Shawn D Flanagan

List of Publications by Year in descending order

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		430442	433756
122	1,197	18	31
papers	citations	h-index	g-index
100	100	100	1000
123	123	123	1803
all docs	docs citations	times ranked	citing authors

#	Article	IF	CITATIONS
1	Whey Protein Supplementation During Resistance Training Augments Lean Body Mass. Journal of the American College of Nutrition, 2013, 32, 122-135.	1.1	137
2	Effects of a Whole Body Compression Garment on Markers of Recovery After a Heavy Resistance Workout in Men and Women. Journal of Strength and Conditioning Research, 2010, 24, 804-814.	1.0	112
3	Validity of the Myotest® in Measuring Force and Power Production in the Squat and Bench Press. Journal of Strength and Conditioning Research, 2011, 25, 2293-2297.	1.0	63
4	The Effects of High Intensity Short Rest Resistance Exercise on Muscle Damage Markers in Men and Women. Journal of Strength and Conditioning Research, 2014, 28, 1041-1049.	1.0	54
5	Understanding the Science of Resistance Training: An Evolutionary Perspective. Sports Medicine, 2017, 47, 2415-2435.	3.1	53
6	Effects of Fatigue From Resistance Training on Barbell Back Squat Biomechanics. Journal of Strength and Conditioning Research, 2014, 28, 1127-1134.	1.0	38
7	The Effects of Soy and Whey Protein Supplementation on Acute Hormonal Responses to Resistance Exercise in Men. Journal of the American College of Nutrition, 2013, 32, 66-74.	1.1	36
8	Heat stress regulates the human 70-kDa heat-shock gene through the 3'-untranslated region. American Journal of Physiology - Lung Cellular and Molecular Physiology, 1993, 264, L533-L537.	1.3	34
9	Recovery From Injury in Sport: Considerations in the Transition From Medical Care to Performance Care. Sports Health, 2009, 1, 392-395.	1.3	33
10	Electromyographical and Perceptual Responses to Different Resistance Intensities in a Squat Protocol. Journal of Strength and Conditioning Research, 2016, 30, 792-799.	1.0	33
11	The Effects of Nitrate-Rich Supplementation on Neuromuscular Efficiency during Heavy Resistance Exercise. Journal of the American College of Nutrition, 2016, 35, 100-107.	1.1	29
12	Changes in Creatine Kinase and Cortisol in National Collegiate Athletic Association Division I American Football Players During a Season. Journal of Strength and Conditioning Research, 2013, 27, 434-441.	1.0	28
13	Adrenal Stress and Physical Performance During Military Survival Training. Aerospace Medicine and Human Performance, 2018, 89, 99-107.	0.2	28
14	Influence of HMB Supplementation and Resistance Training on Cytokine Responses to Resistance Exercise. Journal of the American College of Nutrition, 2014, 33, 247-255.	1.1	26
15	The Effects of a Korean Ginseng, GINST15, on Hypo-Pituitary-Adrenal and Oxidative Activity Induced by Intense Work Stress. Journal of Medicinal Food, 2018, 21, 104-112.	0.8	26
16	The Relationship Between Muscle Action and Repetition Maximum on the Squat and Bench Press in Men and Women. Journal of Strength and Conditioning Research, 2014, 28, 2437-2442.	1.0	23
17	Roles of an Upper-Body Compression Garment on Athletic Performances. Journal of Strength and Conditioning Research, 2015, 29, 2655-2660.	1.0	23
18	Resistance exercise induces region-specific adaptations in anterior pituitary gland structure and function in rats. Journal of Applied Physiology, 2013, 115, 1641-1647.	1.2	20

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19	Impact of simulated military operational stress on executive function relative to trait resilience, aerobic fitness, and neuroendocrine biomarkers. Physiology and Behavior, 2021, 236, 113413.	1.0	19
