

# Joel T Cramer

## List of Publications by Citations

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126  
papers

2,979  
citations

32  
h-index

50  
g-index

133  
ext. papers

3,319  
ext. citations

2.9  
avg, IF

4.76  
L-index

#	Paper	IF	Citations
126	Acute effects of static versus dynamic stretching on isometric peak torque, electromyography, and mechanomyography of the biceps femoris muscle. <i>Journal of Strength and Conditioning Research</i> , <b>2008</b> , 22, 809-17	3.2	134
125	The time course of musculotendinous stiffness responses following different durations of passive stretching. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , <b>2008</b> , 38, 632-9	4.2	117
124	Mechanomyographic amplitude and frequency responses during dynamic muscle actions: a comprehensive review. <i>BioMedical Engineering OnLine</i> , <b>2005</b> , 4, 67	4.1	112
123	Do practical durations of stretching alter muscle strength? A dose-response study. <i>Medicine and Science in Sports and Exercise</i> , <b>2008</b> , 40, 1529-37	1.2	102
122	Acute effects of static stretching on characteristics of the isokinetic angle - torque relationship, surface electromyography, and mechanomyography. <i>Journal of Sports Sciences</i> , <b>2007</b> , 25, 687-98	3.6	87
121	Does the frequency content of the surface mechanomyographic signal reflect motor unit firing rates? A brief review. <i>Journal of Electromyography and Kinesiology</i> , <b>2007</b> , 17, 1-13	2.5	86
120	Impacts of High-Protein Oral Nutritional Supplements Among Malnourished Men and Women with Sarcopenia: A Multicenter, Randomized, Double-Blinded, Controlled Trial. <i>Journal of the American Medical Directors Association</i> , <b>2016</b> , 17, 1044-1055	5.9	81
119	Mechanomyographic amplitude and mean power frequency versus torque relationships during isokinetic and isometric muscle actions of the biceps brachii. <i>Journal of Electromyography and Kinesiology</i> , <b>2004</b> , 14, 555-64	2.5	81
118	Muscle activation during three sets to failure at 80 vs. 30% 1RM resistance exercise. <i>European Journal of Applied Physiology</i> , <b>2015</b> , 115, 2335-47	3.4	77
117	Age-related changes in the rate of muscle activation and rapid force characteristics. <i>Age</i> , <b>2014</b> , 36, 839-49		74
116	Effects of twenty-eight days of beta-alanine and creatine monohydrate supplementation on the physical working capacity at neuromuscular fatigue threshold. <i>Journal of Strength and Conditioning Research</i> , <b>2006</b> , 20, 928-31	3.2	72
115	Age related differences in maximal and rapid torque characteristics of the leg extensors and flexors in young, middle-aged and old men. <i>Experimental Gerontology</i> , <b>2013</b> , 48, 277-82	4.5	71
114	Greater Neural Adaptations following High- vs. Low-Load Resistance Training. <i>Frontiers in Physiology</i> , <b>2017</b> , 8, 331	4.6	70
113	Comparison of Fourier and wavelet transform procedures for examining the mechanomyographic and electromyographic frequency domain responses during fatiguing isokinetic muscle actions of the biceps brachii. <i>Journal of Electromyography and Kinesiology</i> , <b>2005</b> , 15, 190-9	2.5	65
112	MMG and EMG responses during fatiguing isokinetic muscle contractions at different velocities. <i>Muscle and Nerve</i> , <b>2002</b> , 26, 367-73	3.4	64
111	Acute effects of passive stretching on the electromechanical delay and evoked twitch properties. <i>European Journal of Applied Physiology</i> , <b>2010</b> , 108, 301-10	3.4	62
110	Effects of two modes of static stretching on muscle strength and stiffness. <i>Medicine and Science in Sports and Exercise</i> , <b>2011</b> , 43, 1777-84	1.2	56

