

Jeffrey R Stout

List of Publications by Year in Descending Order

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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.

314
papers

8,144
citations

45
h-index

75
g-index

398
ext. papers

9,644
ext. citations

2.6
avg, IF

5.85
L-index

#	Paper	IF	Citations
314	A Bioinformatics-Assisted Review on Iron Metabolism and Immune System to Identify Potential Biomarkers of Exercise Stress-Induced Immunosuppression.. <i>Biomedicines</i> , 2022 , 10,	4.8	3
313	High-Risk Environmental Conditions Attenuates Performance Efficiency Index in NCAA DI Female Soccer Players.. <i>International Journal of Exercise Science</i> , 2022 , 15, 442-454	1.3	
312	Effects of beta-alanine supplementation on body composition: a GRADE-assessed systematic review and meta-analysis. <i>Journal of the International Society of Sports Nutrition</i> , 2022 , 19, 196-218	4.5	0
311	Hydroxy-Bmethylbutyrate supplementation in older persons - an update. <i>Current Opinion in Clinical Nutrition and Metabolic Care</i> , 2021 , 24, 48-52	3.8	3
310	Evaluation of High-Intensity Interval Training and Beta-Alanine Supplementation on Efficiency of Electrical Activity and Electromyographic Fatigue Threshold. <i>Journal of Strength and Conditioning Research</i> , 2021 , 35, 1535-1541	3.2	
309	Metabolic Basis of Creatine in Health and Disease: A Bioinformatics-Assisted Review. <i>Nutrients</i> , 2021 , 13,	6.7	17
308	Technology-Based Fall Risk Assessments for Older Adults in Low-Income Settings: Protocol for a Cross-sectional Study. <i>JMIR Research Protocols</i> , 2021 , 10, e27381	2	1
307	The Application of Creatine Supplementation in Medical Rehabilitation. <i>Nutrients</i> , 2021 , 13,	6.7	7
306	Energy Drinks May Not Impact Excess Postexercise Oxygen Consumption: Considerations for Pre-exercise Test Recommendations. <i>Journal of Caffeine and Adenosine Research</i> , 2021 , 11, 29-36	1.6	
305	A Convergent Functional Genomics Analysis to Identify Biological Regulators Mediating Effects of Creatine Supplementation. <i>Nutrients</i> , 2021 , 13,	6.7	3
304	Creatine in Health and Disease. <i>Nutrients</i> , 2021 , 13,	6.7	23
303	International society of sports nutrition position stand: caffeine and exercise performance. <i>Journal of the International Society of Sports Nutrition</i> , 2021 , 18, 1	4.5	67
302	Tensiomyographic Responses to Warm-Up Protocols in Collegiate Male Soccer Athletes. <i>Journal of Functional Morphology and Kinesiology</i> , 2021 , 6,	2.4	2
301	International Society of Sports Nutrition position stand: sodium bicarbonate and exercise performance. <i>Journal of the International Society of Sports Nutrition</i> , 2021 , 18, 61	4.5	5
300	Effect of somatic maturity on the aerobic and anaerobic adaptations to sprint interval training. <i>Physiological Reports</i> , 2020 , 8, e14426	2.6	1
299	The acute effects of thermogenic fitness drink formulas containing 140 mg and 100 mg of caffeine on energy expenditure and fat metabolism at rest and during exercise. <i>Journal of the International Society of Sports Nutrition</i> , 2020 , 17, 10	4.5	7
298	Minimal Effects of Moderate Normobaric Hypoxia on the Upper Body Work-Time Relationship in Recreationally Active Women. <i>High Altitude Medicine and Biology</i> , 2020 , 21, 62-69	1.9	1