20	The Addition of Beta-hydroxy-beta-methylbutyrate and Isomaltulose to Whey Protein Improves Recovery from Highly Demanding Resistance Exercise. Journal of the American College of Nutrition, 2015, 34, 91-99.	1.1	17
21	The effects of a roundtrip trans-American jet travel on physiological stress, neuromuscular performance, and recovery. Journal of Applied Physiology, 2016, 121, 438-448.	1.2	17
22	The Effects of Resistance Training Prioritization in NCAA Division I Football Summer Training. Journal of Strength and Conditioning Research, 2014, 28, 14-22.	1.0	16
23	Influence of training on markers of platelet activation in response to a bout of heavy resistance exercise. European Journal of Applied Physiology, 2013, 113, 2203-2209.	1.2	15
24	Using Machine Learning to Predict Lower-Extremity Injury in US Special Forces. Medicine and Science in Sports and Exercise, 2019, 51, 1073-1079.	0.2	15
25	The effects of exercise training programs on plasma concentrations of proenkephalin Peptide F and catecholamines. Peptides, 2015, 64, 74-81.	1.2	14
26	Developmental Differences Between Boys and Girls Result in Sex-Specific Physical Fitness Changes From Fourth to Fifth Grade. Journal of Strength and Conditioning Research, 2015, 29, 175-180.	1.0	14
27	Neuromuscular Performance and Hormonal Responses to Military Operational Stress in Men and Women. Journal of Strength and Conditioning Research, 2021, 35, 1296-1305.	1.0	14
28	The influence of age and exercise modality on growth hormone bioactivity in women. Growth Hormone and IGF Research, 2014, 24, 95-103.	0.5	13
29	Load Magnitude and Locomotion Pattern Alter Locomotor System Function in Healthy Young Adult Women. Frontiers in Bioengineering and Biotechnology, 2020, 8, 582219.	2.0	12
30	Acute resistance exercise stimulates sex-specific dimeric immunoreactive growth hormone responses. Growth Hormone and IGF Research, 2015, 25, 136-140.	0.5	11
31	Intersession Reliability and Within-Session Stability of a Novel Perception-Action Coupling Task. Aerospace Medicine and Human Performance, 2019, 90, 77-83.	0.2	11
32	Bilateral Strength Asymmetries and Unilateral Strength Imbalance: Predicting Ankle Injury When Considered With Higher Body Mass in US Special Forcesa. Journal of Athletic Training, 2019, 54, 497-504.	0.9	11
33	Shared Neuromuscular Performance Traits in Military Personnel with Prior Concussion. Medicine and Science in Sports and Exercise, 2019, 51, 1619-1625.	0.2	11
34	Structural Connectome Disruptions in Military Personnel with Mild Traumatic Brain Injury and Post-Traumatic Stress Disorder. Journal of Neurotrauma, 2020, 37, 2102-2112.	1.7	11
35	Load carriage magnitude and locomotion strategy alter knee total joint moment during bipedal ambulatory tasks in recruit-aged women. Journal of Biomechanics, 2020, 105, 109772.	0.9	11
36	Effects of resistance exercise on the HPA axis response to psychological stress during short-term smoking abstinence in men. Addictive Behaviors, 2014, 39, 695-698.	1.7	10

#	Article	IF	CITATIONS
37	Similar Hormonal Stress and Tissue Damage in Response to National Collegiate Athletic Association Division I Football Games Played in Two Consecutive Seasons. Journal of Strength and Conditioning Research, 2014, 28, 3234-3238.	1.0	10
38	Effects of Acute Resistance Exercise on Muscle Damage and Perceptual Measures Between Men Who Are Lean and Obese. Journal of Strength and Conditioning Research, 2013, 27, 3488-3494.	1.0	9
39	Concurrent Validity of the Armour39 Heart Rate Monitor Strap. Journal of Strength and Conditioning Research, 2014, 28, 870-873.	1.0	9
40	Utility of a novel perceptual-motor control test for identification of sport-related concussion beyond current clinical assessments. Journal of Sports Sciences, 2020, 38, 1799-1805.	1.0	9
