Jason M Defreitas

List of Publications by Year
in descending order

119	1,300	361045	414034
papers	citations	20 h-index	32 g-index

119	119	119	1311
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	The Time Course of Musculotendinous Stiffness Responses Following Different Durations of Passive Stretching. Journal of Orthopaedic and Sports Physical Therapy, 2008, 38, 632-639.	1.7	145
2	An examination of the time course of training-induced skeletal muscle hypertrophy. European Journal of Applied Physiology, 2011, 111, 2785-2790.	1.2	136
3	Effects of fatigue on motor unit firing rate versus recruitment threshold relationships. Muscle and Nerve, 2012, 45, 100-109.	1.0	63
4	Determining the minimum number of passive stretches necessary to alter musculotendinous stiffness. Journal of Sports Sciences, 2009, 27, 957-961.	1.0	59
5	Action potential amplitude as a noninvasive indicator of motor unit-specific hypertrophy. Journal of Neurophysiology, 2016, 115, 2608-2614.	0.9	51
6	Testâ€“Retest Reliability of Barbell Velocity During the Free-Weight Bench-Press Exercise. Journal of Strength and Conditioning Research, 2011, 25, 171-177.	1.0	47
7	Acute effects of static stretching on peak torque and the hamstringsâ€toâ€quadriceps conventional and functional ratios. Scandinavian Journal of Medicine and Science in Sports, 2013, 23, 38-45.	1.3	42
8	Molecular, neuromuscular, and recovery responses to light versus heavy resistance exercise in young men. Physiological Reports, 2017, 5, e13457.	0.7	36
9	Passive properties of the muscleâ€tendon unit: The influence of muscle crossâ€sectional area. Muscle and Nerve, 2009, 39, 227-229.	1.0	30
10	A Comparison of Techniques for Estimating Training-Induced Changes in Muscle Cross-Sectional Area. Journal of Strength and Conditioning Research, 2010, 24, 2383-2389.	1.0	28
11	Shifts in EMG spectral power during fatiguing dynamic contractions. Muscle and Nerve, 2014, 50, 95-102.	1.0	28
12	The time course of short-term hypertrophy in the absence of eccentric muscle damage. European Journal of Applied Physiology, 2017, 117, 989-1004.	1.2	28
13	Synchronization of low- and high-threshold motor units. Muscle and Nerve, 2014, 49, 575-583.	1.0	27
14	Reliability of mechanomyographic amplitude and mean power frequency during isometric step and ramp muscle actions. Journal of Neuroscience Methods, 2008, 171, 104-109.	1.3	26
15	Effects of fatiguing, submaximal high- versus low-torque isometric exercise on motor unit recruitment and firing behavior. Physiological Reports, 2018, 6, e13675.	0.7	26
16	Accuracy of three different techniques for automatically estimating innervation zone location. Computer Methods and Programs in Biomedicine, 2012, 105, 13-21.	2.6	24
17	The effects of acute and prolonged muscle vibration on the function of the muscle spindleâ€™s reflex arc. Somatosensory & Motor Research, 2015, 32, 254-261.	0.4	24
18	An examination of cross-talk among surface mechanomyographic signals from the superficial quadriceps femoris muscles during isometric muscle actions. Human Movement Science, 2010, 29, 165-171.	0.6	21

