Christopher Brooks Mobley

List of Publications by Citations

68 papers	979 citations	18 h-index	27 g-index
78 ext. papers	1,317 ext. citations	3.3 avg, IF	4.18 L-index

#	Paper	IF	Citations
68	Ketogenic versus Western and standard chow diets favorably alters fat deposition and serum biomarkers in rats. *Journal of the International Society of Sports Nutrition*, **2015**, 12,	4.5	78
67	The anabolic skeletal muscle response to acute resistance exercise is not impaired in rats fed a ketogenic diet. *Journal of the International Society of Sports Nutrition*, **2015**, 12,	4.5	78
66	Effects of Whey, Soy or Leucine Supplementation with 12 Weeks of Resistance Training on Strength, Body Composition, and Skeletal Muscle and Adipose Tissue Histological Attributes in College-Aged Males. *Nutrients*, **2017**, 9,	6.7	54
65	Biomarkers associated with low, moderate, and high vastus lateralis muscle hypertrophy following 12 weeks of resistance training. *PLoS ONE*, **2018**, 13, e0195203	3.7	51
64	Ten weeks of branched-chain amino acid supplementation improves select performance and immunological variables in trained cyclists. *Amino Acids*, **2016**, 48, 779-789	3.5	37
63	Effects of a ketogenic diet on adipose tissue, liver, and serum biomarkers in sedentary rats and rats that exercised via resisted voluntary wheel running. *American Journal of Physiology - Regulatory Integrative and Comparative Physiology*, **2016**, 311, R337-51	3.2	34
62	The 1-Week and 8-Month Effects of a Ketogenic Diet or Ketone Salt Supplementation on Multi-Organ Markers of Oxidative Stress and Mitochondrial Function in Rats. *Nutrients*, **2017**, 9,	6.7	31
61	A Ketogenic Diet in Rodents Elicits Improved Mitochondrial Adaptations in Response to Resistance Exercise Training Compared to an Isocaloric Western Diet. *Frontiers in Physiology*, **2016**, 7, 533	4.6	28
60	Molecular, neuromuscular, and recovery responses to light versus heavy resistance exercise in young men. *Physiological Reports*, **2017**, 5, e13457	2.6	26
59	Effects of Graded Whey Supplementation During Extreme-Volume Resistance Training. *Frontiers in Nutrition*, **2018**, 5, 84	6.2	24
58	The role of extracellular vesicles in skeletal muscle and systematic adaptation to exercise. *Journal of Physiology*, **2021**, 599, 845-861	3.9	24
57	Pre-training Skeletal Muscle Fiber Size and Predominant Fiber Type Best Predict Hypertrophic Responses to 6 Weeks of Resistance Training in Previously Trained Young Men. *Frontiers in Physiology*, **2019**, 10, 297	4.6	22
56	Comparative effects of whey protein versus L-leucine on skeletal muscle protein synthesis and markers of ribosome biogenesis following resistance exercise. *Amino Acids*, **2016**, 48, 733-750	3.5	22
55	A putative low-carbohydrate ketogenic diet elicits mild nutritional ketosis but does not impair the acute or chronic hypertrophic responses to resistance exercise in rodents. *Journal of Applied Physiology*, **2016**, 120, 1173-85	3.7	22
54	Skeletal muscle mitochondrial volume and myozenin-1 protein differences exist between high versus low anabolic responders to resistance training. *PeerJ*, **2018**, 6, e5338	3.1	22
53	Effects of protein type and composition on postprandial markers of skeletal muscle anabolism, adipose tissue lipolysis, and hypothalamic gene expression. *Journal of the International Society of Sports Nutrition*, **2015**, 12, 14	4.5	21
52	Comparative adaptations in oxidative and glycolytic muscle fibers in a low voluntary wheel running rat model performing three levels of physical activity. *Physiological Reports*, **2015**, 3, e12619	2.6	20