109	Effect of creatine loading on neuromuscular fatigue threshold. <i>Journal of Applied Physiology</i> , <b>2000</b> , 88, 109-12	3.7	55
108	Neuromuscular Adaptations After 2 and 4 Weeks of 80% Versus 30% 1 Repetition Maximum Resistance Training to Failure. <i>Journal of Strength and Conditioning Research</i> , <b>2016</b> , 30, 2174-85	3.2	54
107	Mechanomyographic and electromyographic responses of the vastus medialis muscle during isometric and concentric muscle actions. <i>Journal of Strength and Conditioning Research</i> , <b>2005</b> , 19, 412-20	3.2	50
106	Determining the minimum number of passive stretches necessary to alter musculotendinous stiffness. <i>Journal of Sports Sciences</i> , <b>2009</b> , 27, 957-61	3.6	49
105	The effect of mathematical modeling on critical velocity. <i>European Journal of Applied Physiology</i> , <b>2001</b> , 84, 469-75	3.4	48
104	Time/frequency events of surface mechanomyographic signals resolved by nonlinearly scaled wavelets. <i>Biomedical Signal Processing and Control</i> , <b>2008</b> , 3, 255-266	4.9	45
103	Test-Retest Reliability of Single Transverse versus Panoramic Ultrasound Imaging for Muscle Size and Echo Intensity of the Biceps Brachii. <i>Ultrasound in Medicine and Biology</i> , <b>2015</b> , 41, 1584-91	3.5	44
102	Mechanomyographic amplitude and mean power output during maximal, concentric, isokinetic muscle actions. <i>Muscle and Nerve</i> , <b>2000</b> , 23, 1826-31	3.4	44
101	Gender, muscle, and velocity comparisons of mechanomyographic and electromyographic responses during isokinetic muscle actions. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2004</b> , 14, 116-27	4.6	42
100	A noninvasive, log-transform method for fiber type discrimination using mechanomyography. <i>Journal of Electromyography and Kinesiology</i> , <b>2010</b> , 20, 787-94	2.5	39
99	Gender differences in musculotendinous stiffness and range of motion after an acute bout of stretching. <i>Journal of Strength and Conditioning Research</i> , <b>2010</b> , 24, 2618-26	3.2	38
98	Time and frequency domain responses of the mechanomyogram and electromyogram during isometric ramp contractions: a comparison of the short-time Fourier and continuous wavelet transforms. <i>Journal of Electromyography and Kinesiology</i> , <b>2008</b> , 18, 54-67	2.5	38
97	Power output, mechanomyographic, and electromyographic responses to maximal, concentric, isokinetic muscle actions in men and women. <i>Journal of Strength and Conditioning Research</i> , <b>2002</b> , 16, 399-408	3.2	38
96	Reliability and relationships among handgrip strength, leg extensor strength and power, and balance in older men. <i>Experimental Gerontology</i> , <b>2014</b> , 58, 47-50	4.5	34
95	Effects of dynamic stretching on strength, muscle imbalance, and muscle activation. <i>Medicine and Science in Sports and Exercise</i> , <b>2014</b> , 46, 586-93	1.2	32
94	The effects of electrode placement and innervation zone location on the electromyographic amplitude and mean power frequency versus isometric torque relationships for the vastus lateralis muscle. <i>Journal of Electromyography and Kinesiology</i> , <b>2008</b> , 18, 317-28	2.5	32
93	Effects of Age and ACL Reconstruction on Quadriceps Gamma Loop Function. <i>Journal of Geriatric Physical Therapy</i> , <b>2006</b> , 29, 26-32	3.2	32
92	Passive properties of the muscle-tendon unit: the influence of muscle cross-sectional area. <i>Muscle and Nerve</i> , <b>2009</b> , 39, 227-9	3.4	30