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19	Neural Contributions to Concentric vs. Eccentric Exerciseâ€"Induced Strength Loss. Journal of Strength and Conditioning Research, 2012, 26, 633-640.	1.0	21
20	Innervation zone location of the biceps brachii, a comparison between genders and correlation with anthropometric measurements. Journal of Electromyography and Kinesiology, 2010, 20, 76-80.	0.7	20
21	Effects of resistance training on force steadiness and common drive. Muscle and Nerve, 2011, 43, 245-250.	1.0	20
22	An examination of innervation zone movement with increases in isometric torque production. Clinical Neurophysiology, 2008, 119, 2795-2799.	0.7	19
23	Electrode placement over the innervation zone affects the low-, not the high-frequency portion of the EMG frequency spectrum. Journal of Electromyography and Kinesiology, 2009, 19, 660-666.	0.7	19
24	Muscle phenotype is related to motor unit behavior of the vastus lateralis during maximal isometric contractions. Physiological Reports, 2018, 6, e13636.	0.7	18
25	A comparison of adaptive and notch filtering for removing electromagnetic noise from monopolar surface electromyographic signals. Physiological Measurement, 2009, 30, 353-361.	1.2	15
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.	1.7	14
27	Effects of strength training on mechanomyographic amplitude. Physiological Measurement, 2012, 33, 1353-1361.	1.2	13
28	The effects of vibration-induced altered stretch reflex sensitivity on maximal motor unit firing properties. Journal of Neurophysiology, 2019, 121, 2215-2221.	0.9	13
29	Age Does Not Attenuate Maximal Velocity Adaptations in the Ipsilateral and Contralateral Limbs During Unilateral Resistance Training. Journal of Aging and Physical Activity, 2019, 27, 1-8.	0.5	13
30	Acute effects of dynamic exercises on the relationship between the motor unit firing rate and the recruitment threshold. Human Movement Science, 2015, 40, 24-37.	0.6	12
31	The consistency of ordinary least-squares and generalized least-squares polynomial regression on characterizing the mechanomyographic amplitude versus torque relationship. Physiological Measurement, 2009, 30, 115-128.	1.2	11
32	Linearity and reliability of the mechanomyographic amplitude versus dynamic torque relationships for the superficial quadriceps femoris muscles. Muscle and Nerve, 2010, 41, 342-349.	1.0	11
33	Sex Comparisons for Relative Peak Torque and Electromyographic Mean Frequency During Fatigue. Research Quarterly for Exercise and Sport, 2013, 84, 345-352.	0.8	11
34	An examination of mechanomyographic signal stationarity during concentric isokinetic, eccentric isokinetic and isometric muscle actions. Physiological Measurement, 2010, 31, 339-361.	1.2	10
35	Comparison of methods for removing electromagnetic noise from electromyographic signals. Physiological Measurement, 2012, 33, 147-158.	1.2	10
36	The time course of cross-education during short-term isometric strength training. European Journal of Applied Physiology, 2019, 119, 1395-1407.	1.2	10

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37	Cross-correlation analysis of mechanomyographic signals detected in two axes. Physiological Measurement, 2009, 30, 1465-1471.	1.2	9
38	The linearity and reliability of the mechanomyographic amplitude versus submaximal isometric force relationship. Physiological Measurement, 2009, 30, 1009-1016.	1.2	9
39	Linearity and reliability of the mechanomyographic amplitude versus dynamic constant external resistance relationships for the biceps brachii. Physiological Measurement, 2010, 31, 1487-1498.	1.2	9
40	Eccentric exercise does not affect common drive in the biceps brachii. Muscle and Nerve, 2012, 46, 759-766.	1.0	9
41	Power Output During a High-Volume Power-Oriented Back Squat Protocol. Journal of Strength and Conditioning Research, 2014, 28, 2801-2805.	1.0	9
42	An Examination of the Strength and Electromyographic Responses After Concentric Vs. Eccentric Exercise of the Forearm Flexors. Journal of Strength and Conditioning Research, 2014, 28, 1072-1080.	1.0	9
43	The effects of a high-intensity free-weight back-squat exercise protocol on postural stability in resistance-trained males. Journal of Sports Sciences, 2015, 33, 211-218.	1.0	9
44	Cross-education: effects of age on rapid and maximal voluntary contractile characteristics in males. European Journal of Applied Physiology, 2019, 119, 1313-1322.	1.2	9
45	The Effects of Diverting Activities on Recovery from Fatiguing Concentric Isokinetic Muscle Actions. Journal of Strength and Conditioning Research, 2011, 25, 1911-1917.	1.0	8
46	Effects of Fatigue on Intermuscular Common Drive to the Quadriceps Femoris. International Journal of Neuroscience, 2012, 122, 574-582.	0.8	8
47	Comparison of fatigue responses and rapid force characteristics between explosive- and traditional-resistance-trained males. European Journal of Applied Physiology, 2018, 118, 1539-1546.	1.2	8
48	Does strict validation criteria for individual motor units alter population-based regression models of the motor unit pool?. Experimental Brain Research, 2020, 238, 2475-2485.	0.7	8
49	Relationships among peak power output, peak bar velocity, and mechanomyographic amplitude during the free-weight bench press exercise. Journal of Sports Sciences, 2010, 28, 1309-1317.	1.0	7
50	Potentiation: Effect of Ballistic and Heavy Exercise on Vertical Jump Performance. Journal of Strength and Conditioning Research, 2017, 31, 660-666.	1.0	7
51	Muscle size, strength, power, and echo intensity, but not specific tension, are affected by age in physically active adults. Isokinetics and Exercise Science, 2018, 26, 95-103.	0.2	6
52	Action Potential Amplitude as a Non-invasive Indicator of Motor Unit Specific Hypertrophy. Medicine and Science in Sports and Exercise, 2016, 48, 114.	0.2	6
53	Linearity and Reliability of the Mechanomyographic Amplitude Versus Concentric Dynamic Constant External Resistance Relationships for the Bench Press Exercise. Journal of Strength and Conditioning Research, 2010, 24, 785-795.	1.0	5
54	Comparison of the muscle activation pattern for the vastus lateralis before and after an 8-week resistance training program. Biomedical Signal Processing and Control, 2010, 5, 264-270.	3.5	5

