of genetic information for athletes and coaches: focus on <i>ACTN3</i> R577X polymorphism. <i>Journal of Exercise Nutrition & Biochemistry</i> , 2015, 19, 157-164. | 1.3 | 25 |
| 16 | Effect of Intermittent Low-Frequency Electrical Stimulation on the Rat Gastrocnemius Muscle. <i>BioMed Research International</i> , 2013, 2013, 1-9. | 1.9 | 22 |
| 17 | Association between <i>ACTN3</i> R577X Polymorphism and Trunk Flexibility in 2 Different Cohorts. <i>International Journal of Sports Medicine</i> , 2017, 38, 402-406. | 1.7 | 22 |
| 18 | Contralateral repeated bout effect after eccentric exercise on muscular activation. <i>European Journal of Applied Physiology</i> , 2018, 118, 1997-2005. | 2.5 | 22 |

| # | ARTICLE | IF | CITATIONS |
|----|---|-----|-----------|
| 19 | Muscular Hypertrophy and Changes in Cytokine Production After Eccentric Training in the Rat Skeletal Muscle. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 2283-2292. | 2.1 | 21 |
| 20 | Electrically stimulated contractile activity-induced transcriptomic responses and metabolic remodeling in C ₂ C ₁₂ myotubes: twitch vs. tetanic contractions. <i>American Journal of Physiology - Cell Physiology</i> , 2020, 319, C1029-C1044. | 4.6 | 21 |
| 21 | Fast-to-slow shift of muscle fiber-type composition by dietary apple polyphenols in rats: Impact of the low-dose supplementation. <i>Animal Science Journal</i> , 2017, 88, 489-499. | 1.4 | 19 |
| 22 | Cast immobilization of hindlimb upregulates sarcolipin expression in atrophied skeletal muscles and increases thermogenesis in C57BL/6J mice. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2019, 317, R649-R661. | 1.8 | 19 |
| 23 | Elevation of myostatin and FOXOs in prolonged muscular impairment induced by eccentric contractions in rat medial gastrocnemius muscle. <i>Journal of Applied Physiology</i> , 2010, 108, 306-313. | 2.5 | 18 |
| 24 | Habitual cocoa intake reduces arterial stiffness in postmenopausal women regardless of intake frequency: a randomized parallel-group study. <i>Clinical Interventions in Aging</i> , 2016, Volume 11, 1645-1652. | 2.9 | 17 |
| 25 | Effects of blackcurrant extract on arterial functions in older adults: A randomized, double-blind, placebo-controlled, crossover trial. <i>Clinical and Experimental Hypertension</i> , 2020, 42, 640-647. | 1.3 | 17 |
| 26 | Acute and Long-term Responses to Different Rest Intervals in Low-load Resistance Training. <i>International Journal of Sports Medicine</i> , 2017, 38, 118-124. | 1.7 | 16 |
| 27 | c-Myc overexpression increases ribosome biogenesis and protein synthesis independent of mTORC1 activation in mouse skeletal muscle. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2021, 321, E551-E559. | 3.5 | 16 |
| 28 | Acetaldehyde dehydrogenase 2 deficiency increases mitochondrial reactive oxygen species emission and induces mitochondrial protease Omi/HtrA2 in skeletal muscle. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2020, 318, R677-R690. | 1.8 | 16 |
| 29 | Repeated bouts of resistance exercise with short recovery periods activates mTOR signaling, but not protein synthesis, in mouse skeletal muscle. <i>Physiological Reports</i> , 2017, 5, e13515. | 1.7 | 15 |
| 30 | Sciatic Nerve Conductivity is Impaired by Hamstring Strain Injuries. <i>International Journal of Sports Medicine</i> , 2017, 38, 803-808. | 1.7 | 14 |
