

Lance C Dalleck

List of Publications by Year in descending order

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Version: 2024-02-01

34
papers

1,627
citations

471509

17
h-index

377865

34
g-index

35
all docs

35
docs citations

35
times ranked

2989
citing authors

#	ARTICLE	IF	CITATIONS
1	The Impact of High-Intensity Interval Training Versus Moderate-Intensity Continuous Training on Vascular Function: a Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2015, 45, 679-692.	6.5	472
2	A mobile phone intervention increases physical activity in people with cardiovascular disease: Results from the HEART randomized controlled trial. <i>European Journal of Preventive Cardiology</i> , 2015, 22, 701-709.	1.8	215
3	Prevalence of metabolic syndrome and metabolic syndrome components in young adults: A pooled analysis. <i>Preventive Medicine Reports</i> , 2017, 7, 211-215.	1.8	194
4	Is a threshold-based model a superior method to the relative percent concept for establishing individual exercise intensity? a randomized controlled trial. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2015, 7, 16.	1.7	80
5	A mHealth cardiac rehabilitation exercise intervention: findings from content development studies. <i>BMC Cardiovascular Disorders</i> , 2012, 12, 36.	1.7	59
6	Cardiac rehabilitation outcomes in a conventional versus telemedicine-based programme. <i>Journal of Telemedicine and Telecare</i> , 2011, 17, 217-221.	2.7	58
7	Incidence of VĚ™O ₂ max Responders to Personalized versus Standardized Exercise Prescription. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 681-691.	0.4	56
8	Effect of Functional Resistance Training on Muscular Fitness Outcomes in Young Adults. <i>Journal of Exercise Science and Fitness</i> , 2010, 8, 113-122.	2.2	53
9	Low-Volume High-Intensity Interval Training Is Sufficient to Ameliorate the Severity of Metabolic Syndrome. <i>Metabolic Syndrome and Related Disorders</i> , 2017, 15, 319-328.	1.3	49
10	Suitability of Verification Testing to Confirm Attainment of VO ₂ max in Middle-Aged and Older Adults. <i>Research in Sports Medicine</i> , 2012, 20, 118-128.	1.3	46
11	Dose-Response Relationship between Moderate-Intensity Exercise Duration and Coronary Heart Disease Risk Factors in Postmenopausal Women. <i>Journal of Women's Health</i> , 2009, 18, 105-113.	3.3	44
12	Effects of High-Intensity Interval Training on People Living with Type 2 Diabetes: A Narrative Review. <i>Canadian Journal of Diabetes</i> , 2017, 41, 536-547.	0.8	37
13	The Prevalence of Metabolic Syndrome and Metabolic Syndrome Risk Factors in College-Aged Students. <i>American Journal of Health Promotion</i> , 2012, 27, 37-42.	1.7	30
14	The Effect of Detraining after a Period of Training on Cardiometabolic Health in Previously Sedentary Individuals. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 2303.	2.6	26
15	Reduced Exertion High-Intensity Interval Training is More Effective at Improving Cardiorespiratory Fitness and Cardiometabolic Health than Traditional Moderate-Intensity Continuous Training. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 483.	2.6	26
16	Is moderate intensity exercise training combined with high intensity interval training more effective at improving cardiorespiratory fitness than moderate intensity exercise training alone?. <i>Journal of Sports Science and Medicine</i> , 2014, 13, 702-7.	1.6	26
17	The incidence of training responsiveness to cardiorespiratory fitness and cardiometabolic measurements following individualized and standardized exercise prescription: study protocol for a randomized controlled trial. <i>Trials</i> , 2016, 17, 601.	1.6	24
18	Primary prevention of metabolic syndrome in the community using an evidence-based exercise program. <i>Preventive Medicine</i> , 2013, 57, 392-395.	3.4	21

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19	Personalized Moderate-Intensity Exercise Training Combined with High-Intensity Interval Training Enhances Training Responsiveness. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 2088.	2.6	17
20	Can reducing sitting time in the university setting improve the cardiometabolic health of college students?. <i>Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy</i> , 2018, Volume 11, 603-610.	2.4	16
21	Changes in Metabolic Syndrome Severity Following Individualized Versus Standardized Exercise Prescription: A Feasibility Study. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 2594.	2.6	11
22	Comparison of Treadmill and Cycle Ergometer Exercise During Cardiac Rehabilitation: A Meta-analysis. <i>Archives of Physical Medicine and Rehabilitation</i> , 2020, 101, 690-699.	0.9	10
23	A Moderate-Intensity Exercise Program Fulfilling the American College of Sports Medicine Net Energy Expenditure Recommendation Improves Health Outcomes in Premenopausal Women. <i>Journal of Strength and Conditioning Research</i> , 2008, 22, 256-262.	2.1	9
24	The prevalence of adverse cardiometabolic responses to exercise training with evidence-based practice is low. <i>Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy</i> , 2015, 8, 73.	2.4	7
25	Time Course Changes in Confirmed $\dot{V}O_{2\max}$ After Individualized and Standardized Training. <i>Sports Medicine International Open</i> , 2019, 03, E32-E39.	1.1	7
26	Inter-Individual Variability in Metabolic Syndrome Severity Score and $\dot{V}O_{2\max}$ Changes Following Personalized, Community-Based Exercise Programming. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 4855.	2.6	7
27	Using a site-specific technical error to establish training responsiveness: a preliminary explorative study. <i>Open Access Journal of Sports Medicine</i> , 2018, Volume 9, 47-53.	1.3	5
28	Is the Tyme Wear Smart Shirt Reliable and Valid at Detecting Personalized Ventilatory Thresholds in Recreationally Active Individuals?. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 1147.	2.6	4
29	Exercise Training Intensity and the Fitness-Fatness Index in Adults with Metabolic Syndrome: A Randomized Trial. <i>Sports Medicine - Open</i> , 2021, 7, 100.	3.1	4
30	Parent's Cardiorespiratory Fitness, Body Mass, and Chronic Disease Status Is Associated with Metabolic Syndrome in Young Adults: A Preliminary Study. <i>International Journal of Environmental Research and Public Health</i> , 2019, 16, 1768.	2.6	3
31	<p>Effect of Different Volumes of Interval Training and Continuous Exercise on Interleukin-22 in Adults with Metabolic Syndrome: A Randomized Trial</p>. <i>Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy</i> , 2020, Volume 13, 2443-2453.	2.4	3
32	Optimizing the Interaction of Exercise Volume and Metformin to Induce a Clinically Significant Reduction in Metabolic Syndrome Severity: A Randomised Trial. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 3695.	2.6	3
33	Changes in the Second Ventilatory Threshold Following Individualised versus Standardised Exercise Prescription among Physically Inactive Adults: A Randomised Trial. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 3962.	2.6	3
34	Development of a Metabolic Equation for Elliptical Crosstrainer Exercise. <i>Perceptual and Motor Skills</i> , 2007, 104, 725-732.	1.3	2