

James Wilfred Navalta

List of Publications by Citations

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

140 papers	1,131 citations	17 h-index	27 g-index
186 ext. papers	1,354 ext. citations	2 avg, IF	4.84 L-index

#	Paper	IF	Citations
140	Ethical Issues Relating to Scientific Discovery in Exercise Science. <i>International Journal of Exercise Science</i> , 2019 , 12, 1-8	1.3	148
139	Understanding the individual responsiveness to resistance training periodization. <i>Age</i> , 2015 , 37, 9793		46
138	Predictors of calcium retention in adolescent boys. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2008 , 93, 4743-8	5.6	39
137	Two Consecutive Days of Crossfit Training Affects Pro and Anti-inflammatory Cytokines and Osteoprotegerin without Impairments in Muscle Power. <i>Frontiers in Physiology</i> , 2016 , 7, 260	4.6	36
136	Effects of combined exercise training on immunological, physical and biochemical parameters in individuals with HIV/AIDS. <i>Journal of Sports Sciences</i> , 2014 , 32, 785-92	3.6	35
135	Decreased functional capacity and muscle strength in elderly women with metabolic syndrome. <i>Clinical Interventions in Aging</i> , 2013 , 8, 1377-86	4	33
134	Carbohydrate loading and supplementation in endurance-trained women runners. <i>Journal of Applied Physiology</i> , 2003 , 95, 584-90	3.7	27
133	A High-Intensity Exercise Boot Camp for Persons With Parkinson Disease: A Phase II, Pragmatic, Randomized Clinical Trial of Feasibility, Safety, Signal of Efficacy, and Disease Mechanisms. <i>Journal of Neurologic Physical Therapy</i> , 2019 , 43, 12-25	4.1	22
132	The response of matrix metalloproteinase-9 and -2 to exercise. <i>Sports Medicine</i> , 2015 , 45, 269-78	10.6	22
131	Association of body composition with sarcopenic obesity in elderly women. <i>International Journal of General Medicine</i> , 2013 , 6, 25-9	2.3	21
130	Effects of Resistance Training Volume on MMPs in Circulation, Muscle and Adipose Tissue. <i>International Journal of Sports Medicine</i> , 2017 , 38, 307-313	3.6	19
129	Irisin Levels Are not Associated to Resistance Training-Induced Alterations in Body Mass Composition in Older Untrained Women with and without Obesity. <i>Journal of Nutrition, Health and Aging</i> , 2017 , 21, 241-246	5.2	18
128	Acute effects of resistance training on cytokines and osteoprotegerin in women with metabolic syndrome. <i>Clinical Physiology and Functional Imaging</i> , 2013 , 33, 122-30	2.4	18
127	Interleukin-6 -174G/C gene polymorphism affects muscle damage response to acute eccentric resistance exercise in elderly obese women. <i>Experimental Gerontology</i> , 2013 , 48, 1255-9	4.5	17
126	Moderate exercise increases the metabolism and immune function of lymphocytes in rats. <i>European Journal of Applied Physiology</i> , 2013 , 113, 1343-52	3.4	17
125	Three consecutive days of interval runs to exhaustion affects lymphocyte subset apoptosis and migration. <i>BioMed Research International</i> , 2014 , 2014, 694801	3	17
124	Effects of exercise-induced fatigue on postural balance: a comparison of treadmill versus cycle fatiguing protocols. <i>European Journal of Applied Physiology</i> , 2013 , 113, 1303-9	3.4	17