51	A single bout of whole-leg, peristaltic pulse external pneumatic compression upregulates PGC-1α mRNA and endothelial nitric oxide sythase protein in human skeletal muscle tissue. *Experimental Physiology*, **2015**, 100, 852-64	2.4	19
50	Post-exercise branched chain amino acid supplementation does not affect recovery markers following three consecutive high intensity resistance training bouts compared to carbohydrate supplementation. *Journal of the International Society of Sports Nutrition*, **2016**, 13, 30	4.5	18
49	Ketogenic diet increases mitochondria volume in the liver and skeletal muscle without altering oxidative stress markers in rats. *Heliyon*, **2018**, 4, e00975	3.6	18
48	Whey protein-derived exosomes increase protein synthesis and hypertrophy in CC myotubes. *Journal of Dairy Science*, **2017**, 100, 48-64	4	17
47	Aging in Rats Differentially Affects Markers of Transcriptional and Translational Capacity in Soleus and Plantaris Muscle. *Frontiers in Physiology*, **2017**, 8, 518	4.6	17
46	Muscle memory: myonuclear accretion, maintenance, morphology, and miRNA levels with training and detraining in adult mice. *Journal of Cachexia, Sarcopenia and Muscle*, **2020**, 11, 1705-1722	10.3	17
45	Western diet-induced hepatic steatosis and alterations in the liver transcriptome in adult Brown-Norway rats. *BMC Gastroenterology*, **2015**, 15, 151	3	16
44	Effects of oral phosphatidic acid feeding with or without whey protein on muscle protein synthesis and anabolic signaling in rodent skeletal muscle. *Journal of the International Society of Sports Nutrition*, **2015**, 12, 32	4.5	15
43	The myonuclear DNA methylome in response to an acute hypertrophic stimulus. *Epigenetics*, **2020**, 15, 1151-1162	5.7	15
42	Impact of external pneumatic compression target inflation pressure on transcriptome-wide RNA expression in skeletal muscle. *Physiological Reports*, **2016**, 4, e13029	2.6	15
41	Differential vascular reactivity responses acutely following ingestion of a nitrate rich red spinach extract. *European Journal of Applied Physiology*, **2016**, 116, 2267-2279	3.4	15
40	L-leucine, beta-hydroxy-beta-methylbutyric acid (HMB) and creatine monohydrate prevent myostatin-induced Akirin-1/Mighty mRNA down-regulation and myotube atrophy. *Journal of the International Society of Sports Nutrition*, **2014**, 11, 38	4.5	14
39	Effects of Arachidonic Acid Supplementation on Acute Anabolic Signaling and Chronic Functional Performance and Body Composition Adaptations. *PLoS ONE*, **2016**, 11, e0155153	3.7	13
38	Genetic and epigenetic regulation of skeletal muscle ribosome biogenesis with exercise. *Journal of Physiology*, **2021**, 599, 3363-3384	3.9	13
37	Effect of 1-week betalain-rich beetroot concentrate supplementation on cycling performance and select physiological parameters. *European Journal of Applied Physiology*, **2018**, 118, 2465-2476	3.4	12
36	Evaluation of cardiac phenotype in horses with type 1 polysaccharide storage myopathy. *Journal of Veterinary Internal Medicine*, **2012**, 26, 1464-9	3.1	12
35	Bovine Milk Extracellular Vesicles (EVs) Modification Elicits Skeletal Muscle Growth in Rats. *Frontiers in Physiology*, **2019**, 10, 436	4.6	11
34	Cross talk between androgen and Wnt signaling potentially contributes to age-related skeletal muscle atrophy in rats. *Journal of Applied Physiology*, **2018**, 125, 486-494	3.7	11

33	Testosterone and trenbolone enanthate increase mature myostatin protein expression despite increasing skeletal muscle hypertrophy and satellite cell number in rodent muscle. *Andrologia*, **2017**, 49, e12622	2.4	10
32	The serine protease, dipeptidyl peptidase IV as a myokine: dietary protein and exercise mimetics as a stimulus for transcription and release. *Physiological Reports*, **2016**, 4, e12827	2.6	10
31	Does external pneumatic compression treatment between bouts of overreaching resistance training sessions exert differential effects on molecular signaling and performance-related variables compared to passive recovery? An exploratory study. *PLoS ONE*, **2017**, 12, e0180429	3.7	9
30	Soy protein supplementation is not androgenic or estrogenic in college-aged men when combined with resistance exercise training. *Scientific Reports*, **2018**, 8, 11151	4.9	9
29	Nucleus Type-Specific DNA Methylomics Reveals Epigenetic "Memory" of Prior Adaptation in Skeletal Muscle. *Function*, **2021**, 2, zqab038	6.1	8
28	Testosterone inhibits expression of lipogenic genes in visceral fat by an estrogen-dependent mechanism. *Journal of Applied Physiology*, **2016**, 121, 792-805	3.7	7
27	Progressive resistance-loaded voluntary wheel running increases hypertrophy and differentially affects muscle protein synthesis, ribosome biogenesis, and proteolytic markers in rat muscle. *Journal of Animal Physiology and Animal Nutrition*, **2018**, 102, 317-329	2.6	6
26	The Effects of Fortetropin Supplementation on Body Composition, Strength, and Power in Humans and Mechanism of Action in a Rodent Model. *Journal of the American College of Nutrition*, **2016**, 35, 679-691	3.5	6
25	Skeletal muscle amino acid transporter and BCAT2 expression prior to and following interval running or resistance exercise in mode-specific trained males. *Amino Acids*, **2018**, 50, 961-965	3.5	6
24	Acute and chronic resistance training downregulates select LINE-1 retrotransposon activity markers in human skeletal muscle. *American Journal of Physiology - Cell Physiology*, **2018**, 314, C379-C388	5.4	6
23	Herbal adaptogens combined with protein fractions from bovine colostrum and hen egg yolk reduce liver TNF-α expression and protein carbonylation in Western diet feeding in rats. *Nutrition and Metabolism*, **2014**, 11, 19	4.6	6
22	A single 60-min bout of peristaltic pulse external pneumatic compression transiently upregulates phosphorylated ribosomal protein s6. *Clinical Physiology and Functional Imaging*, **2017**, 37, 602-609	2.4	5
21	Concomitant external pneumatic compression treatment with consecutive days of high intensity interval training reduces markers of proteolysis. *European Journal of Applied Physiology*, **2017**, 117, 2587-2600	3.4	4
20	LAT1 Protein Content Increases Following 12 Weeks of Resistance Exercise Training in Human Skeletal Muscle. *Frontiers in Nutrition*, **2020**, 7, 628405	6.2	4
19	Skeletal muscle LINE-1 retrotransposon activity is upregulated in older versus younger rats. *American Journal of Physiology - Regulatory Integrative and Comparative Physiology*, **2019**, 317, R397-R406	3.2	3
18	Endurance training lowers ribosome density despite increasing ribosome biogenesis markers in rodent skeletal muscle. *BMC Research Notes*, **2017**, 10, 399	2.3	3
17	Dysbiosis of the gut microbiome impairs mouse skeletal muscle adaptation to exercise. *Journal of Physiology*, **2021**, 599, 4845-4863	3.9	3
16	CORP: Using transgenic mice to study skeletal muscle physiology. *Journal of Applied Physiology*, **2020**, 128, 1227-1239	3.7	2