91	MMG and EMG responses during 25 maximal, eccentric, isokinetic muscle actions. <i>Medicine and Science in Sports and Exercise</i> , <b>2003</b> , 35, 2048-54	1.2	28
90	The relationships among peak torque, mean power output, mechanomyography, and electromyography in men and women during maximal, eccentric isokinetic muscle actions. <i>European Journal of Applied Physiology</i> , <b>2002</b> , 86, 226-32	3.4	28
89	The effects of four weeks of creatine supplementation and high-intensity interval training on cardiorespiratory fitness: a randomized controlled trial. <i>Journal of the International Society of Sports Nutrition</i> , <b>2009</b> , 6, 18	4.5	26
88	Mechanomyographic amplitude and mean power frequency responses during isometric ramp vs. step muscle actions. <i>Journal of Neuroscience Methods</i> , <b>2008</b> , 168, 293-305	3	26
87	Neuromuscular responses to three days of velocity-specific isokinetic training. <i>Journal of Strength and Conditioning Research</i> , <b>2006</b> , 20, 892-8	3.2	26
86	Reliability of mechanomyographic amplitude and mean power frequency during isometric step and ramp muscle actions. <i>Journal of Neuroscience Methods</i> , <b>2008</b> , 171, 104-9	3	25
85	Reliability of absolute versus log-transformed regression models for examining the torque-related patterns of response for mechanomyographic amplitude. <i>Journal of Neuroscience Methods</i> , <b>2009</b> , 179, 240-6	3	24
84	Age-related differences in rates of torque development and rise in EMG are eliminated by normalization. <i>Experimental Gerontology</i> , <b>2014</b> , 57, 18-28	4.5	23
83	Acute effects of passive stretching on the electromechanical delay and evoked twitch properties: a gender comparison. <i>Journal of Applied Biomechanics</i> , <b>2012</b> , 28, 645-54	1.2	22
82	A comparison of techniques for estimating training-induced changes in muscle cross-sectional area. <i>Journal of Strength and Conditioning Research</i> , <b>2010</b> , 24, 2383-9	3.2	21
81	Consistency of rapid muscle force characteristics: influence of muscle contraction onset detection methodology. <i>Journal of Electromyography and Kinesiology</i> , <b>2012</b> , 22, 893-900	2.5	20
80	Differences in the log-transformed electromyographic-force relationships of the plantar flexors between high- and moderate-activated subjects. <i>Journal of Electromyography and Kinesiology</i> , <b>2011</b> , 21, 841-6	2.5	20
79	Inter-individual variability in the torque-related patterns of responses for mechanomyographic amplitude and mean power frequency. <i>Journal of Neuroscience Methods</i> , <b>2007</b> , 161, 212-9	3	20
78	Reliability of manual versus automated techniques for assessing passive stiffness of the posterior muscles of the hip and thigh. <i>Journal of Sports Sciences</i> , <b>2013</b> , 31, 867-77	3.6	18
77	An examination of neuromuscular and metabolic fatigue thresholds. <i>Physiological Measurement</i> , <b>2013</b> , 34, 1253-67	2.9	18
76	Electrode placement over the innervation zone affects the low-, not the high-frequency portion of the EMG frequency spectrum. <i>Journal of Electromyography and Kinesiology</i> , <b>2009</b> , 19, 660-6	2.5	18
75	Mechanomyographic and electromyographic responses to eccentric muscle contractions. <i>Muscle and Nerve</i> , <b>2006</b> , 33, 664-71	3.4	18
74	Gender comparisons of mechanomyographic amplitude and mean power frequency versus isometric torque relationships. <i>Journal of Applied Biomechanics</i> , <b>2005</b> , 21, 96-109	1.2	18

73	Mechanomyographic and electromyographic responses of the superficial muscles of the quadriceps femoris during maximal, concentric isokinetic muscle actions. <i>Isokinetics and Exercise Science</i> , <b>2000</b> , 8, 109-117	0.6	18
72	Functional hamstrings: quadriceps ratios in elite women's soccer players. <i>Journal of Sports Sciences</i> , <b>2013</b> , 31, 612-7	3.6	17
71	Relative differences in strength and power from slow to fast isokinetic velocities may reflect dynapenia. <i>Muscle and Nerve</i> , <b>2015</b> , 52, 120-30	3.4	16
70	IGF-1 splice variant and IGF-1 peptide expression patterns in young and old human skeletal muscle prior to and following sequential exercise bouts. <i>European Journal of Applied Physiology</i> , <b>2010</b> , 110, 961-9	3.4	15
69	Test-Retest Reliability and Concurrent Validity of Athletic Performance Combine Tests in 6-15-Year-Old Male Athletes. <i>Journal of Strength and Conditioning Research</i> , <b>2018</b> , 32, 2783-2794	3.2	14
68	Effects of 6 weeks of aerobic exercise combined with conjugated linoleic acid on the physical working capacity at fatigue threshold. <i>Journal of Strength and Conditioning Research</i> , <b>2014</b> , 28, 2127-35	3.2	14
67	Mechanomyographic and electromyographic responses during submaximal to maximal eccentric isokinetic muscle actions of the biceps brachii. <i>Journal of Strength and Conditioning Research</i> , <b>2006</b> , 20, 184-91	3.2	14
66	Comparing the reliability of voluntary and evoked muscle actions. <i>Clinical Physiology and Functional Imaging</i> , <b>2014</b> , 34, 434-41	2.4	12
65	The relationship between passive stiffness and muscle power output: influence of muscle cross-sectional area normalization. <i>Muscle and Nerve</i> , <b>2014</b> , 49, 69-75	3.4	12
64	Comparison of the fast Fourier transform and continuous wavelet transform for examining mechanomyographic frequency versus eccentric torque relationships. <i>Journal of Neuroscience Methods</i> , <b>2006</b> , 150, 59-66	3	12
63	Isokinetic Dynamometry in Healthy Versus Sarcopenic and Malnourished Elderly: Beyond Simple Measurements of Muscle Strength. <i>Journal of Applied Gerontology</i> , <b>2017</b> , 36, 709-732	3.3	11
62	Acute effects of a thermogenic nutritional supplement on cycling time to exhaustion and muscular strength in college-aged men. <i>Journal of the International Society of Sports Nutrition</i> , <b>2009</b> , 6, 15	4.5	11
61	Effects of Eccentric Preloading on Concentric Vertical Jump Performance in Youth Athletes. <i>Journal of Applied Biomechanics</i> , <b>2019</b> , 35, 327-335	1.2	11
60	Effects of creatine supplementation and three days of resistance training on muscle strength, power output, and neuromuscular function. <i>Journal of Strength and Conditioning Research</i> , <b>2007</b> , 21, 668-77	3.2	11
59	Effects of two days of isokinetic training on strength and electromyographic amplitude in the agonist and antagonist muscles. <i>Journal of Strength and Conditioning Research</i> , <b>2007</b> , 21, 757-62	3.2	11
58	Effects of Velocity on Electromyographic, Mechanomyographic, and Torque Responses to Repeated Eccentric Muscle Actions. <i>Journal of Strength and Conditioning Research</i> , <b>2016</b> , 30, 1743-51	3.2	11
57	Muscle strength, size, and neuromuscular function before and during adolescence. <i>European Journal of Applied Physiology</i> , <b>2019</b> , 119, 1619-1632	3.4	10
56	The influence of myosin heavy chain isoform composition and training status on the patterns of responses for mechanomyographic amplitude versus isometric torque. <i>Journal of Strength and Conditioning Research</i> , <b>2008</b> , 22, 818-25	3.2	10