41	Cortical Activity during a Highly-Trained Resistance Exercise Movement Emphasizing Force, Power or Volume. Brain Sciences, 2012, 2, 649-666.	1.1	8
42	Blinding success of sham-controlled motor cortex intermittent theta burst stimulation based on participant perceptions. Brain Stimulation, 2019, 12, 1058-1060.	0.7	7
43	Network Analysis of Research on Mild Traumatic Brain Injury in US Military Service Members and Veterans During the Past Decade (2010-2019). Journal of Head Trauma Rehabilitation, 2021, 36, E345-E354.	1.0	7
44	Reliability of corticospinal excitability estimates for the vastus lateralis: Practical considerations for lower limb TMS task selection. Brain Research, 2021, 1761, 147395.	1.1	7
45	Men and women display distinct extracellular vesicle biomarker signatures in response to military operational stress. Journal of Applied Physiology, 2022, 132, 1125-1136.	1.2	7
46	Responses of proenkephalin Peptide F to aerobic exercise stress in the plasma and white blood cell biocompartments. Peptides, 2013, 42, 118-124.	1.2	6
47	Bioactive growth hormone in older men and women: It's relationship to immune markers and healthspan. Growth Hormone and IGF Research, 2017, 34, 45-54.	0.5	6
48	Using Machine Learning and Wearable Inertial Sensor Data for the Classification of Fractal Gait Patterns in Women and Men During Load Carriage. Procedia Computer Science, 2021, 185, 282-291.	1.2	6
49	Synthetic Garments Enhance Comfort, Thermoregulatory Response, and Athletic Performance Compared With Traditional Cotton Garments. Journal of Strength and Conditioning Research, 2015, 29, 700-707.	1.0	5
50	Prevention of exertional lower body musculoskeletal injury in tactical populations: protocol for a systematic review and planned meta-analysis of prospective studies from 1955 to 2018. Systematic Reviews, 2018, 7, 73.	2.5	5
51	Compromised Dynamic Postural Stability Under Increased Load Carriage Magnitudes. Journal of Applied Biomechanics, 2020, 36, 27-32.	0.3	5
52	Finding a rhythm: Relating ultra-short-term heart rate variability measures in healthy young adults during rest, exercise, and recovery. Autonomic Neuroscience: Basic and Clinical, 2022, 239, 102953.	1.4	5
53	Loaded forced-marching shifts mechanical contributions proximally and disrupts stride-to-stride joint work modulation in recruit aged women. Gait and Posture, 2021, 88, 22-27.	0.6	4
54	Using Wavelet-based Fractal Analysis of Inertial Measurement Unit Signals to Examine Gait Data from Man and Woman during a Load Carriage Tash 2020		4

Men and Women during a Load Carriage Task. , 2020, , .

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55	The effects of fatiguing exercise and load carriage on the perception and initiation of movement. European Journal of Sport Science, 2021, 21, 36-44.	1.4	4
56	Recovery Patterns in Electroencephalographic Global Field Power During Maximal Isometric Force Production. Journal of Strength and Conditioning Research, 2011, 25, 2818-2827.	1.0	3
57	Profiles of mood state fatigue scale is responsive to fatiguing protocol but shows no relationship to perceived or performance decrements. Translational Sports Medicine, 2019, 2, 153-160.	0.5	3
58	Increases in Load Carriage Magnitude and Forced Marching Change Lower-Extremity Coordination in Physically Active, Recruit-Aged Women. Journal of Applied Biomechanics, 2021, 37, 343-350.	0.3	3
59	Effects of Multi-ingredient Preworkout Supplements on Physical Performance, Cognitive Performance, Mood State, and Hormone Concentrations in Recreationally Active Men and Women. Journal of Strength and Conditioning Research, 2020, Publish Ahead of Print, .	1.0	3
60	Utility of extracellular vesicles as a potential biological indicator of physiological resilience during military operational stress. Physiological Reports, 2022, 10, e15219.	0.7	3