15	Lifelong Ketogenic Diet Feeding Increases Longevity, But Does Not Alter Oxidative Stress Markers in Rats. *Medicine and Science in Sports and Exercise*, **2018**, 50, 82	1.2	2
14	Ten weeks of branched chain amino acid supplementation improves select performance and immunological variables in trained cyclists. *Journal of the International Society of Sports Nutrition*, **2015**, 12,	4.5	2
13	Effects of sub-chronic branched chain amino acid supplementation on markers of muscle damage and performance variables following 1 week of rigorous weight training. *Journal of the International Society of Sports Nutrition*, **2015**, 12,	4.5	1
12	Phosphatidic acid feeding increases muscle protein synthesis and select mTORC1 pathway signaling mediators in rodent skeletal muscle. *Journal of the International Society of Sports Nutrition*, **2014**, 11, P50	4.5	1
11	Differential effects of whey protein concentrate and hydrolyzed whey/egg protein blends on post-prandial markers of insulin signaling and skeletal muscle anabolism in rats (LB439). *FASEB Journal*, **2014**, 28, LB439	0.9	1
10	Molecular Differences in Skeletal Muscle After 1 Week of Active vs. Passive Recovery From High-Volume Resistance Training. *Journal of Strength and Conditioning Research*, **2021**, 35, 2102-2113	3.2	1
9	Senolytic treatment rescues blunted muscle hypertrophy in old mice.. *GeroScience*, **2022**, 1	8.9	1
8	Evidence of myomiR regulation of the pentose phosphate pathway during mechanical load-induced hypertrophy. *Physiological Reports*, **2021**, 9, e15137	2.6	1
7	Bovine Milk Exosome Depletion Affects Skeletal Muscle and Liver in Young Growing Rats. *Medicine and Science in Sports and Exercise*, **2019**, 51, 145-145	1.2	
6	Effects of whey protein concentrate and hydrolyzed whey/egg protein blends on post-prandial markers of adipose tissue lipolysis in rats (LB440). *FASEB Journal*, **2014**, 28, LB440	0.9	
5	The Relationship Between Serum Testosterone And Skeletal Muscle Wnt Signaling Markers In 3-24-month Old Rats. *Medicine and Science in Sports and Exercise*, **2017**, 49, 338	1.2	
4	Inducible Overexpression of p21Cip1 in Myotubes Promotes Increases in Protein Synthesis and Myotube Hypertrophy. *Medicine and Science in Sports and Exercise*, **2017**, 49, 501	1.2	
3	Agreement Between Dual-Energy X-Ray Absorptiometry and a New Standing Bioimpedance Spectroscopy Device for Detecting Changes in Fat-Free Tissue. *Medicine and Science in Sports and Exercise*, **2019**, 51, 504-504	1.2	
2	Acute and Chronic Resistance-Training Downregulates Select Line-1 Retrotransposon Activity Markers in Human Skeletal Muscle. *Medicine and Science in Sports and Exercise*, **2018**, 50, 553	1.2	
1	Amino Acid Transport and Metabolism Alterations Following 12 Weeks of Resistance Training with Supplementation. *Medicine and Science in Sports and Exercise*, **2018**, 50, 810	1.2	