123	Neither gender nor menstrual cycle phase influences exercise-induced lymphocyte apoptosis in untrained subjects. <i>Applied Physiology, Nutrition and Metabolism</i> , 2007 , 32, 481-6	3	17
122	Concurrent heart rate validity of wearable technology devices during trail running. <i>PLoS ONE</i> , 2020 , 15, e0238569	3.7	16
121	Phagocytic responses of peritoneal macrophages and neutrophils are different in rats following prolonged exercise. <i>Clinics</i> , 2010 , 65, 1167-73	2.3	15
120	Blood treatment influences the yield of apoptotic lymphocytes after maximal exercise. <i>Medicine and Science in Sports and Exercise</i> , 2005 , 37, 369-73	1.2	14
119	Acute eccentric resistance exercise decreases matrix metalloproteinase activity in obese elderly women. <i>Clinical Physiology and Functional Imaging</i> , 2016 , 36, 139-45	2.4	13
118	Leukocyte apoptosis and pro-/anti-apoptotic proteins following downhill running. <i>European Journal of Applied Physiology</i> , 2011 , 111, 2349-57	3.4	13
117	Effects of treadmill running velocity on lower extremity coordination variability in healthy runners. <i>Human Movement Science</i> , 2018 , 61, 144-150	2.4	12
116	Reliability of Trail Walking and Running Tasks Using the Stryd Power Meter. <i>International Journal of Sports Medicine</i> , 2019 , 40, 498-502	3.6	12
115	Interventional effects of plumbagin on experimental ulcerative colitis in mice. <i>Journal of Natural Products</i> , 2013 , 76, 1001-6	4.9	12
114	Exercise intensity and lymphocyte subset apoptosis. <i>International Journal of Sports Medicine</i> , 2013 , 34, 268-73	3.6	12
113	Student peer review decisions on submitted manuscripts are as stringent as faculty peer reviewers. <i>American Journal of Physiology - Advances in Physiology Education</i> , 2010 , 34, 170-3	1.9	12
112	Autonomy enhances running efficiency. <i>Journal of Sports Sciences</i> , 2019 , 37, 685-691	3.6	12
111	Classification of pro-inflammatory status for interleukin-6 affects relative muscle strength in obese elderly women. <i>Aging Clinical and Experimental Research</i> , 2015 , 27, 791-7	4.8	11
110	Maximal aerobic capacity can be increased by enhancing performers' expectancies. <i>Journal of Sports Medicine and Physical Fitness</i> , 2018 , 58, 744-749	1.4	11
109	Effects of eight weeks of resistance training on the risk factors of metabolic syndrome in overweight /obese women - "A Pilot Study". <i>Diabetology and Metabolic Syndrome</i> , 2013 , 5, 11	5.6	11
108	Acute resistance training affects cell surface markers for apoptosis and migration in CD4+ and CD8+ lymphocytes. <i>Cellular Immunology</i> , 2012 , 279, 134-9	4.4	11
107	Repeated high-intensity Wingate cycle bouts influence markers of lymphocyte migration but not apoptosis. <i>Applied Physiology, Nutrition and Metabolism</i> , 2012 , 37, 241-6	3	11
106	Exertional Rhabdomyolysis after an Extreme Conditioning Competition: A Case Report. <i>Sports</i> , 2018 , 6,	3	10

105	Resistance exercise leading to failure versus not to failure: effects on cardiovascular control. <i>BMC Cardiovascular Disorders</i> , 2013 , 13, 105	2.3	10
104	Effects of Acute Cocoa Supplementation on Postprandial Apolipoproteins, Lipoprotein Subclasses, and Inflammatory Biomarkers in Adults with Type 2 Diabetes after a High-Fat Meal. <i>Nutrients</i> , 2020 , 12,	6.7	9
103	Does exercise really induce lymphocyte apoptosis?. <i>Frontiers in Bioscience - Elite</i> , 2010 , 2, 478-88	1.6	9
102	Exercise-induced immune cell apoptosis: image-based model for morphological assessment. <i>European Journal of Applied Physiology</i> , 2010 , 110, 325-31	3.4	9
101	Using Hexoskin Wearable Technology to Obtain Body Metrics During Trail Hiking. <i>International Journal of Exercise Science</i> , 2015 , 8, 425-430	1.3	9
100	The Effects of Resistance Training Volume on Skeletal Muscle Proteome. <i>International Journal of Exercise Science</i> , 2017 , 10, 1051-1066	1.3	9
99	Effect of 8 Weeks of Hospital-Based Resistance Training Program on TCD4+ Cell Count and Anthropometric Characteristic of Patients With HIV in Tehran, Iran: A Randomized Controlled Trial. <i>Journal of Strength and Conditioning Research</i> , 2019 , 33, 1146-1155	3.2	9
98	Effects of dietary restriction or swimming on lymphocytes and macrophages functionality from old rats. <i>Immunological Investigations</i> , 2014 , 43, 113-22	2.9	8
97	Enhancing of women functional status with metabolic syndrome by cardioprotective and anti-inflammatory effects of combined aerobic and resistance training. <i>PLoS ONE</i> , 2014 , 9, e110160	3.7	8
96	Time-Course of Changes in Physiological, Psychological, and Performance Markers following a Functional-Fitness Competition. <i>International Journal of Exercise Science</i> , 2019 , 12, 904-918	1.3	8
95	Effects of Fatigue on Balance in Individuals With Parkinson Disease: Influence of Medication and Brain-Derived Neurotrophic Factor Genotype. <i>Journal of Neurologic Physical Therapy</i> , 2018 , 42, 61-71	4.1	7
94	Validation of Hexoskin biometric shirt to COSMED K4 b2 metabolic unit in adults during trail running. <i>Sports Technology</i> , 2015 , 8, 118-123		7
93	The acute response of apoptosis and migration to resistance exercise is protocol-dependent. <i>International Journal of Sports Medicine</i> , 2014 , 35, 1051-6	3.6	7
92	Validity and Reliability of Three Commercially Available Smart Sports Bras during Treadmill Walking and Running. <i>Scientific Reports</i> , 2020 , 10, 7397	4.9	6
91	A first look into the influence of triathlon wetsuit on resting blood pressure and heart rate variability. <i>Biology of Sport</i> , 2017 , 34, 77-82	4.3	6
90	Effects of high-protein diet containing isolated whey protein in rats submitted to resistance training of aquatic jumps. <i>Nutrition</i> , 2018 , 53, 85-94	4.8	6
89	Effect of administration of high-protein diet in rats submitted to resistance training. <i>European Journal of Nutrition</i> , 2018 , 57, 1083-1096	5.2	6
88	Blood Flow Restriction Training Blunts Chronic Kidney Disease Progression in Humans. <i>Medicine and Science in Sports and Exercise</i> , 2021 , 53, 249-257	1.2	6