61	Insulin-like growth factor-I biocompartmentalization across blood, interstitial fluid and muscle, before and after 3 months of chronic resistance exercise. Journal of Applied Physiology, 2022, 133, 170-182.	1.2	3
62	Epinephrine Preworkout Elevation May Offset Early Morning Melatonin Concentrations to Maintain Maximal Muscular Force and Power in Track Athletes. Journal of Strength and Conditioning Research, 2014, 28, 2604-2610.	1.0	2
63	Characterizing off-target corticospinal responses to double-cone transcranial magnetic stimulation. Experimental Brain Research, 2021, 239, 1099-1110.	0.7	2
64	Differences in brain structure and theta burst stimulation-induced plasticity implicate the corticomotor system in loss of function after musculoskeletal injury. Journal of Neurophysiology, 2021, 125, 1006-1021.	0.9	2
65	A trait of mind: stability and robustness of sleep across sleep opportunity manipulations during simulated military operational stress. Sleep, 2022, 45, .	0.6	2
66	Network Analysis of Sport-related Concussion Research During the Past Decade (2010–2019). Journal of Athletic Training, 2020, , .	0.9	2
67	Effects of Short-Term Unilateral Strength Training on Measures of Postural Control When Wearing "Operationally Relevant―Backpack Loads. Journal of Strength and Conditioning Research, 2020, 34, 2743-2750.	1.0	2
68	Physiological Effects of Nucleotide Supplementation on Resistance Exercise Stress in Men and Women. Journal of Strength and Conditioning Research, 2016, 30, 569-578.	1.0	1
69	Prediction of exertional lower extremity musculoskeletal injury in tactical populations: protocol for a systematic review and planned meta-analysis of prospective studies from 1955 to 2018. Systematic Reviews, 2018, 7, 244.	2.5	1
70	Evaluation of Shoulder Strength and Kinematics as Risk Factors for Shoulder Injury in United States Special Forces Personnel. Orthopaedic Journal of Sports Medicine, 2019, 7, 232596711983127.	0.8	1
71	Constitutive and Stress-Induced Psychomotor Cortical Responses to Compound K Supplementation. Frontiers in Neuroscience, 2020, 14, 315.	1.4	1
72	Network Analysis of Sport-Related Concussion Research During the Past Decade (2010–2019). Journal of Athletic Training, 2021, 56, 396-403.	0.9	1

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73	The Role of EASâ,,¢ Recovery Protein in Protecting Muscle and Promoting Recovery from Intense Conditioning. Medicine and Science in Sports and Exercise, 2014, 46, 98.	0.2	1
74	Quantitative Electrophysiological Characteristics during Protocols of Differing Physical Characteristics using a Highly-Trained Squat Movement. Medicine and Science in Sports and Exercise, 2011, 43, 616-617.	0.2	0
75	Minimalist Shoes. Medicine and Science in Sports and Exercise, 2015, 47, 28.	0.2	0
76	Nine-Month Nonlinear Resistance Training Program Increases Bone Mineral Density in Men and Women between 20-26 yrs. Medicine and Science in Sports and Exercise, 2015, 47, 619.	0.2	0
77	The Influence of Different Training Programs on the Expression of Plasma Proenkephalin Peptide F in Women. Medicine and Science in Sports and Exercise, 2015, 47, 803.	0.2	0
78	Trans-American Travel within NCAA Regulations Induces Jet Lag which Attenuates Sleep Quality and Athletic Performance. Medicine and Science in Sports and Exercise, 2015, 47, 823-824.	0.2	0
79	Pathogenesis And Symptomology Of The Exercise-hypogonodal Male Condition. Medicine and Science in Sports and Exercise, 2016, 48, 1026.	0.2	0
80	The Influence of Different Training Programs on the Expression of Plasma Proenkephalin Peptide F in Women. Medicine and Science in Sports and Exercise, 2016, 48, 146.	0.2	0