297	Assessing Fall Risk Appraisal Through Combined Physiological and Perceived Fall Risk Measures Using Innovative Technology. <i>Journal of Gerontological Nursing</i> , 2020 , 46, 41-47	1.2	7
296	Physio-Feedback and Exercise Program (PEER) Improves Balance, Muscle Strength, and Fall Risk in Older Adults. <i>Research in Gerontological Nursing</i> , 2020 , 13, 289-296	1.6	5
295	Shifting Maladaptive Fall Risk Appraisal in Older Adults through an in-Home Physio-Feedback and Exercise Program (PEER): A Pilot Study. <i>Clinical Gerontologist</i> , 2020 , 43, 378-390	2.7	9
294	Brief Report: Preliminary Efficacy of a Judo Program to Promote Participation in Physical Activity in Youth with Autism Spectrum Disorder. <i>Journal of Autism and Developmental Disorders</i> , 2020 , 50, 1418-1424	4.6	8
293	Heart Rate Variability Behavior during Exercise and Short-Term Recovery Following Energy Drink Consumption in Men and Women. <i>Nutrients</i> , 2020 , 12,	6.7	5
292	Differential effects of speed on two-dimensional foot strike pattern during barefoot and shod running in recreationally active men. <i>Sports Biomechanics</i> , 2020 , 19, 438-451	2.2	1
291	Dynamic post-activation potentiation protocol improves rowing performance in experienced female rowers. <i>Journal of Sports Sciences</i> , 2020 , 38, 1615-1623	3.6	3
290	Changes in Strength, Mobility, and Body Composition Following Self-Selected Exercise in Older Adults. <i>Journal of Aging and Physical Activity</i> , 2020 , 29, 17-26	1.6	1
289	Effects of Rest Position on Morphology of the Vastus Lateralis and Its Relationship with Lower-Body Strength and Power. <i>Journal of Functional Morphology and Kinesiology</i> , 2019 , 4,	2.4	6
288	No acute effects of placebo or open-label placebo treatments on strength, voluntary activation, and neuromuscular fatigue. <i>European Journal of Applied Physiology</i> , 2019 , 119, 2327-2338	3.4	2
287	Examining work-to-rest ratios to optimize upper body sprint interval training. <i>Respiratory Physiology and Neurobiology</i> , 2019 , 262, 12-19	2.8	3
286	Differences in muscle oxygenation between young and middle-aged recreationally active men during high-volume resistance exercise. <i>Kinesiology</i> , 2019 , 51, 3-11	1	2
285	Comparison of sustained-release and rapid-release Alanine formulations on changes in skeletal muscle carnosine and histidine content and isometric performance following a muscle-damaging protocol. <i>Amino Acids</i> , 2019 , 51, 49-60	3.5	14
284	International Society of Sports Nutrition Position Stand: nutritional considerations for single-stage ultra-marathon training and racing. <i>Journal of the International Society of Sports Nutrition</i> , 2019 , 16, 50	4.5	46
283	Minimal Effects of Hypoxia on Energy System Contribution during Supramaximal Upper-Body Exercise in Women. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 326-326	1.2	
282	Accumulated Oxygen Deficit During Arm Cranking: Effects Of Hypoxia And Methodological Considerations. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 400-400	1.2	
281	Sex-Based Differences in the Upper Body Musculature May Influence Rate of Force Development in High School Students. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 817-817	1.2	
280	Examining Work-to-Rest Ratios to Optimize Upper Body Sprint Interval Training. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 186-186	1.2	