87	Reliability and Validation of the Hexoskin Wearable Bio-Collection Device During Walking Conditions. <i>International Journal of Exercise Science</i> , 2018 , 11, 806-816	1.3	6
86	Combination of resistance and aerobic exercise for six months improves bone mass and physical function in HIV infected individuals: A randomized controlled trial. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021 , 31, 720-732	4.6	6
85	Digoxin Induces Cardiac Hypertrophy Without Negative Effects on Cardiac Function and Physical Performance in Trained Normotensive Rats. <i>International Journal of Sports Medicine</i> , 2017 , 38, 263-269	3.6	5
84	Endurance exercise training decreased serum levels of surfactant protein D and improved aerobic fitness of obese women with type-2 diabetes. <i>Diabetology and Metabolic Syndrome</i> , 2017 , 9, 74	5.6	5
83	Elevated glycated hemoglobin levels impair blood pressure in children and adolescents with type 1 diabetes mellitus. <i>Diabetology and Metabolic Syndrome</i> , 2016 , 8, 4	5.6	5
82	Finger-stick blood sampling methodology for the determination of exercise-induced lymphocyte apoptosis. <i>Journal of Visualized Experiments</i> , 2011 ,	1.6	5
81	Exercise-induced lymphocyte apoptosis attributable to cycle ergometer exercise in endurance-trained individuals. <i>Applied Physiology, Nutrition and Metabolism</i> , 2009 , 34, 603-8	3	5
80	Wearable Device Validity in Determining Step Count During Hiking and Trail Running. <i>Journal for the Measurement of Physical Behaviour</i> , 2018 , 1, 86-93	2.3	5
79	Quality of high-protein diet bar plus chia (<i>Salvia hispanica</i> L.) grain evaluated sensorially by untrained tasters. <i>Food Science and Technology</i> , 2018 , 38, 306-312	2	5
78	Effects of resistance training on hepcidin levels and iron bioavailability in older individuals with end-stage renal disease: A randomized controlled trial. <i>Experimental Gerontology</i> , 2020 , 139, 111017	4.5	4
77	Endothelial nitric oxide synthase Glu298Asp gene polymorphism influences body composition and biochemical parameters but not the nitric oxide response to eccentric resistance exercise in elderly obese women. <i>Clinical Physiology and Functional Imaging</i> , 2016 , 36, 482-489	2.4	4
76	Physiological Responses and Hedonics During Prolonged Physically Interactive Videogame Play. <i>Games for Health Journal</i> , 2016 , 5, 108-13	4.2	4
75	Cognitive awareness of carbohydrate intake does not alter exercise-induced lymphocyte apoptosis. <i>Clinics</i> , 2011 , 66, 197-202	2.3	4
74	Core stabilization exercises enhance lactate clearance following high-intensity exercise. <i>Journal of Strength and Conditioning Research</i> , 2007 , 21, 1305-9	3.2	4
73	Reliability of the Polar T31 Uncoded Heart Rate Monitor in Free Motion and Treadmill Activities. <i>International Journal of Exercise Science</i> , 2019 , 12, 69-76	1.3	4
72	Cardiovascular and Perceived Exertion Responses to Leisure Trail Hiking. <i>Journal of Outdoor Recreation, Education, and Leadership</i> , 2015 , 7, 83	0.7	4
71	Validity of the Adidas Smart Bra in Measuring Heart Rate during Exercise Transitions. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 35-35	1.2	4
70	Understanding the influence of perceived fatigue on coordination during endurance running. <i>Sports Biomechanics</i> , 2020 , 19, 618-632	2.2	4