81	Efficacy of unilateral strength training for enhancing load carriage performance. Journal of Science and Medicine in Sport, 2017, 20, S5.	0.6	0
82	Unique Leg-specific Executive And Motor BOLD Activity With Visually-guided Imagery Following ACL Injury. Medicine and Science in Sports and Exercise, 2017, 49, 218.	0.2	0
83	Bilateral Training Results in Superior Strength Improvements to Unilateral Despite Similar Changes in Fat-Free Mass. Medicine and Science in Sports and Exercise, 2018, 50, 652.	0.2	0
84	Persistent Reductions in Strength of Sensorimotor Circuits Governing Injured Leg After ACL Rupture. Medicine and Science in Sports and Exercise, 2019, 51, 262-262.	0.2	0
85	The Effects of Two Multi-Ingredient Pre-Workout Supplements on Endurance Capacity and Anaerobic Cycling Performance. Medicine and Science in Sports and Exercise, 2019, 51, 137-137.	0.2	0
86	Acute Heavy Resistance Exercise Protocol Induces Significant Physiological Stress Elevating Extracellular Heat Shock Protein. Medicine and Science in Sports and Exercise, 2019, 51, 799-799.	0.2	0
87	Leveraging Machine Learning Techniques to Reveal Relationships between Neuromuscular Traits in Previously Concussed Warfighters. Medicine and Science in Sports and Exercise, 2019, 51, 278-278.	0.2	0
88	Altered Brain Morphology In Women With History Of ACL Rupture: A Structural MRI Study. Medicine and Science in Sports and Exercise, 2019, 51, 262-262.	0.2	0
89	0242 Efficient Perception-Action Coupling Relates to More Slow Wave Sleep in Military Personnel. Sleep, 2020, 43, A93-A93.	0.6	0
90	A-15 Network Analysis Of Sport-Related Concussion Research During The Past Decade (2010–2019). Archives of Clinical Neuropsychology, 2020, 35, 611-611.	0.3	0

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91	Simulated Military Operational Stress Negatively Impacts Psychomotor Vigilance And Neurocognitive Biomarkers In Men And Women. Medicine and Science in Sports and Exercise, 2020, 52, 306-306.	0.2	Ο
92	Differential Responses Of Resting Vs. Post-exertion Hormone Concentrations During Simulated Military Operational Stress. Medicine and Science in Sports and Exercise, 2020, 52, 1100-1100.	0.2	0
93	126 Exposure to simulated military operational stress decreases alertness in the morning but not the evening. Sleep, 2021, 44, A51-A52.	0.6	Ο
94	Higher Baseline Aerobic Fitness Influences Jumping Performance During Military Operational Stress. Medicine and Science in Sports and Exercise, 2021, 53, 51-51.	0.2	0
95	Impact Of Simulated Operational Stress On Cognition Relative To Resilience, Fitness, Vigilance, And Neuroendocrine Biomarkers. Medicine and Science in Sports and Exercise, 2021, 53, 355-355.	0.2	Ο
96	Similar Corticospinal Excitability In Military Men And Women During Simulated Operational Stress. Medicine and Science in Sports and Exercise, 2021, 53, 334-334.	0.2	0
97	Sensorimotor Cortical Thickness Moderates Corticospinal Excitability. Medicine and Science in Sports and Exercise, 2021, 53, 323-323.	0.2	0
98	Impact Of Higher Aerobic Fitness On Neurocognitive Function During Simulated Military Operational Stress. Medicine and Science in Sports and Exercise, 2021, 53, 341-342.	0.2	0
99	Corticospinal Excitability And Resilience During Simulated Military Operational Stress. Medicine and Science in Sports and Exercise, 2021, 53, 336-336.	0.2	0
100	Relationship Between Bone Mineral Density And Irisin, At Rest And In Response To Exercise. Medicine and Science in Sports and Exercise, 2021, 53, 115-115.	0.2	0
101	Extracellular Vesicle Concentration But Not Size Differs Between Men And Women During Military Operational Stress. Medicine and Science in Sports and Exercise, 2021, 53, 367-368.	0.2	0