279	Vagal Withdrawal Is Not Dependent On Oxygen Availability Or Exercise Intensity During Upper-Body Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 398-399	1.2	
278	Effects of β Alanine Supplementation and Intramuscular Carnosine Content on Exercise Performance and Health 2019 , 327-344		1
277	Maturity-Related Differences in Systemic Pulmonary and Localized Fatigue Threshold Among Youth Male Athletes. <i>Pediatric Exercise Science</i> , 2019 , 31, 99-106	2	1
276	Distinct Effects of Repeated-Sprint Training in Normobaric Hypoxia and β Alanine Supplementation. <i>Journal of the American College of Nutrition</i> , 2019 , 38, 149-161	3.5	7
275	Intermittent Cooling During Judo Training in a Warm/Humid Environment Reduces Autonomic and Hormonal Impact. <i>Journal of Strength and Conditioning Research</i> , 2019 , 33, 2241-2250	3.2	5
274	Maintenance of Vagal Tone with Time-Release Caffeine, But Vagal Withdrawal During Placebo in Caffeine-Habituated Men. <i>Journal of Caffeine and Adenosine Research</i> , 2018 , 8, 59-64	1.6	3
273	Effects of β Alanine Supplementation on Carnosine Elevation and Physiological Performance. <i>Advances in Food and Nutrition Research</i> , 2018 , 84, 183-206	6	24
272	Polyphenol supplementation alters intramuscular apoptotic signaling following acute resistance exercise. <i>Physiological Reports</i> , 2018 , 6, e13552	2.6	5
271	Effects of supine rest duration on ultrasound measures of the vastus lateralis. <i>Clinical Physiology and Functional Imaging</i> , 2018 , 38, 155-157	2.4	18
270	Effect of Lower-Body Resistance Training on Upper-Body Strength Adaptation in Trained Men. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 13-18	3.2	12
269	Resistance Exercise Selectively Mobilizes Monocyte Subsets: Role of Polyphenols. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 2231-2241	1.2	5
268	Developmental associations with muscle morphology, physical performance, and asymmetry in youth judo athletes. <i>Sport Sciences for Health</i> , 2018 , 14, 555-562	1.3	6
267	Influence of Baseline Muscle Strength and Size Measures on Training Adaptations in Resistance-trained Men. <i>International Journal of Exercise Science</i> , 2018 , 11, 198-213	1.3	8
266	Effects of normobaric hypoxia on upper body critical power and anaerobic working capacity. <i>Respiratory Physiology and Neurobiology</i> , 2018 , 249, 1-6	2.8	6
265	Resistance training does not induce uniform adaptations to quadriceps. <i>PLoS ONE</i> , 2018 , 13, e0198304	3.7	26
264	Exercise-Induced Hormone Elevations Are Related to Muscle Growth. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 45-53	3.2	30
263	Estimating fat-free mass in elite-level male rowers: a four-compartment model validation of laboratory and field methods. <i>Journal of Sports Sciences</i> , 2017 , 35, 624-633	3.6	15
262	Validity of near-infrared interactance (FUTREX 6100/XL) for estimating body fat percentage in elite rowers. <i>Clinical Physiology and Functional Imaging</i> , 2017 , 37, 456-458	2.4	11

261	Acute effects of a beverage containing bitter melon extract (CARELA) on postprandial glycemia among prediabetic adults. <i>Nutrition and Diabetes</i> , 2017 , 7, e241	4.7	10
260	Relative age effects despite weight categories in elite junior male wrestlers. <i>Sport Sciences for Health</i> , 2017 , 13, 99-106	1.3	6
259	Behavioral and inflammatory response in animals exposed to a low-pressure blast wave and supplemented with β Alanine. <i>Amino Acids</i> , 2017 , 49, 871-886	3.5	23
258	Evaluating Upper-Body Strength and Power From a Single Test: The Ballistic Push-up. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 1338-1345	3.2	25
257	Combined effect of GBI-30, 6086 and HMB supplementation on muscle integrity and cytokine response during intense military training. <i>Journal of Applied Physiology</i> , 2017 , 123, 11-18	3.7	17
256	Comparison of the recovery response from high-intensity and high-volume resistance exercise in trained men. <i>European Journal of Applied Physiology</i> , 2017 , 117, 1287-1298	3.4	50
255	Polyphenol Supplementation Attenuates Apoptotic Signaling Following Acute Resistance Exercise in Untrained Males. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 392	1.2	
254	International society of sports nutrition position stand: diets and body composition. <i>Journal of the International Society of Sports Nutrition</i> , 2017 , 14, 16	4.5	91
253	Scanning plane comparison of ultrasound-derived morphological characteristics of the vastus lateralis. <i>Clinical Anatomy</i> , 2017 , 30, 533-542	2.5	12
252	Resistance Exercise and Polyphenol Supplementation elicits Unique Recruitment of Monocyte Subsets in Untrained Men. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 1028-1029	1.2	
251	Tumor necrosis factor-alpha and soluble TNF-alpha receptor responses in young vs. middle-aged males following eccentric exercise. <i>Experimental Gerontology</i> , 2017 , 100, 28-35	4.5	9
250	β Alanine supplementation elevates intramuscular carnosine content and attenuates fatigue in men and women similarly but does not change muscle l-histidine content. <i>Nutrition Research</i> , 2017 , 48, 16-25	4	24
249	International society of sports nutrition position stand: nutrient timing. <i>Journal of the International Society of Sports Nutrition</i> , 2017 , 14, 33	4.5	119
248	Impact of Polyphenol Supplementation on Acute and Chronic Response to Resistance Training. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 2945-2954	3.2	13
247	Dietary acid load and renal function have varying effects on blood acid-base status and exercise performance across age and sex. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017 , 42, 1330-1340	3	5
246	Comparisons in the Recovery Response From Resistance Exercise Between Young and Middle-Aged Men. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 3454-3462	3.2	9
245	Comparison of Two β Alanine Dosing Protocols on Muscle Carnosine Elevations. <i>Journal of the American College of Nutrition</i> , 2017 , 36, 608-616	3.5	27
244	β hydroxy- β methylbutyrate free acid supplementation may improve recovery and muscle adaptations after resistance training: a systematic review. <i>Nutrition Research</i> , 2017 , 45, 1-9	4	31