55	Low-load blood flow restriction elicits greater concentric strength than non-blood flow restriction resistance training but similar isometric strength and muscle size. <i>European Journal of Applied Physiology</i> , <b>2020</b> , 120, 425-441	3.4	10
54	Effects of the innervation zone on the time and frequency domain parameters of the surface electromyographic signal. <i>Journal of Electromyography and Kinesiology</i> , <b>2015</b> , 25, 565-70	2.5	9
53	CLA supplementation and aerobic exercise lower blood triacylglycerol, but have no effect on peak oxygen uptake or cardiorespiratory fatigue thresholds. <i>Lipids</i> , <b>2014</b> , 49, 871-80	1.6	9
52	Factors underlying the perception of effort during constant heart rate running above and below the critical heart rate. <i>European Journal of Applied Physiology</i> , <b>2015</b> , 115, 2231-41	3.4	8
51	Electromyographic, mechanomyographic, and metabolic responses during cycle ergometry at a constant rating of perceived exertion. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2015</b> , 40, 1178-85	3	8
50	Effects of short-term resistance training and subsequent detraining on the electromechanical delay. <i>Muscle and Nerve</i> , <b>2013</b> , 48, 135-6	3.4	8
49	Exertional Rhabdomyolysis in a 21-Year-Old Healthy Woman: A Case Report. <i>Journal of Strength and Conditioning Research</i> , <b>2017</b> , 31, 1403-1410	3.2	7
48	Reliability and Sensitivity of the Power Push-up Test for Upper-Body Strength and Power in 6-15-Year-Old Male Athletes. <i>Journal of Strength and Conditioning Research</i> , <b>2018</b> , 32, 83-96	3.2	7
47	An alternative approach to the Army Physical Fitness Test two-mile run using critical velocity and isoperformance curves. <i>Military Medicine</i> , <b>2012</b> , 177, 145-51	1.3	7
46	The effects of anatabine on non-invasive indicators of muscle damage: a randomized, double-blind, placebo-controlled, crossover study. <i>Journal of the International Society of Sports Nutrition</i> , <b>2013</b> , 10, 33	4.5	7
45	Influence of stretching velocity on musculotendinous stiffness of the hamstrings during passive straight-leg raise assessments. <i>Musculoskeletal Science and Practice</i> , <b>2017</b> , 30, 80-85	2.4	6
44	Reliability and Minimum Detectable Change for Common Clinical Physical Function Tests in Sarcopenic Men and Women. <i>Journal of the American Geriatrics Society</i> , <b>2017</b> , 65, 839-846	5.6	6
43	Anthropometric and Athletic Performance Combine Test Results Among Positions Within Grade Levels of High School-Aged American Football Players. <i>Journal of Strength and Conditioning Research</i> , <b>2018</b> , 32, 1288-1296	3.2	6
42	Comparisons of voluntary and evoked rate of torque development and rate of velocity development during isokinetic muscle actions. <i>Isokinetics and Exercise Science</i> , <b>2013</b> , 21, 253-261	0.6	6
41	Determination of aerobic and anaerobic performance: a methodological consideration. <i>Physiological Measurement</i> , <b>2011</b> , 32, 423-31	2.9	6
40	The influence of electromyographic recording methods and the innervation zone on the mean power frequency-torque relationships. <i>Journal of Electromyography and Kinesiology</i> , <b>2015</b> , 25, 423-30	2.5	5
39	Relationship between estimated aerobic fitness and injury rates among active duty at an Air Force base based upon two separate measures of estimated cardiovascular fitness. <i>Military Medicine</i> , <b>2012</b> , 177, 36-40	1.3	5
38	High Prevalence of Poor Iron Status Among 8- to 16-Year-Old Youth Athletes: Interactions Among Biomarkers of Iron, Dietary Intakes, and Biological Maturity. <i>Journal of the American College of Nutrition</i> , <b>2020</b> , 39, 155-162	3.5	5



