

Lance C Dalleck

List of Publications by Year in descending order

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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	Is the Tyme Wear Smart Shirt Reliable and Valid at Detecting Personalized Ventilatory Thresholds in Recreationally Active Individuals?. International Journal of Environmental Research and Public Health, 2022, 19, 1147.	2.6	4
2	Changes in the Second Ventilatory Threshold Following Individualised versus Standardised Exercise Prescription among Physically Inactive Adults: A Randomised Trial. International Journal of Environmental Research and Public Health, 2022, 19, 3962.	2.6	3
3	Exercise Training Intensity and the Fitness-Fatness Index in Adults with Metabolic Syndrome: A Randomized Trial. Sports Medicine - Open, 2021, 7, 100.	3.1	4
4	Comparison of Treadmill and Cycle Ergometer Exercise During Cardiac Rehabilitation: A Meta-analysis. Archives of Physical Medicine and Rehabilitation, 2020, 101, 690-699.	0.9	10
5	<p>Effect of Different Volumes of Interval Training and Continuous Exercise on Interleukin-22 in Adults with Metabolic Syndrome: A Randomized Trial</p>. Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy, 2020, Volume 13, 2443-2453.	2.4	3
6	Optimizing the Interaction of Exercise Volume and Metformin to Induce a Clinically Significant Reduction in Metabolic Syndrome Severity: A Randomised Trial. International Journal of Environmental Research and Public Health, 2020, 17, 3695.	2.6	3
7	Time Course Changes in Confirmed $\dot{V}O_{2max}$ After Individualized and Standardized Training. Sports Medicine International Open, 2019, 03, E32-E39.	1.1	7
8	Parent's Cardiorespiratory Fitness, Body Mass, and Chronic Disease Status Is Associated with Metabolic Syndrome in Young Adults: A Preliminary Study. International Journal of Environmental Research and Public Health, 2019, 16, 1768.	2.6	3
9	Personalized Moderate-Intensity Exercise Training Combined with High-Intensity Interval Training Enhances Training Responsiveness. International Journal of Environmental Research and Public Health, 2019, 16, 2088.	2.6	17
10	Reduced Exertion High-Intensity Interval Training is More Effective at Improving Cardiorespiratory Fitness and Cardiometabolic Health than Traditional Moderate-Intensity Continuous Training. International Journal of Environmental Research and Public Health, 2019, 16, 483.	2.6	26
11	Inter-Individual Variability in Metabolic Syndrome Severity Score and $\dot{V}O_{2max}$ Changes Following Personalized, Community-Based Exercise Programming. International Journal of Environmental Research and Public Health, 2019, 16, 4855.	2.6	7
12	Incidence of $\dot{V}E_{max}$ Responders to Personalized versus Standardized Exercise Prescription. Medicine and Science in Sports and Exercise, 2019, 51, 681-691.	0.4	56
13	Changes in Metabolic Syndrome Severity Following Individualized Versus Standardized Exercise Prescription: A Feasibility Study. International Journal of Environmental Research and Public Health, 2018, 15, 2594.	2.6	11
14	Can reducing sitting time in the university setting improve the cardiometabolic health of college students?. Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy, 2018, Volume 11, 603-610.	2.4	16
15	The Effect of Detraining after a Period of Training on Cardiometabolic Health in Previously Sedentary Individuals. International Journal of Environmental Research and Public Health, 2018, 15, 2303.	2.6	26
16	Using a site-specific technical error to establish training responsiveness: a preliminary explorative study. Open Access Journal of Sports Medicine, 2018, Volume 9, 47-53.	1.3	5
17	Low-Volume High-Intensity Interval Training Is Sufficient to Ameliorate the Severity of Metabolic Syndrome. Metabolic Syndrome and Related Disorders, 2017, 15, 319-328.	1.3	49
18	Effects of High-Intensity Interval Training on People Living with Type 2 Diabetes: A Narrative Review. Canadian Journal of Diabetes, 2017, 41, 536-547.	0.8	37

#	ARTICLE	IF	CITATIONS
19	Prevalence of metabolic syndrome and metabolic syndrome components in young adults: A pooled analysis. Preventive Medicine Reports, 2017, 7, 211-215.	1.8	194
20	The incidence of training responsiveness to cardiorespiratory fitness and cardiometabolic measurements following individualized and standardized exercise prescription: study protocol for a randomized controlled trial. Trials, 2016, 17, 601.	1.6	24
21	The prevalence of adverse cardiometabolic responses to exercise training with evidence-based practice is low. Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy, 2015, 8, 73.	2.4	7
22	The Impact of High-Intensity Interval Training Versus Moderate-Intensity Continuous Training on Vascular Function: a Systematic Review and Meta-Analysis. Sports Medicine, 2015, 45, 679-692.	6.5	472
23	Is a threshold-based model a superior method to the relative percent concept for establishing individual exercise intensity? a randomized controlled trial. BMC Sports Science, Medicine and Rehabilitation, 2015, 7, 16.	1.7	80
24	A mobile phone intervention increases physical activity in people with cardiovascular disease: Results from the HEART randomized controlled trial. European Journal of Preventive Cardiology, 2015, 22, 701-709.	1.8	215
25	Is moderate intensity exercise training combined with high intensity interval training more effective at improving cardiorespiratory fitness than moderate intensity exercise training alone?. Journal of Sports Science and Medicine, 2014, 13, 702-7.	1.6	26
26	Primary prevention of metabolic syndrome in the community using an evidence-based exercise program. Preventive Medicine, 2013, 57, 392-395.	3.4	21
27	The Prevalence of Metabolic Syndrome and Metabolic Syndrome Risk Factors in College-Aged Students. American Journal of Health Promotion, 2012, 27, 37-42.	1.7	30
28	Suitability of Verification Testing to Confirm Attainment of $VO_{2\max}$ in Middle-Aged and Older Adults. Research in Sports Medicine, 2012, 20, 118-128.	1.3	46
29	A mHealth cardiac rehabilitation exercise intervention: findings from content development studies. BMC Cardiovascular Disorders, 2012, 12, 36.	1.7	59
30	Cardiac rehabilitation outcomes in a conventional versus telemedicine-based programme. Journal of Telemedicine and Telecare, 2011, 17, 217-221.	2.7	58
31	Effect of Functional Resistance Training on Muscular Fitness Outcomes in Young Adults. Journal of Exercise Science and Fitness, 2010, 8, 113-122.	2.2	53
32	Dose-Response Relationship between Moderate-Intensity Exercise Duration and Coronary Heart Disease Risk Factors in Postmenopausal Women. Journal of Women's Health, 2009, 18, 105-113.	3.3	44
33	A Moderate-Intensity Exercise Program Fulfilling the American College of Sports Medicine Net Energy Expenditure Recommendation Improves Health Outcomes in Premenopausal Women. Journal of Strength and Conditioning Research, 2008, 22, 256-262.	2.1	9
34	Development of a Metabolic Equation for Elliptical Crosstrainer Exercise. Perceptual and Motor Skills, 2007, 104, 725-732.	1.3	2