243	The Effect of Bacillus Coagulans and HMB On Muscle Integrity and Inflammation During Military Training. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 81	1.2	1
242	Effects of Different Relative Loads on Power Performance During the Ballistic Push-up. <i>Journal of Strength and Conditioning Research</i> , 2017 , 31, 3411-3416	3.2	2
241	International Society of Sports Nutrition Position Stand: protein and exercise. <i>Journal of the International Society of Sports Nutrition</i> , 2017 , 14, 20	4.5	264
240	Effects of a 10-Week Introductory Judo Course on Postural Control During a Bilateral Reactionary Gripping Task. <i>Motor Control</i> , 2017 , 21, 373-389	1.3	5
239	The influence of isometric preload on power expressed during bench press in strength-trained men. <i>European Journal of Sport Science</i> , 2017 , 17, 195-199	3.9	2
238	The effect of HMB ingestion on the IGF-I and IGF binding protein response to high intensity military training. <i>Growth Hormone and IGF Research</i> , 2017 , 32, 55-59	2	4
237	Effects of Hydrolyzed Whey versus Other Whey Protein Supplements on the Physiological Response to 8 Weeks of Resistance Exercise in College-Aged Males. <i>Journal of the American College of Nutrition</i> , 2017 , 36, 16-27	3.5	26
236	The Dmax method is a valid procedure to estimate physical working capacity at fatigue threshold. <i>Muscle and Nerve</i> , 2017 , 55, 344-349	3.4	2
235	Homogeneity of echo intensity values in transverse ultrasound images. <i>Muscle and Nerve</i> , 2017 , 56, 93-98.	3.4	9
234	Evaluating Upper-body Strength And Power From A Single Test. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 602	1.2	1
233	Comparison Of High And Low 25(OH)-Vitamin D Concentrations On Recovery From Resistance Exercise In Men. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 850	1.2	
232	Influence of Skeletal Muscle Carnosine Content on Fatigue during Repeated Resistance Exercise in Recreationally Active Women. <i>Nutrients</i> , 2017 , 9,	6.7	13
231	Strength and Speed/Power Athletes 2017 , 211-232		1
230	Intramyocellular triacylglycerol accumulation across weight loss strategies; Sub-study of the CENTRAL trial. <i>PLoS ONE</i> , 2017 , 12, e0188431	3.7	5
229	Mathematical Modeling and Expression of Heart Rate Deflection Point using Heart Rate and Oxygen Consumption. <i>International Journal of Exercise Science</i> , 2017 , 10, 592-603	1.3	2
228	Force-time characteristics during an explosive isometric gripping task: effects of a 10-week introductory judo course. <i>Journal of Combat Sports and Martial Arts</i> , 2017 , 2, 101-105		1
227	Post-resistance exercise ingestion of milk protein attenuates plasma TNF α and TNF α 1 expression on monocyte subpopulations. <i>Amino Acids</i> , 2017 , 49, 1415-1426	3.5	1
226	The Response of Leukemia Inhibitory Factor to High-Intensity and High-Volume Resistance Training in Trained Men. <i>Medicine and Science in Sports and Exercise</i> , 2017 , 49, 492	1.2	