69	Caffeine affects CD8+ lymphocyte apoptosis and migration differently in naïve and familiar individuals following moderate intensity exercise. <i>International Journal of Immunopathology and Pharmacology</i> , 2016 , 29, 288-94	3	3
68	Prevalence of Plagiarism in Manuscript Submissions and Solutions. <i>International Journal of Exercise Science</i> , 2010 , 3, 68-69	1.3	3
67	Effects of Nasal or Oral Breathing on Anaerobic Power Output and Metabolic Responses. <i>International Journal of Exercise Science</i> , 2017 , 10, 506-514	1.3	3
66	Step Count Reliability and Validity of Five Wearable Technology Devices While Walking and Jogging in both a Free Motion Setting and on a Treadmill. <i>International Journal of Exercise Science</i> , 2020 , 13, 410-426	1.3	3
65	Oral versus Nasal Breathing during Moderate to High Intensity Submaximal Aerobic Exercise. <i>International Journal of Kinesiology and Sports Science</i> , 2017 , 5, 8	1.4	3
64	Could sestrins 2 be the secret of resistance exercise benefiting dialytic patients?. <i>Nephrology Dialysis Transplantation</i> , 2020 , 35, 2198-2199	4.3	3
63	Relation Between Relative Handgrip Strength, Chronological Age and Physiological Age with Lower Functional Capacity in Older Women. <i>Open Access Journal of Sports Medicine</i> , 2019 , 10, 185-190	2.9	3
62	Effects of Aerobic Dance Training on Psychological Well-Being and Immune Function of Women Living With HIV. <i>Journal of the Association of Nurses in AIDS Care</i> , 2019 , 30, 238-244	1.6	3
61	Dynamic not isometric training blunts osteo-renal disease and improves the sclerostin/FGF23/Klotho axis in maintenance hemodialysis patients: a randomized clinical trial. <i>Journal of Applied Physiology</i> , 2021 , 130, 508-516	3.7	3
60	Effects of Acute Dietary Polyphenols and Post-Meal Physical Activity on Postprandial Metabolism in Adults with Features of the Metabolic Syndrome. <i>Nutrients</i> , 2020 , 12,	6.7	2
59	Validation of Hexoskin Biometric Shirt to Cosmed k4b2 Metabolic Unit in Adults During Trail Running. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 461	1.2	2
58	University-Driven Exercise Programming Event Reduces Student Stress Prior to Final Exams. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 879	1.2	2
57	Test-Retest Reliability of the Digijump Machine. <i>International Journal of Exercise Science</i> , 2008 , 1, 106-112	2.3	2
56	Sex and Age Differences in Trail Half Marathon Running. <i>International Journal of Exercise Science</i> , 2018 , 11, 281-289	1.3	2
55	Carbohydrate Loading Practice in Bodybuilders: Effects on Muscle Thickness, Photo Silhouette Scores, Mood States and Gastrointestinal Symptoms. <i>Journal of Sports Science and Medicine</i> , 2019 , 18, 772-779	2.7	2
54	A Comparison of Multiple Wearable Technology Devices Heart Rate and Step Count Measurements During Free Motion and Treadmill Based Measurements. <i>International Journal of Kinesiology and Sports Science</i> , 2019 , 7, 30	1.4	2
53	Fitness Wearables. <i>ACSM's Health and Fitness Journal</i> , 2018 , 22, 6-8	0.9	2
52	Running status and history: A self-report study. <i>Physical Therapy in Sport</i> , 2019 , 39, 8-15	3	1