| 31 | Eccentric contractions of gastrocnemius muscle-induced nerve damage in rats. <i>Muscle and Nerve</i> , 2014, 50, 87-94. | 2.2 | 13 |
| 32 | Influence of shortened recovery between resistance exercise sessions on muscle hypertrophic effect in rat skeletal muscle. <i>Physiological Reports</i> , 2019, 7, e14155. | 1.7 | 13 |
| 33 | Increased oxidative properties of gastrocnemius in rats fed on a high-protein diet. <i>Journal of Nutritional Biochemistry</i> , 2008, 19, 26-32. | 4.2 | 12 |
| 34 | The Effect of Changing the Contraction Mode During Resistance Training on mTORC1 Signaling and Muscle Protein Synthesis. <i>Frontiers in Physiology</i> , 2019, 10, 406. | 2.8 | 12 |
| 35 | Roles played by protein metabolism and myogenic progenitor cells in exercise-induced muscle hypertrophy and their relation to resistance training regimens. <i>The Journal of Physical Fitness and Sports Medicine</i> , 2012, 1, 83-94. | 0.3 | 11 |
| 36 | Effects of the ACTN3 R577X Genotype on the Muscular Strength and Range of Motion Before and After Eccentric Contractions of the Elbow Flexors. <i>International Journal of Sports Medicine</i> , 2018, 39, 148-153. | 1.7 | 11 |

| # | ARTICLE | IF | CITATIONS |
|----|--|-----|-----------|
| 37 | Repeated bouts of resistance exercise in rats alter mechanistic target of rapamycin complex 1 activity and ribosomal capacity but not muscle protein synthesis. <i>Experimental Physiology</i> , 2021, 106, 1950-1960. | 2.0 | 11 |
| 38 | Cartilage Intermediate Layer Protein and Asporin Polymorphisms Are Independent Risk Factors of Lumbar Disc Degeneration in Male Collegiate Athletes. <i>Cartilage</i> , 2014, 5, 37-42. | 2.7 | 10 |
| 39 | Repeated bouts of fast eccentric contraction produce sciatic nerve damage in rats. <i>Muscle and Nerve</i> , 2016, 54, 936-942. | 2.2 | 10 |
| 40 | Consecutive bouts of electrical stimulation-induced contractions alter ribosome biogenesis in rat skeletal muscle. <i>Journal of Applied Physiology</i> , 2019, 126, 1673-1680. | 2.5 | 10 |
| 41 | Genes and Weightlifting Performance. <i>Genes</i> , 2022, 13, 25. | 2.4 | 10 |
| 42 | Dietary apple polyphenols increase skeletal muscle capillaries in Wistar rats. <i>Physiological Reports</i> , 2018, 6, e13866. | 1.7 | 9 |
| 43 | Resistance exercise with anti-inflammatory foods attenuates skeletal muscle atrophy induced by chronic inflammation. <i>Journal of Applied Physiology</i> , 2020, 128, 197-211. | 2.5 | 9 |
| 44 | Ciliary Neurotrophic Factor Receptor rs41274853 Polymorphism Is Associated With Weightlifting Performance in Japanese Weightlifters. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 3037-3041. | 2.1 | 9 |
| 45 | Cervical Intervertebral Disc Degeneration and Low Cervical Extension Independently Associated With a History of Stinger Syndrome. <i>Orthopaedic Journal of Sports Medicine</i> , 2017, 5, 232596711773583. | 1.7 | 8 |
| 46 | The Effect of a Previous Strain Injury on Regional Neuromuscular Activation Within the Rectus Femoris. <i>Journal of Human Kinetics</i> , 2019, 66, 89-97. | 1.5 | 8 |
| 47 | The ALDH2 rs671 polymorphism is associated with athletic status and muscle strength in a Japanese population. <i>Biology of Sport</i> , 2022, 39, 429-434. | 3.2 | 8 |
| 48 | Regulatory mechanisms of muscle fiber types and their possible interactions with external nutritional stimuli. <i>The Journal of Physical Fitness and Sports Medicine</i> , 2012, 1, 655-664. | 0.3 | 8 |