225	Resistance exercise increases intramuscular NF- κ B signaling in untrained males. <i>European Journal of Applied Physiology</i> , 2016 , 116, 2103-2111	3.4	5
224	Altering Work to Rest Ratios Differentially Influences Fatigue Indices During Repeated Sprint Ability Testing. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 400-6	3.2	3
223	Effects of 4 Weeks of High-Intensity Interval Training and β -Hydroxy- β -Methylbutyric Free Acid Supplementation on the Onset of Neuromuscular Fatigue. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 626-34	3.2	16
222	Intramuscular MAPK signaling following high volume and high intensity resistance exercise protocols in trained men. <i>European Journal of Applied Physiology</i> , 2016 , 116, 1663-70	3.4	11
221	Effect of acute L-Alanyl-L-Glutamine and electrolyte ingestion on cognitive function and reaction time following endurance exercise. <i>European Journal of Sport Science</i> , 2016 , 16, 72-9	3.9	10
220	Intramuscular Anabolic Signaling and Endocrine Response Following Resistance Exercise: Implications for Muscle Hypertrophy. <i>Sports Medicine</i> , 2016 , 46, 671-85	10.6	47
219	Effects of resistance training on classic and specific bioelectrical impedance vector analysis in elderly women. <i>Experimental Gerontology</i> , 2016 , 74, 9-12	4.5	19
218	β -Hydroxy- β -methylbutyrate attenuates cytokine response during sustained military training. <i>Nutrition Research</i> , 2016 , 36, 553-63	4	16
217	Monocyte Recruitment Following High-intensity And High-volume Resistance Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 393-394	1.2	3
216	Spatial Awareness is Related to Moderate Intensity Running during a Collegiate Rugby Match. <i>International Journal of Exercise Science</i> , 2016 , 9, 599-606	1.3	
215	Comparison of block versus weekly undulating periodization models on endocrine and strength changes in male athletes. <i>Kinesiology</i> , 2016 , 48, 71-78	1	4
214	The Effect of Post-Resistance Exercise Amino Acids on Plasma MCP-1 and CCR2 Expression. <i>Nutrients</i> , 2016 , 8,	6.7	5
213	Strength ratios are affected by years of experience in American collegiate rugby athletes: A preliminary study. <i>Isokinetics and Exercise Science</i> , 2016 , 24, 257-262	0.6	4
212	A Microbiopsy Method for Immunohistological and Morphological Analysis: A Pilot Study. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 331-5	1.2	20
211	Isometric Mid-Thigh Pull Correlates With Strength, Sprint, and Agility Performance in Collegiate Rugby Union Players. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 3051-3056	3.2	59
210	Monocyte Recruitment after High-Intensity and High-Volume Resistance Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 1169-78	1.2	13
209	Critical Velocity Is Associated With Combat-Specific Performance Measures in a Special Forces Unit. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 446-53	3.2	6
208	Physical Differences Between Forwards and Backs in American Collegiate Rugby Players. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 2382-91	3.2	22