37	Effects of anatabine and unilateral maximal eccentric isokinetic muscle actions on serum markers of muscle damage and inflammation. <i>European Journal of Pharmacology</i> , <b>2014</b> , 728, 161-6	5-3	4
36	Individual Responses for Muscle Activation, Repetitions, and Volume during Three Sets to Failure of High- (80% 1RM) versus Low-Load (30% 1RM) Forearm Flexion Resistance Exercise. <i>Sports</i> , <b>2015</b> , 3, 269-280	3-3	4
35	Effects of a carbohydrate-, protein-, and ribose-containing repletion drink during 8 weeks of endurance training on aerobic capacity, endurance performance, and body composition. <i>Journal of Strength and Conditioning Research</i> , <b>2012</b> , 26, 2234-42	3-2	4
34	Leg Extension Strength, Explosive Strength, Muscle Activation, and Growth as Predictors of Vertical Jump Performance in Youth Athletes. <i>Journal of Science in Sport and Exercise</i> , <b>2020</b> , 2, 336-348	1	4
33	Effects of ruminic acid rich conjugated linoleic acid supplementation on cognitive function and handgrip performance in older men and women. <i>Experimental Gerontology</i> , <b>2016</b> , 84, 1-11	4-5	4
32	Normative Reference Values for High School-Aged American Football Players. <i>Journal of Strength and Conditioning Research</i> , <b>2020</b> , 34, 2849-2856	3-2	4
31	Basic reporting and interpretation of surface EMG amplitude and mean power frequency: a reply to Vitgotsky, Ogborn, and Phillips. <i>European Journal of Applied Physiology</i> , <b>2016</b> , 116, 659-61	3-4	3
30	Application of the Critical Heart Model to Treadmill Running. <i>Journal of Strength and Conditioning Research</i> , <b>2015</b> , 29, 2237-48	3-2	3
29	Physiological Responses Underlying the Perception of Effort during Moderate and Heavy Intensity Cycle Ergometry. <i>Sports</i> , <b>2015</b> , 3, 369-382	3	3
28	Effects of creatine loading on electromyographic fatigue threshold in cycle ergometry in college-age men. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , <b>2008</b> , 18, 142-51	4-4	3
27	Roundtable Discussion: Flexibility Training. <i>Strength and Conditioning Journal</i> , <b>2006</b> , 28, 64	2	3
26	Creatine Supplementation in Endurance Sports <b>2008</b> , 45-99		3
25	Stature, Body Mass, and Body Mass Index in High School American Football Players: Appropriate Determinants of Obesity Prevalence?. <i>Journal of Strength and Conditioning Research</i> , <b>2018</b> , 32, 3119-3126	3-2	3
24	Mechanomyographic responses during recruitment curves in the soleus muscle. <i>Muscle and Nerve</i> , <b>2017</b> , 56, 107-116	3-4	2
23	Relationships Among The M-wave, H-reflex, Twitch Torque, And The Mechanomyographic Responses During Standard Recruitment Curves. <i>Medicine and Science in Sports and Exercise</i> , <b>2009</b> , 41, 434	1-2	2
22	Test-Retest Reliability of Static and Countermovement Power Push-Up Tests in Young Male Athletes. <i>Journal of Strength and Conditioning Research</i> , <b>2020</b> , 34, 2456-2464	3-2	2
21	Normative Reference Values for High School-Aged American Football Players: Proagility Drill and 40-Yard Dash Split Times. <i>Journal of Strength and Conditioning Research</i> , <b>2020</b> , 34, 1184-1187	3-2	2
20	Patterns of responses and time-course of changes in muscle size and strength during low-load blood flow restriction resistance training in women. <i>European Journal of Applied Physiology</i> , <b>2021</b> , 121, 1473-1485	3-4	2