| 49 | Genetic profile of sports climbing athletes from three different ethnicities. <i>Biology of Sport</i> , 2022, 39, 913-919. | 3.2 | 8 |
| 50 | Anterior Limbus Vertebra and Intervertebral Disk Degeneration in Japanese Collegiate Gymnasts. <i>Orthopaedic Journal of Sports Medicine</i> , 2013, 1, 232596711350022. | 1.7 | 7 |
| 51 | Repeated bouts of fast velocity eccentric contractions induce atrophy of gastrocnemius muscle in rats. <i>Journal of Muscle Research and Cell Motility</i> , 2015, 36, 317-327. | 2.0 | 6 |
| 52 | Aldehyde dehydrogenase 2 deficiency promotes skeletal muscle atrophy in aged mice. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2022, 322, R511-R525. | 1.8 | 6 |
| 53 | Effects of endurance training on the expression of host proteins involved in SARS-CoV-2 cell entry in C57BL/6J mouse. <i>Physiological Reports</i> , 2021, 9, e15014. | 1.7 | 5 |
| 54 | Characteristics of myogenic response and ankle torque recovery after lengthening contraction-induced rat gastrocnemius injury. <i>BMC Musculoskeletal Disorders</i> , 2012, 13, 211. | 1.9 | 4 |

| # | ARTICLE | IF | CITATIONS |
|----|--|-----|-----------|
| 55 | Temporal changes in ERK phosphorylation are harmonious with 4E-BP1, but not p70S6K, during clenbuterol-induced hypertrophy in the rat gastrocnemius. <i>Applied Physiology, Nutrition and Metabolism</i> , 2014, 39, 902-910. | 1.9 | 4 |
| 56 | Repeated stretch-induced shortening contraction of the triceps surae attenuates muscle atrophy and liver dysfunction in a rat model of inflammation. <i>Experimental Physiology</i> , 2020, 105, 1111-1123. | 2.0 | 4 |
| 57 | Eccentric contraction-induced muscle damage in human flexor pollicis brevis is accompanied by impairment of motor nerve. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020, 30, 462-471. | 2.9 | 3 |
| 58 | Eccentric exercise causes delayed sensory nerve conduction velocity but no repeated bout effect in the flexor pollicis brevis muscles. <i>European Journal of Applied Physiology</i> , 2021, 121, 3069-3081. | 2.5 | 3 |
| 59 | Moderate Intensity Cycling Exercise after Upper Extremity Resistance Training Interferes Response to Muscle Hypertrophy but Not Strength Gains. <i>Journal of Sports Science and Medicine</i> , 2017, 16, 391-395. | 1.6 | 3 |
| 60 | Is COL1A1 Gene rs1107946 Polymorphism Associated with Sport Climbing Status and Flexibility?. <i>Genes</i> , 2022, 13, 403. | 2.4 | 3 |
| 61 | Inorganic Iron Supplementation Rescues Hematological Insufficiency Even Under Intense Exercise Training in a Mouse Model of Iron Deficiency with Anemia. <i>Biological Trace Element Research</i> , 2020, 199, 2945-2960. | 3.5 | 1 |
| 62 | THE EFFECT OF NECK MUSCLE TRAINING ON THE ISOMETRIC CERVICAL EXTENSION STRENGTH AND CROSS-SECTIONAL AREA OF THE NECK EXTENSOR MUSCLES -COMBINED TRAINING FOR NECK EXTENSOR MUSCLES USING A CERVICAL EXTENSION MACHINE-. <i>Japanese Journal of Physical Fitness and Sports Medicine</i> , 2006, 55, S1-S6. | 0.0 | 1 |
| 63 | Central Tendon Injury Impairs Regional Neuromuscular Activation of the Rectus Femoris Muscle. <i>Sports</i> , 2021, 9, 150. | 1.7 | 1 |
| 64 | Acute and Long-term Responses to Different Rest Intervals in Low Load Resistance Training. <i>Juntendo Medical Journal</i> , 2018, 64, 178-178. | 0.1 | 0 |
| 65 | ALDH2 rs671 polymorphism is associated with athletic status and muscle phenotypes in the Japanese population. <i>FASEB Journal</i> , 2018, 32, 755.2. | 0.5 | 0 |