51	Validity and Reliability of Physiological Data in Applied Settings Measured by Wearable Technology: A Rapid Systematic Review. <i>Technologies</i> , 2020 , 8, 70	2.4	1
50	Effects of a simulated tennis match on lymphocyte subset measurements. <i>Research Quarterly for Exercise and Sport</i> , 2014 , 85, 90-6	1.9	1
49	The effect of moderate consumption of non-nutritive sweeteners on glucose tolerance and body composition in rats. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017 , 42, 1225-1227	3	1
48	The effect of acute endurance exercise on lipoproteins: a comparison of the nuclear magnetic resonance technique with the conventional lipid profile in healthy men. <i>Applied Physiology, Nutrition and Metabolism</i> , 2014 , 39, 233-7	3	1
47	Evaluation of Metabolic Stress between Jumping at Different Cadences on the Digi-Jump Machine. <i>International Journal of Exercise Science</i> , 2010 , 3, 233-238	1.3	1
46	The International Journal of Exercise Science: 2011 Year in Review. <i>International Journal of Exercise Science</i> , 2012 , 5, 1-3	1.3	1
45	Examining the Impact of a University-driven Exercise Programming Event on End-of-semester Stress in Students. <i>International Journal of Exercise Science</i> , 2017 , 10, 754-763	1.3	1
44	An Evaluation of Select Physical Activity Exercise Classes on Bone Metabolism. <i>International Journal of Exercise Science</i> , 2018 , 11, 452-461	1.3	1
43	High Supervised Resistance Training in Elderly Women: The Role of Supervision Ratio. <i>International Journal of Exercise Science</i> , 2020 , 13, 597-606	1.3	1
42	Obese elderly with diabetes experience more pain and reduced quality of life compared to obese elderly with hypertension. <i>Journal of Clinical and Translational Research</i> , 2020 , 5, 253-259	1.1	1
41	Reliability and validity of the Stryd Power Meter during different walking conditions.. <i>Gait and Posture</i> , 2021 , 92, 277-283	2.6	1
40	Advancements and critical steps for statistical analyses in blood pressure response to resistance training in hypertensive older women: a methodological approach. <i>Blood Pressure Monitoring</i> , 2021 , 26, 135-145	1.3	1
39	Effect of exercise in a desert environment on physiological and subjective measures. <i>International Journal of Environmental Health Research</i> , 2021 , 31, 121-131	3.6	1
38	Acute Normobaric Hypoxia Exposure and Excess Post-Exercise Oxygen Consumption. <i>Aerospace Medicine and Human Performance</i> , 2018 , 89, 1031-1035	1.1	1
37	Cupping Therapy Does Not Influence Healthy Adult's Hamstring Range of Motion Compared to Control or Sham Conditions. <i>International Journal of Exercise Science</i> , 2020 , 13, 216-224	1.3	0
36	Effects of Resistance Training on Muscle Quality Index, Muscle Strength, Functional Capacity, and Serum Immunoglobulin Levels between Obese and Non-obese Older Women. <i>International Journal of Exercise Science</i> , 2021 , 14, 707-726	1.3	0
35	A protocol and novel tool for systematically reviewing the effects of mindful walking on mental and cardiovascular health. <i>PLoS ONE</i> , 2021 , 16, e0258424	3.7	0
34	Effect of a Short-term Lifestyle Modification Program on Quality of Life, Anthropometric Characteristics and CD4+T Cell Count of HIV Infected Patients in Tehran/Iran: A Randomized Controlled Trial. <i>Explore: the Journal of Science and Healing</i> , 2019 , 15, 308-315	1.4	0

