Petey W Mumford

List of Publications by Year in Descending Order

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	Whey Protein Supplementation Effects on Body Composition, Performance, and Blood Biomarkers During Army Initial Entry Training.. *Frontiers in Nutrition*, **2022**, 9, 807928	6.2	
50	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
49	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	
48	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
47	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
46	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
45	GBI-30, 6086 improves amino acid absorption from milk protein. *Nutrition and Metabolism*, **2020**, 17, 93	4.6	12
44	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
43	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
42	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
41	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	
40	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
39	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
38	LAT1 Protein Content Increases Following 12 Weeks of Resistance Exercise Training in Human Skeletal Muscle. *Frontiers in Nutrition*, **2020**, 7, 628405	6.2	4
37	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
36	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
35	Bovine Milk Extracellular Vesicles (EVs) Modification Elicits Skeletal Muscle Growth in Rats. *Frontiers in Physiology*, **2019**, 10, 436	4.6	11

34	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
33	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
32	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
31	Wheel Running Decreases LINE-1 Gene Expression in Rodent Skeletal Muscle. *FASEB Journal*, **2019**, 33, 537.5	0.9	
30	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
29	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
28	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
27	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
26	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
25	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
24	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
23	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
22	Unilateral application of an external pneumatic compression therapy improves skin blood flow and vascular reactivity bilaterally. *PeerJ*, **2018**, 6, e4878	3.1	4
21	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
20	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
19	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
18	Effect of Whey Protein Supplementation on Physical Performance and Body Composition in Army Initial Entry Training Soldiers. *Nutrients*, **2018**, 10,	6.7	12
17	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

16	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
15	Molecular, neuromuscular, and recovery responses to light versus heavy resistance exercise in young men. *Physiological Reports*, **2017**, 5, e13457	2.6	26
14	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
13	Whey protein-derived exosomes increase protein synthesis and hypertrophy in CC myotubes. *Journal of Dairy Science*, **2017**, 100, 48-64	4	17
12	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
11	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
10	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
9	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
8	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
7	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
6	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
5	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
4	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
3	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
2	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
1	Muscle fiber hypertrophy in response to 6 weeks of high-volume resistance training in trained young men is largely attributed to sarcoplasmic hypertrophy		2