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55	Time-Frequency Analysis of Surface Electromyographic Signals During Fatiguing Isokinetic Muscle Actions. Journal of Strength and Conditioning Research, 2012, 26, 1904-1914.	1.0	5
56	The effects of body position and muscle activation on patellar tendon reflex properties. Physiological Measurement, 2015, 36, 1429-1438.	1.2	5
57	Electromyography Activation of the Lower-Limb Muscles Adopting a Physioball and Elastic Band to Stabilize the Knee Joint During Multiple Sets With Submaximal Loads. Journal of Sport Rehabilitation, 2017, 26, 406-414.	0.4	5
58	A longitudinal analysis of the U.S. Air Force reserve officersâ€™ training corps physical fitness assessment. Military Medical Research, 2019, 6, 30.	1.9	5
59	An examination of the linearity and reliability of the electromyographic amplitude versus dynamic constant external resistance relationships using monopolar and bipolar recording methods. Journal of Neuroscience Methods, 2010, 194, 94-101.	1.3	4
60	Mechanomyographic Responses for the Biceps Brachii Are Unable to Track the Declines in Peak Torque During 25, 50, 75, and 100 Fatiguing Isokinetic Muscle Actions. Journal of Applied Biomechanics, 2013, 29, 769-778.	0.3	4
61	The findings of Damas et al. have not influenced the previously proposed time course of skeletal muscle hypertrophy. European Journal of Applied Physiology, 2016, 116, 443-444.	1.2	4
62	Differences in muscle activation patterns among the quadriceps femoris muscles during fatiguing isokinetic leg extensions. Isokinetics and Exercise Science, 2012, 20, 5-12.	0.2	3
63	In regards to motor unit decomposition, are we caring about the right information?. Journal of Electromyography and Kinesiology, 2019, 47, 121-122.	0.7	3
64	Body Composition Comparison of Upper- and Underclass Reserve Officersâ€™ Training Corps Cadets. Aerospace Medicine and Human Performance, 2019, 90, 813-818.	0.2	3
65	Bilateral deficit in strength but not rapid force during maximal handgrip contractions. European Journal of Sport Science, 2021, 21, 836-843.	1.4	3
66	Ipsilateral and contralateral responses following unimanual fatigue with and without illusionary mirror visual feedback. Journal of Neurophysiology, 2021, 125, 2084-2093.	0.9	3
67	Can Recruiting Rankings Predict the Success of NCAA Division I Football Teams? An Examination of the Relationships among Rivals and Scouts Recruiting Rankings and Jeff Sagarin End-of-Season Ratings in Collegiate Football. Journal of Quantitative Analysis in Sports, 2009, 5, .	0.5	2
68	Peak Torque and Electromyographic Responses during Fatiguing Concentric Muscle Actions with Eyes-Open versus Eyes-Closed. Perceptual and Motor Skills, 2013, 116, 581-597.	0.6	2
69	Physical Performance Among Air Force ROTC Cadets Following Non-Mandatory Training. Aerospace Medicine and Human Performance, 2020, 91, 818-823.	0.2	2
70	Torque-related changes in mechanomyographic intensity patterns for the superficial quadriceps femoris muscles. Computer Methods in Biomechanics and Biomedical Engineering, 2014, 17, 714-722.	0.9	1
71	EMG spectral differences among the quadriceps femoris during the stretch reflex. Muscle and Nerve, 2015, 52, 826-831.	1.0	1
72	Differences Among Kinetics, Kinematics, Performance, and Elbow Varus Torque in Professional Versus High School Pitchers. Medicine and Science in Sports and Exercise, 2017, 49, 736.	0.2	1