207	Comparison of high-intensity vs. high-volume resistance training on the BDNF response to exercise. <i>Journal of Applied Physiology</i> , 2016 , 121, 123-8	3.7	53
206	Player Selection Bias in National Football League Draftees. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 2965-2971	3.2	7
205	Short-Term Unilateral Resistance Training Results in Cross Education of Strength Without Changes in Muscle Size, Activation, or Endocrine Response. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 1213-23	3.2	29
204	Changes in Plasma Aldosterone and Electrolytes Following High-Volume and High-Intensity Resistance Exercise Protocols in Trained Men. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 1917-23	3.2	5
203	The effect of polyphenols on cytokine and granulocyte response to resistance exercise. <i>Physiological Reports</i> , 2016 , 4, e13058	2.6	14
202	Resistance training intensity and volume affect changes in rate of force development in resistance-trained men. <i>European Journal of Applied Physiology</i> , 2016 , 116, 2367-2374	3.4	28
201	Alanine ingestion increases muscle carnosine content and combat specific performance in soldiers. <i>Amino Acids</i> , 2015 , 47, 627-36	3.5	28
200	Intramuscular anabolic signaling and endocrine response following high volume and high intensity resistance exercise protocols in trained men. <i>Physiological Reports</i> , 2015 , 3, e12466	2.6	28
199	Alanine supplementation and military performance. <i>Amino Acids</i> , 2015 , 47, 2463-74	3.5	19
198	TNF- α and TNFR1 responses to recovery therapies following acute resistance exercise. <i>Frontiers in Physiology</i> , 2015 , 6, 48	4.6	9
197	Regular- and postseason comparisons of playing time and measures of running performance in NCAA Division I women soccer players. <i>Applied Physiology, Nutrition and Metabolism</i> , 2015 , 40, 907-17	3	11
196	Evaluation of Cortical Thickness after Traumatic Brain Injury in Military Veterans. <i>Journal of Neurotrauma</i> , 2015 , 32, 1751-8	5.4	35
195	Effects of l-Alanyl-l-Glutamine Ingestion on One-Hour Run Performance. <i>Journal of the American College of Nutrition</i> , 2015 , 34, 488-96	3.5	10
194	Alanine supplemented diets enhance behavioral resilience to stress exposure in an animal model of PTSD. <i>Amino Acids</i> , 2015 , 47, 1247-57	3.5	35
193	Resistance training improves capacity to delay neuromuscular fatigue in older adults. <i>Archives of Gerontology and Geriatrics</i> , 2015 , 61, 27-32	4	8
192	Protein supplementation does not alter intramuscular anabolic signaling or endocrine response after resistance exercise in trained men. <i>Nutrition Research</i> , 2015 , 35, 990-1000	4	7
191	Effects of oral phosphatidic acid feeding with or without whey protein on muscle protein synthesis and anabolic signaling in rodent skeletal muscle. <i>Journal of the International Society of Sports Nutrition</i> , 2015 , 12, 32	4.5	15
190	The effect of training volume and intensity on improvements in muscular strength and size in resistance-trained men. <i>Physiological Reports</i> , 2015 , 3, e12472	2.6	89

189	International society of sports nutrition position stand: Beta-Alanine. <i>Journal of the International Society of Sports Nutrition</i> , 2015 , 12, 30	4.5	111
188	C-terminal agrin fragment is inversely related to neuromuscular fatigue in older men. <i>Muscle and Nerve</i> , 2015 , 51, 132-3	3.4	18
187	Effect of diet composition on acid-base balance in adolescents, young adults and elderly at rest and during exercise. <i>European Journal of Clinical Nutrition</i> , 2015 , 69, 399-404	5.2	20
186	Sprinting performance on the Woodway Curve 3.0 is related to muscle architecture. <i>European Journal of Sport Science</i> , 2015 , 15, 606-14	3.9	20
185	Association between myosin heavy chain protein isoforms and intramuscular anabolic signaling following resistance exercise in trained men. <i>Physiological Reports</i> , 2015 , 3, e12268	2.6	17
184	Reduced high-intensity-running rate in collegiate women's soccer when games are separated by 42 hours. <i>International Journal of Sports Physiology and Performance</i> , 2015 , 10, 436-9	3.5	12
183	Moderate Altitude Affects High Intensity Running Performance in a Collegiate Women's Soccer Game. <i>Journal of Human Kinetics</i> , 2015 , 47, 147-54	2.6	6
182	Comparison of the effects of electrical stimulation and cold-water immersion on muscle soreness after resistance exercise. <i>Journal of Sport Rehabilitation</i> , 2015 , 24, 99-108	1.7	20
181	Block vs. Weekly Undulating Periodized Resistance Training Programs in Women. <i>Journal of Strength and Conditioning Research</i> , 2015 , 29, 2679-87	3.2	12
180	Effects of β-Hydroxy-β-methylbutyrate Free Acid Ingestion and Resistance Exercise on the Acute Endocrine Response. <i>International Journal of Endocrinology</i> , 2015 , 2015, 856708	2.7	17
179	Muscle strength and hypertrophy occur independently of protein supplementation during short-term resistance training in untrained men. <i>Applied Physiology, Nutrition and Metabolism</i> , 2015 , 40, 797-802	3	13
178	Leukocyte IGF-1 receptor expression during muscle recovery. <i>Medicine and Science in Sports and Exercise</i> , 2015 , 47, 92-9	1.2	8
177	The effect of an acute ingestion of Turkish coffee on reaction time and time trial performance. <i>Journal of the International Society of Sports Nutrition</i> , 2015 , 12, 37	4.5	24
176	β-Hydroxy-β-methylbutyrate (HMB) supplementation and resistance exercise significantly reduce abdominal adiposity in healthy elderly men. <i>Experimental Gerontology</i> , 2015 , 64, 33-4	4.5	13
175	Effects of time-release caffeine containing supplement on metabolic rate, glycerol concentration and performance. <i>Journal of Sports Science and Medicine</i> , 2015 , 14, 322-32	2.7	4
174	Evaluation of Electromyographic Frequency Domain Changes during a Three-Minute Maximal Effort Cycling Test. <i>Journal of Sports Science and Medicine</i> , 2015 , 14, 452-8	2.7	8
173	A comparison of traditional and block periodized strength training programs in trained athletes. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 990-7	3.2	42
172	Muscle quality index improves with resistance exercise training in older adults. <i>Experimental Gerontology</i> , 2014 , 53, 1-6	4.5	54

