

Christopher Hurst

List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/5860287/publications.pdf>

Version: 2024-02-01

21
papers

772
citations

758635

12
h-index

794141

19
g-index

21
all docs

21
docs citations

21
times ranked

922
citing authors

#	ARTICLE	IF	CITATIONS
1	The Relationships Between Internal and External Measures of Training Load and Intensity in Team Sports: A Meta-Analysis. <i>Sports Medicine</i> , 2018, 48, 641-658.	3.1	239
2	Handgrip strength and health outcomes: Umbrella review of systematic reviews with meta-analyses of observational studies. <i>Journal of Sport and Health Science</i> , 2021, 10, 290-295.	3.3	85
3	Nutrition and Frailty: Opportunities for Prevention and Treatment. <i>Nutrients</i> , 2021, 13, 2349.	1.7	79
4	Resistance exercise as a treatment for sarcopenia: prescription and delivery. <i>Age and Ageing</i> , 2022, 51, .	0.7	67
5	The effects of same-session combined exercise training on cardiorespiratory and functional fitness in older adults: a systematic review and meta-analysis. <i>Ageing Clinical and Experimental Research</i> , 2019, 31, 1701-1717.	1.4	49
6	The effect of 12 weeks of combined upper- and lower-body high-intensity interval training on muscular and cardiorespiratory fitness in older adults. <i>Ageing Clinical and Experimental Research</i> , 2019, 31, 661-671.	1.4	41
7	Prevalence and factors associated with poor performance in the 5â€ chair stand test: findings from the Cognitive Function and Ageing Study II and proposed Newcastle protocol for use in the assessment of sarcopenia. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2021, 12, 308-318.	2.9	35
8	Myoprotective Whole Foods, Muscle Health and Sarcopenia: A Systematic Review of Observational and Intervention Studies in Older Adults. <i>Nutrients</i> , 2020, 12, 2257.	1.7	25
9	Short- and long-term reliability of leg extensor power measurement in middle-aged and older adults. <i>Journal of Sports Sciences</i> , 2018, 36, 970-977.	1.0	24
10	Contrasting effects of a mixed-methods high-intensity interval training intervention in girl football players. <i>Journal of Sports Sciences</i> , 2016, 34, 1808-1815.	1.0	19
11	<p>Milk for Skeletal Muscle Health and Sarcopenia in Older Adults: A Narrative Review</p>. <i>Clinical Interventions in Aging</i> , 2020, Volume 15, 695-714.	1.3	18
12	High-Intensity Interval Training: A Potential Exercise Countermeasure During Human Spaceflight. <i>Frontiers in Physiology</i> , 2019, 10, 581.	1.3	17
13	Study of the Older Adultsâ€™ Motivators and Barriers Engaging in a Nutrition and Resistance Exercise Intervention for Sarcopenia: An Embedded Qualitative Project in the MilkMAN Pilot Study. <i>Gerontology and Geriatric Medicine</i> , 2020, 6, 233372142092039.	0.8	16
14	Long-term conditions, multimorbidity, lifestyle factors and change in grip strength over 9Â years of follow-up: Findings from 44,315 UK biobank participants. <i>Age and Ageing</i> , 2021, 50, 2222-2229.	0.7	15
15	Within-Season Variation of Fitness in Elite Youth Female Soccer Players. <i>Journal of Athletic Enhancement</i> , 2012, 01, .	0.2	12
16	High Intensity Interval Training (HIIT) as a Potential Countermeasure for Phenotypic Characteristics of Sarcopenia: A Scoping Review. <i>Frontiers in Physiology</i> , 2021, 12, 715044.	1.3	11
17	Milk and resistance exercise intervention to improve muscle function in community-dwelling older adults at risk of sarcopenia (MilkMAN): protocol for a pilot study. <i>BMJ Open</i> , 2019, 9, e031048.	0.8	10
18	Feasibility and acceptability of a milk and resistance exercise intervention to improve muscle function in community-dwelling older adults (MilkMAN): Pilot study. <i>PLoS ONE</i> , 2020, 15, e0235952.	1.1	6

#	ARTICLE	IF	CITATIONS
19	Improving muscle strength and physical function in older people living with sarcopenia and physical frailty: Not all exercise is created equal. <i>Journal of the Royal College of Physicians of Edinburgh, The</i> , 2022, 52, 166-171.	0.2	4
20	Evaluation Of A Novel Double-concentric Exercise Machine As A Low-volume High-intensity Interval Training Tool. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 570.	0.2	0
21	Older Adultsâ€™ Knowledge and Perceptions of Whole Foods as an Exercise Recovery Strategy. <i>Frontiers in Nutrition</i> , 2021, 8, 748882.	1.6	0