102	Association Between DXA And HR-pQCT Measurements Of BMD In Active, Recruit-aged Men And Women. Medicine and Science in Sports and Exercise, 2021, 53, 129-129.	0.2	0
103	Differences in compound muscle activation patterns explain upper extremity bilateral deficits. Human Movement Science, 2021, 79, 102851.	0.6	0
104	Effects of cardiovascular fitness and training history on heart rate variability before, during, and after a progressive maximal intensity exercise test (881.2). FASEB Journal, 2014, 28, .	0.2	0
105	Light, High-Repetition Resistance Training Cannot Sustain Fat-Free Mass Developed using Low Repetitions at Heavier Loads. Medicine and Science in Sports and Exercise, 2014, 46, 889.	0.2	0
106	Growth Hormone Dimer Release In Untrained Men And Women After Acute Resistance Exercise. Medicine and Science in Sports and Exercise, 2014, 46, 402.	0.2	0
107	Comparing Bioactive And Immunoassay-Based Measurements Of The Growth Hormone Response To Short-Term Resistance Training At Three Intensity Levels. Medicine and Science in Sports and Exercise, 2016, 48, 633.	0.2	0
108	Injury-Related Reductions in Skilled Visuomotor Learning Revealed by Single Trial Analysis and Response Time Variability. Medicine and Science in Sports and Exercise, 2017, 49, 218.	0.2	0

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109	Effects of the Insulinâ€like Growth Factor Axis and its Relationship in Nonsurgical Treatments in Patients with Lumbar Spinal Stenosis. FASEB Journal, 2018, 32, 588.24.	0.2	ο
110	Probing the Therapeutic Potential of Brain Stimulation for Functional and Corticospinal Deficits Following Traumatic Musculoskeletal Injury. Medicine and Science in Sports and Exercise, 2018, 50, 629.	0.2	0
111	Corticomotor Network Activity Does Not Contribute To The Bilateral Deficit Phenomenon. Medicine and Science in Sports and Exercise, 2020, 52, 945-945.	0.2	0
112	Foot Acceleration Attenuation Reduces During Military Load Carriage. Medicine and Science in Sports and Exercise, 2020, 52, 183-183.	0.2	0
113	Impact Of Operational Stress On Motor Evoked Potentials In Military Personnel. Medicine and Science in Sports and Exercise, 2020, 52, 629-629.	0.2	0
114	Task-specificity Of Corticospinal Excitability: The Influence Of Contractile Properties. Medicine and Science in Sports and Exercise, 2020, 52, 623-624.	0.2	0
115	Compromised Perception-action Coupling Performance In Military Personnel May Be Related To Increased Deep Sleep. Medicine and Science in Sports and Exercise, 2020, 52, 182-182.	0.2	0
116	Mapping the homunculus: agreement between fMRI and TMS-based motor cortex hand, trunk and leg representations. Brain Stimulation, 2021, 14, 1692-1693.	0.7	0
117	Characterizing stimulus response curves in hand, postural, and lower-extremity corticomotor representations. Brain Stimulation, 2021, 14, 1650.	0.7	0
118	Use-dependent corticospinal excitability is associated with resilience and physical performance during simulated military operational stress. Journal of Applied Physiology, 2022, 132, 187-198.	1.2	0
119	Men and women trainers equally effective at promoting exercise adherence, self-efficacy, and fitness in women. Journal of Sports Medicine and Physical Fitness, 2022, 62, .	0.4	0
120	The Role of Age, Sex, Body Mass Index, and Sport Type on the Dynamic Exertion Test in Healthy Athletes: A Cross-Sectional Study. Clinical Journal of Sport Medicine, 2022, Publish Ahead of Print, .	0.9	0
121	The Bilateral Deficit Phenomenon in Elbow Flexion: Explanations for Its Inconsistent Occurrence and Detection. Perceptual and Motor Skills, 2022, 129, 47-62.	0.6	0
122	Neuroendocrine, Inflammatory, and Extracellular Vesicle Responses During the Navy Special Warfare Screener Selection Course. Physiological Genomics, 0, , .	1.0	0