- 33 High-fat diet and fructose drink introduced after weaning rats, induces a better human obesity model than very high-fat diet. *Journal of Food Biochemistry*, **2021**, 45, e13671 3.3 ○
- 32 Assessing Heart Rate Using Consumer Technology Association Standards. *Technologies*, **2021**, 9, 46 2.4 ○
- 31 Excess Post-Exercise Oxygen Consumption Following Bouts of Moderate and Vigorous Climbing. *Medicine and Science in Sports and Exercise*, **2017**, 49, 639 1.2
- 30 Metabolic and cardiorespiratory acute responses to fasting versus feeding during high-intensity interval training. *Sport Sciences for Health*, **2018**, 14, 347-355 1.3
- 29 Triathlon wetsuit removal strategy: physiological cost of running with a wetsuit. *Journal of Human Kinetics*, **2016**, 51, 45-51 2.6
- 28 Leukocyte Responsiveness to Exercise in Individuals Positive for Human Cytomegalovirus. *International Journal of Sports Medicine*, **2016**, 37, 395-400 3.6
- 27 Exercise Induces Apoptosis of Blood Lymphocytes but not in the Helper or Cytotoxic T Cell Subsets. *Medicine and Science in Sports and Exercise*, **2010**, 42, 365 1.2
- 26 Acute Beta-alanine Supplementation And Pain Perception Before And After Hiking. *Medicine and Science in Sports and Exercise*, **2020**, 52, 662-662 1.2
- 25 Nitric Oxide and the Biological Cascades Underlying Increased Neurogenesis, Enhanced Learning Ability, and Academic Ability as an Effect of Increased Bouts of Physical Activity. *International Journal of Exercise Science*, **2012**, 5, 245-275 1.3
- 24 The International Journal of Exercise Science: 2010 Year in Review. *International Journal of Exercise Science*, **2011**, 4, 1-3 1.3
- 23 Student Reflections on a Study Abroad Course to the 2008 Summer Olympics in Beijing. *International Journal of Exercise Science*, **2008**, 1, 136-141 1.3
- 22 Evaluation of Repetitive Jumping Intensity on the Digi-Jump Machine. *International Journal of Exercise Science*, **2020**, 13, 818-825 1.3
- 21 High-Protein Diet Associated with Resistance Training Improves Performance and Decreases Adipose Index in Rats. *International Journal of Exercise Science*, **2020**, 13, 1366-1381 1.3
- 20 Skilled Throwing Performance: A Test of the OPTIMAL Theory. *International Journal of Exercise Science*, **2021**, 14, 358-368 1.3
- 19 Combined Physical Training Increases Plasma Brain-Derived Neurotrophic Factor Levels, But Not Irisin in People Living with HIV/AIDS. *International Journal of Exercise Science*, **2021**, 14, 1004-1017 1.3
- 18 Oxidative Stress and DNA Damage Following Downhill Running. *Medicine and Science in Sports and Exercise*, **2004**, 36, S3 1.2
- 17 Effects Of Gender And The Menstrual Cycle On Exercise-induced Lymphocyte Apoptosis. *Medicine and Science in Sports and Exercise*, **2005**, 37, S373 1.2
- 16 Exercise-Induced Muscle Damage and Apoptotic Protein Expression in Immune Cells. *FASEB Journal*, **2007**, 21, A1345 0.9

15	Influence of habitual diet and physical activity on determining calcium retention in adolescent boys. <i>FASEB Journal</i> , 2007 , 21, A358	0.9
14	Exercise-induced muscle damage and oxidative stress in untrained and moderately trained subjects. <i>FASEB Journal</i> , 2008 , 22, 1235.19	0.9
13	Knowledge of carbohydrate consumption does not alter exercise-induced lymphocyte apoptosis following an acute bout of high-intensity aerobic exercise. <i>FASEB Journal</i> , 2008 , 22, 662.19	0.9
12	Intra- and Interrater Reliability of Morphologically Evaluated Lymphocyte Apoptosis in Trained and Untrained Observers. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, S432	1.2
11	Strength Training as an Adjunct to the Maintenance of Muscle Mass in Patients with Head and Neck Cancer. <i>Journal of Analytical Oncology</i> , 2018 , 7, 22-24	
10	Comparison of Cardiorespiratory Fitness Prediction Models in Young Adults Running head: Comparison of VO2 max Prediction Models. <i>International Journal of Physical Education Fitness and Sports</i> , 79-84	
9	High-Protein Diet in Combination with Resistance Training Improves Performance without Changing Blood Parameters in Rats. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 543-543	1.2
8	Evaluating The Validity Of Heart Rate Measured By The Suunto Spartan Sport Watch During Trail Running. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 220-220	1.2
7	Mechanical Efficiency During Repeated Attempts of Indoor Rock Climbing. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 618	1.2
6	A Mile Trail Run Can Predict Performance for a 5K Trail Race. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 145	1.2
5	Comparison Of Mechanical Efficiencies From Self-selected And Rapid Speed Rock Climbs. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 606	1.2
4	Intermittent fasting compromises the performance of eutrophic rats submitted to resistance training. <i>Nutrition</i> , 2021 , 86, 111187	4.8
3	Handgrip Fatigue and Forearm Girth in Intermediate Sport Rock Climbers. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 922-922	1.2
2	Validity In Step Counting Of Wearable Devices During Uphill Trail Running. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 34-34	1.2
1	Effect Of Exercise In A Desert Environment (Brown Exercise) On Emotional And Physiological Measures. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 66	1.2