171	Bilateral differences in muscle architecture and increased rate of injury in national basketball association players. <i>Journal of Athletic Training</i> , 2014 , 49, 794-9	4	27
170	Effects of β-hydroxy-β-methylbutyrate free acid and cold water immersion on expression of CR3 and MIP-1β following resistance exercise. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2014 , 306, R483-9	3.2	17
169	Prevalence of and interventions for sarcopenia in ageing adults: a systematic review. Report of the International Sarcopenia Initiative (EWGSOP and IWGS). <i>Age and Ageing</i> , 2014 , 43, 748-59	3	1063
168	The effects of 12 weeks of beta-hydroxy-beta-methylbutyrate free acid supplementation on muscle mass, strength, and power in resistance-trained individuals: a randomized, double-blind, placebo-controlled study. <i>European Journal of Applied Physiology</i> , 2014 , 114, 1217-27	3.4	68
167	Effects of β-hydroxy-β-methylbutyrate free acid and cold water immersion on post-exercise markers of muscle damage. <i>Amino Acids</i> , 2014 , 46, 1501-11	3.5	24
166	Resistance training improves single leg stance performance in older adults. <i>Aging Clinical and Experimental Research</i> , 2014 , 26, 89-92	4.8	11
165	Alanine supplementation improves tactical performance but not cognitive function in combat soldiers. <i>Journal of the International Society of Sports Nutrition</i> , 2014 , 11, 15	4.5	26
164	High-intensity interval training and β-hydroxy-β-methylbutyric free acid improves aerobic power and metabolic thresholds. <i>Journal of the International Society of Sports Nutrition</i> , 2014 , 11, 16	4.5	18
163	Physical working capacity at fatigue threshold (PWCFT) is associated with sarcopenia-related body composition and measures of functionality in older adults. <i>Archives of Gerontology and Geriatrics</i> , 2014 , 59, 300-4	4	6
162	Do Acute Changes In Muscle Architecture Affect Post-Activation Potentiation?. <i>Medicine and Science in Sports and Exercise</i> , 2014 , 46, 354	1.2	2
161	Effects of 28-days ingestion of a slow-release energy supplement versus placebo on hematological and cardiovascular measures of health. <i>Journal of the International Society of Sports Nutrition</i> , 2014 , 11, 59	4.5	3
160	Mediators of monocyte migration in response to recovery modalities following resistance exercise. <i>Mediators of Inflammation</i> , 2014 , 2014, 145817	4.3	3
159	Examination of the health and safety aspects of 28-days ingestion of a supplement containing slow-release caffeine. <i>Journal of the International Society of Sports Nutrition</i> , 2014 , 11, P17	4.5	78
158	Pharmacokinetics of caffeine administered in a time-release versus regular tablet form. <i>Journal of the International Society of Sports Nutrition</i> , 2014 , 11, P23	4.5	2
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154	Visual tracking speed is related to basketball-specific measures of performance in NBA players. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 2406-14	3.2	71

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152	Resistance exercise may improve spatial awareness and visual reaction in older adults. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 2079-87	3.2	33
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142	Influence of gender and muscle architecture asymmetry on jump and sprint performance. <i>Journal of Sports Science and Medicine</i> , 2014 , 13, 904-11	2.7	20
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