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73	The reactive leg drop: a simple and novel sensory-motor assessment to predict fall risk in older individuals. Journal of Neurophysiology, 2018, 119, 1556-1561.	0.9	1
74	Relationship Between Estimated Muscle Fiber-type And Peak Velocity For The Upper And Lower Extremity. Medicine and Science in Sports and Exercise, 2017, 49, 801-802.	0.2	1
75	Neuromodulation Does Not Enhance Neural Adaptations To Strength Training In Previously Trained Individuals. Medicine and Science in Sports and Exercise, 2020, 52, 214-214.	0.2	1
76	A Reexamination Of The Efficiency Of Electrical Activity Technique (EEA) For Identifying The Neural Versus Hypertrophic Contributions In The Time Course Of Strength Gains. Medicine and Science in Sports and Exercise, 2011, 43, 396.	0.2	0
77	An Examination of the Relationship between Electromechanical Delay and Muscle Quality. Medicine and Science in Sports and Exercise, 2014, 46, 668.	0.2	0
78	Antagonist Muscle Fatigue Decreases Agonist Motor Unit Synchronization. Medicine and Science in Sports and Exercise, 2014, 46, 677.	0.2	0
79	Does Muscle Spindle Sensitivity Affect Common Drive?. Medicine and Science in Sports and Exercise, 2015, 47, 662.	0.2	0
80	Effects of Short-term Strength Training on Maximal Motor Unit Firing Rates and Antagonist Co-activation. Medicine and Science in Sports and Exercise, 2016, 48, 406.	0.2	0
81	Writing and Publishing Research in Kinesiology, Health, and Sport Science. , 0, , .		0
82	The Effects of Muscle Damage on Muscle Spindle Function. Medicine and Science in Sports and Exercise, 2017, 49, 467.	0.2	0
83	Relationships Among and Differences between Muscle Quality and Functional Performance in Younger and Older Women. Medicine and Science in Sports and Exercise, 2017, 49, 51-52.	0.2	0
84	Effects of a Pre-Workout Supplement on Hyperemia Following Leg Extension Resistance Exercise at Different Intensities. Medicine and Science in Sports and Exercise, 2017, 49, 83.	0.2	0
85	Intra- And Inter-set Velocity Characteristics During High- And Low-load Resistance Training To Failure. Medicine and Science in Sports and Exercise, 2017, 49, 129-130.	0.2	0
86	The Effects Of A Muscle Biopsy On Motor Unit Firing Properties. Medicine and Science in Sports and Exercise, 2017, 49, 612-613.	0.2	0
87	Contribution Of Mono- And Bi-articular Muscle Sizes Of Single- And Multi-joint Maximal Strength. Medicine and Science in Sports and Exercise, 2018, 50, 554.	0.2	0
88	Effects Of Resistance Training On Maximal Motor Unit Firing Rates In Young And Older Males. Medicine and Science in Sports and Exercise, 2018, 50, 429-430.	0.2	0
89	The Magnitude Of Hamstring Co-activation During A Knee Extension Is Dependent On Knee Flexor Strength. Medicine and Science in Sports and Exercise, 2018, 50, 555.	0.2	0
90	A Preliminary Comparison Of Muscle Pennation Angle Measures To Explain Variance In Maximal Force Production. Medicine and Science in Sports and Exercise, 2018, 50, 554.	0.2	0

