Petey W Mumford

List of Publications by Citations

51 papers	717 citations	17 h-index	24 g-index
58 ext. papers	934 ext. citations	4 avg, IF	3.7 L-index

#	Paper	IF	Citations
51	The Three-Month Effects of a Ketogenic Diet on Body Composition, Blood Parameters, and Performance Metrics in CrossFit Trainees: A Pilot Study. *Sports*, **2018**, 6,	3	62
50	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
49	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
48	Physiological Differences Between Low Versus High Skeletal Muscle Hypertrophic Responders to Resistance Exercise Training: Current Perspectives and Future Research Directions. *Frontiers in Physiology*, **2018**, 9, 834	4.6	50
47	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
46	Muscle fiber hypertrophy in response to 6 weeks of high-volume resistance training in trained young men is largely attributed to sarcoplasmic hypertrophy. *PLoS ONE*, **2019**, 14, e0215267	3.7	32
45	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
44	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
43	Molecular, neuromuscular, and recovery responses to light versus heavy resistance exercise in young men. *Physiological Reports*, **2017**, 5, e13457	2.6	26
42	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
41	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
40	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
39	Safety of TeaCrine , a non-habituating, naturally-occurring purine alkaloid over eight weeks of continuous use. *Journal of the International Society of Sports Nutrition*, **2016**, 13, 2	4.5	21
38	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
37	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
36	Whey protein-derived exosomes increase protein synthesis and hypertrophy in CC myotubes. *Journal of Dairy Science*, **2017**, 100, 48-64	4	17
35	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

34	Protein Supplementation Throughout 10 Weeks of Progressive Run Training Is Not Beneficial for Time Trial Improvement. *Frontiers in Nutrition*, **2018**, 5, 97	6.2	15
33	GBI-30, 6086 improves amino acid absorption from milk protein. *Nutrition and Metabolism*, **2020**, 17, 93	4.6	12
32	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
31	Skeletal Muscle Myofibrillar Protein Abundance Is Higher in Resistance-Trained Men, and Aging in the Absence of Training May Have an Opposite Effect. *Sports*, **2020**, 8,	3	12
30	Effect of Whey Protein Supplementation on Physical Performance and Body Composition in Army Initial Entry Training Soldiers. *Nutrients*, **2018**, 10,	6.7	12
29	Bovine Milk Extracellular Vesicles (EVs) Modification Elicits Skeletal Muscle Growth in Rats. *Frontiers in Physiology*, **2019**, 10, 436	4.6	11
28	Effect of Caffeine on Golf Performance and Fatigue during a Competitive Tournament. *Medicine and Science in Sports and Exercise*, **2016**, 48, 132-8	1.2	11
27	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
26	Effects of a pre-workout supplement on hyperemia following leg extension resistance exercise to failure with different resistance loads. *Journal of the International Society of Sports Nutrition*, **2017**, 14, 38	4.5	9
25	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
24	Skeletal Muscle Protein Composition Adaptations to 10 Weeks of High-Load Resistance Training in Previously-Trained Males. *Frontiers in Physiology*, **2020**, 11, 259	4.6	8
23	Skeletal muscle LINE-1 ORF1 mRNA is higher in older humans but decreases with endurance exercise and is negatively associated with higher physical activity. *Journal of Applied Physiology*, **2019**, 127, 895-904	3.7	7
22	An optimized procedure for isolation of rodent and human skeletal muscle sarcoplasmic and myofibrillar proteins. *Journal of Biological Methods*, **2020**, 7, e127	1.4	7
21	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
20	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
19	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
18	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
17	A Pilot Study Examining the Effects of 8-Week Whey Protein versus Whey Protein Plus Creatine Supplementation on Body Composition and Performance Variables in Resistance-Trained Women. *Annals of Nutrition and Metabolism*, **2016**, 69, 190-199	4.5	4

16	Unilateral application of an external pneumatic compression therapy improves skin blood flow and vascular reactivity bilaterally. *PeerJ*, **2018**, 6, e4878	3.1	4
15	LAT1 Protein Content Increases Following 12 Weeks of Resistance Exercise Training in Human Skeletal Muscle. *Frontiers in Nutrition*, **2020**, 7, 628405	6.2	4
14	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
13	A Theacrine-Based Supplement Increases Cellular NAD Levels and Affects Biomarkers Related to Sirtuin Activity in C2C12 Muscle Cells In Vitro. *Nutrients*, **2020**, 12,	6.7	3
12	Neurophysiological Effects of Whole Coffee Cherry Extract in Older Adults with Subjective Cognitive Impairment: A Randomized, Double-Blind, Placebo-Controlled, Cross-Over Pilot Study. *Antioxidants*, **2021**, 10,	7.1	3
11	A Randomized, Double-Blind, Placebo-Controlled Trial to Determine the Effectiveness and Safety of a Thermogenic Supplement in Addition to an Energy-Restricted Diet in Apparently Healthy Females. *Journal of Dietary Supplements*, **2017**, 14, 653-666	2.3	2
10	Five months of voluntary wheel running downregulates skeletal muscle LINE-1 gene expression in rats. *American Journal of Physiology - Cell Physiology*, **2019**, 317, C1313-C1323	5.4	2
9	Muscle fiber hypertrophy in response to 6 weeks of high-volume resistance training in trained young men is largely attributed to sarcoplasmic hypertrophy		2
8	Higher doses of a green tea-based supplement increase post-exercise blood flow following an acute resistance exercise bout in recreationally resistance-trained college-aged men. *Journal of the International Society of Sports Nutrition*, **2020**, 17, 27	4.5	1
7	Markers of Bone Health and Impact of Whey Protein Supplementation in Army Initial Entry Training Soldiers: A Double-Blind Placebo-Controlled Study. *Nutrients*, **2020**, 12,	6.7	1
6	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
5	Effects of High-Volume Versus High-Load Resistance Training on Skeletal Muscle Growth and Molecular Adaptations.. *Frontiers in Physiology*, **2022**, 13, 857555	4.6	1
4	Comparison of Calf Only External Pneumatic Compression and Compression Socks on Performance Characteristics in Counter Movement Jump. *FASEB Journal*, **2020**, 34, 1-1	0.9	
3	Wheel Running Decreases LINE-1 Gene Expression in Rodent Skeletal Muscle. *FASEB Journal*, **2019**, 33, 537.5	0.9	
2	Whey Protein Supplementation Effects on Body Composition, Performance, and Blood Biomarkers During Army Initial Entry Training.. *Frontiers in Nutrition*, **2022**, 9, 807928	6.2	
1	Effects of an external pneumatic compression device vs static compression garment on peripheral circulation and markers of sports performance and recovery.. *European Journal of Applied Physiology*, **2022**, 1	3.4	