19	Sex-specific relationships among iron status biomarkers, athletic performance, maturity, and dietary intakes in pre-adolescent and adolescent athletes. <i>Journal of the International Society of Sports Nutrition</i> , <b>2019</b> , 16, 42	4.5	1
18	Performance Differences between National Football League and High School American Football Combine Participants. <i>Research Quarterly for Exercise and Sport</i> , <b>2019</b> , 90, 227-233	1.9	1
17	Comparing passive angle-torque curves recorded simultaneously with a load cell versus an isokinetic dynamometer during dorsiflexion stretch tolerance assessments. <i>Medical Engineering and Physics</i> , <b>2015</b> , 37, 494-8	2.4	1
16	The effects of velocity on peak torque and neuromuscular responses during eccentric muscle actions. <i>Isokinetics and Exercise Science</i> , <b>2016</b> , 24, 1-6	0.6	1
15	The effects of gender and very short-term resistance training on peak torque, average power and neuromuscular responses of the forearm flexors. <i>Isokinetics and Exercise Science</i> , <b>2014</b> , 22, 123-130	0.6	1
14	Influences of the Stretch-Shortening Cycle and Arm Swing on Vertical Jump Performance in Children and Adolescents. <i>Journal of Strength and Conditioning Research</i> , <b>2020</b> ,	3.2	1
13	Endogenous versus exogenous carbohydrate oxidation measured by stable isotopes in pre-pubescent children plus C abundances in foods consumed three days prior. <i>Metabolism Open</i> , <b>2020</b> , 7, 100041	2.8	1
12	Comparing the torque- and power-velocity relationships between children and adolescents during isokinetic leg extension muscle actions. <i>Human Movement Science</i> , <b>2020</b> , 74, 102678	2.4	1
11	Comparisons of muscle strength, size, and voluntary activation in pre- and post-pubescent males and females. <i>European Journal of Applied Physiology</i> , <b>2021</b> , 121, 2487-2497	3.4	1
10	Comparisons of countermovement jump force profiles in youth athletes. <i>Translational Sports Medicine</i> , <b>2021</b> , 4, 646-656	1.3	1
9	Impact of slow versus rapid digesting carbohydrates on substrate oxidation in pre-pubertal children: A randomized crossover trial. <i>Clinical Nutrition</i> , <b>2021</b> , 40, 3718-3728	5.9	1
8	Effects of Short-Term Dynamic Constant External Resistance Training and Subsequent Detraining on Strength of the Trained and Untrained Limbs: A Randomized Trial. <i>Sports</i> , <b>2016</b> , 4,	3	1
7	Changes in Strength, Mobility, and Body Composition Following Self-Selected Exercise in Older Adults. <i>Journal of Aging and Physical Activity</i> , <b>2020</b> , 29, 17-26	1.6	1
6	Differences in muscle energy metabolism and metabolic flexibility between sarcopenic and nonsarcopenic older adults.. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , <b>2022</b> ,	10.3	1
5	Effects of Eccentric Pre-loading on Concentric Vertical Jump Performance in Young Female Athletes. <i>Journal of Science in Sport and Exercise</i> , <b>2021</b> , 3, 98-106	1	0
4	The Effects of Short-Term Resistance Training and Subsequent Detraining on Neuromuscular Function, Muscle Cross-Sectional Area, and Lean Mass. <i>Journal of Science in Sport and Exercise</i> , 1	1	
3	State Population Influences Athletic Performance Combine Test Scores in High School-Aged American Football Players. <i>International Journal of Exercise Science</i> , <b>2019</b> , 12, 256-262	1.3	
2	Peak Torque Explains More Unique Variability in Growth Measurements than Rate of Torque Development in Young Boys and Girls. <i>Journal of Strength and Conditioning Research</i> , <b>2020</b> , 34, 2507-2514 <sup>2</sup>		



- 1 Evaluation of High-Intensity Interval Training and Beta-Alanine Supplementation on Efficiency of Electrical Activity and Electromyographic Fatigue Threshold. *Journal of Strength and Conditioning Research*, **2021**, 35, 1535-1541 3.2