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91	The Effects of Repeated Shortening or Lengthening Muscle Actions on Knee Extensor Position Sense. Medicine and Science in Sports and Exercise, 2018, 50, 561.	0.2	0
92	Ipsilateral and Contralateral Rapid Torque Adaptations To Unilateral Resistance Training In Young and Older Males. Medicine and Science in Sports and Exercise, 2018, 50, 365.	0.2	0
93	Relationships between Motor Unit Behavior during Maximal Effort Contractions and Skeletal Muscle Phenotype. Medicine and Science in Sports and Exercise, 2018, 50, 201.	0.2	0
94	Effects Of Rate Of Force Production On Vastus Lateralis Pennation Angle During Isometric Squats And Knee Extensions. Medicine and Science in Sports and Exercise, 2019, 51, 78-80.	0.2	0
95	Comparison of Agonist and Antagonist Muscle Fatigue on Coactivation and Force Production. Medicine and Science in Sports and Exercise, 2019, 51, 319-319.	0.2	0
96	Does Strict Validation Criteria for Individual Motor Units Alter Extrapolation Analyses of the Motor Unit Pool?. Medicine and Science in Sports and Exercise, 2019, 51, 341-342.	0.2	0
97	Acute Effects of Static Stretching on Leg Extension and Flexion Isokinetic Peak Torque and the Hamstring-to- Quadriceps Ratio. Medicine and Science in Sports and Exercise, 2008, 40, S447.	0.2	0
98	A Comparison of Techniques for Estimating Innervation Zone Locations for the Leg Extensors. Medicine and Science in Sports and Exercise, 2008, 40, S444.	0.2	0
99	Reliability of Mechanomyographic Amplitude Recorded during Isometric Step Versus Ramp Muscle Actions. Medicine and Science in Sports and Exercise, 2008, 40, S446.	0.2	0
100	Acute Effects Of Static Stretching On Peak Torque And The Rate Of Velocity Development. Medicine and Science in Sports and Exercise, 2009, 41, 55-56.	0.2	0
101	An Examination of Antagonist Motor Unit Firing Properties during Isometric Contractions. Medicine and Science in Sports and Exercise, 2014, 46, 673.	0.2	0
102	Comparison Of Morphological, Strength, And Rapid-torque Measures Between Moderately- And Highly-resistance Trained Males. Medicine and Science in Sports and Exercise, 2015, 47, 213.	0.2	0
103	Effects Of High-velocity Resistance Or Dual-task Balance Training On Self-perception And Executive Function. Medicine and Science in Sports and Exercise, 2016, 48, 600.	0.2	0
104	Effects of Short-Term Strength Training on Maximal Velocity Parameters and Rate of Muscle Activation. Medicine and Science in Sports and Exercise, 2016, 48, 476.	0.2	0
105	Motor Unit Action Potential Size In Young And Old Males. Medicine and Science in Sports and Exercise, 2017, 49, 235-236.	0.2	0
106	Maximal Velocity Adaptions During Unilateral Resistance Training In Older Adults. Medicine and Science in Sports and Exercise, 2017, 49, 49-50.	0.2	0
107	An Examination of Patellar Tendon Reflex Pre-Motor Conduction Velocity across the Adult Lifespan. Medicine and Science in Sports and Exercise, 2017, 49, 1033.	0.2	0
108	Both Slower Sensory Response Time and Electromechanical Delay Explain Age-related Differences in the Reactive Leg Drop. Medicine and Science in Sports and Exercise, 2018, 50, 571.	0.2	0

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109	Antagonist Coactivation During A Reactive Leg Drop In Young And Older Adults. Medicine and Science in Sports and Exercise, 2018, 50, 556-557.	0.2	0
110	Differences In Maximal Force Production Of The Squat And Knee Extension With Different Verbal Commands. Medicine and Science in Sports and Exercise, 2019, 51, 49-49.	0.2	0
111	Neural And Contractile Determinants Of Rate Of Force Development: A Preliminary Analysis. Medicine and Science in Sports and Exercise, 2019, 51, 345-346.	0.2	0
112	Acute Effects of Transcranial Direct Current Stimulation on Knee Extensor Torque-Producing Capabilities. Medicine and Science in Sports and Exercise, 2019, 51, 343-343.	0.2	0
113	Effects of Brief and Prolonged Vibration on Longitudinally Tracked Motor Units. Medicine and Science in Sports and Exercise, 2019, 51, 343-344.	0.2	0
114	ARE MOTOR UNIT FIRING PROPERTIES CONTROLLED WITHIN DISTINCT REGIONS OF A MUSCLE. Medicine and Science in Sports and Exercise, 2020, 52, 940-940.	0.2	0
115	Does Muscle Glycogen Content Account For The Contralateral Force Deficit During Unilateral Fatigue?. Medicine and Science in Sports and Exercise, 2020, 52, 829-829.	0.2	0
116	Quantifying The Relationship Between Contraction Efficiency And Muscle Size Across The Adult Lifespan. Medicine and Science in Sports and Exercise, 2020, 52, 487-487.	0.2	0
117	The Role of Recreational Therapy and Allied Therapies in Rehabilitation after Spinal Cord Injury. Therapeutic Recreation Journal, 2020, 54, 1-16.	0.2	0
118	Physiological Determinants Of The Rate Of Torque Development In Older Men: A Pilot Study. Medicine and Science in Sports and Exercise, 2020, 52, 941-941.	0.2	0
119	Effects of a thorstensson fatiguing protocol on isometric and isokinetic performance. Isokinetics and Exercise Science, 2022, , 1-8.	0.2	0