

Andrew M Holwerda

List of Publications by Year in descending order

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Version: 2024-02-01

38
papers

2,006
citations

361388

20
h-index

315719

38
g-index

38
all docs

38
docs citations

38
times ranked

2003
citing authors

#	ARTICLE	IF	CITATIONS
1	The impact of collagen protein ingestion on musculoskeletal connective tissue remodeling: a narrative review. <i>Nutrition Reviews</i> , 2022, 80, 1497-1514.	5.8	18
2	Dietary protein intake does not modulate daily myofibrillar protein synthesis rates or loss of muscle mass and function during short-term immobilization in young men: a randomized controlled trial. <i>American Journal of Clinical Nutrition</i> , 2021, 113, 548-561.	4.7	24
3	Myonuclear content and domain size in small versus larger muscle fibres in response to 12 weeks of resistance exercise training in older adults. <i>Acta Physiologica</i> , 2021, 231, e13599.	3.8	15
4	Comprehensive assessment of post-prandial protein handling by the application of intrinsically labelled protein <i>in vivo</i> in human subjects. <i>Proceedings of the Nutrition Society</i> , 2021, 80, 221-229.	1.0	9
5	Exercise Plus Presleep Protein Ingestion Increases Overnight Muscle Connective Tissue Protein Synthesis Rates in Healthy Older Men. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2021, 31, 217-226.	2.1	10
6	Daily Myofibrillar Protein Synthesis Rates in Response to Low- and High-Frequency Resistance Exercise Training in Healthy, Young Men. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2021, 31, 209-216.	2.1	2
7	Mitochondrial ROS and Aging: Understanding Exercise as a Preventive Tool. <i>Journal of Science in Sport and Exercise</i> , 2020, 2, 15-24.	1.0	10
8	Short-term muscle disuse induces a rapid and sustained decline in daily myofibrillar protein synthesis rates. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2020, 318, E117-E130.	3.5	49
9	Casein Ingestion Does Not Increase Muscle Connective Tissue Protein Synthesis Rates. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 1983-1991.	0.4	10
10	The concept of skeletal muscle memory: Evidence from animal and human studies. <i>Acta Physiologica</i> , 2020, 229, e13465.	3.8	52
11	Intermittent versus continuous enteral nutrition attenuates increases in insulin and leptin during short-term bed rest. <i>European Journal of Applied Physiology</i> , 2020, 120, 2083-2094.	2.5	12
12	Protein Type, Protein Dose, and Age Modulate Dietary Protein Digestion and Phenylalanine Absorption Kinetics and Plasma Phenylalanine Availability in Humans. <i>Journal of Nutrition</i> , 2020, 150, 2041-2050.	2.9	64
13	Endurance-Type Exercise Increases Bulk and Individual Mitochondrial Protein Synthesis Rates in Rats. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2020, 30, 153-164.	2.1	5
14	Branched-chain amino acid and branched-chain ketoacid ingestion increases muscle protein synthesis rates <i>in vivo</i> in older adults: a double-blind, randomized trial. <i>American Journal of Clinical Nutrition</i> , 2019, 110, 862-872.	4.7	63
15	The intrinsically labeled protein approach is the preferred method to quantify the release of dietary protein-derived amino acids into the circulation. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2019, 317, E433-E434.	3.5	11
16	Dose-Dependent Increases in Whole-Body Net Protein Balance and Dietary Protein-Derived Amino Acid Incorporation into Myofibrillar Protein During Recovery from Resistance Exercise in Older Men. <i>Journal of Nutrition</i> , 2019, 149, 221-230.	2.9	55
17	Leucine coingestion augments the muscle protein synthetic response to the ingestion of 15 g of protein following resistance exercise in older men. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2019, 317, E473-E482.	3.5	23
18	The Impact of Pre-sleep Protein Ingestion on the Skeletal Muscle Adaptive Response to Exercise in Humans: An Update. <i>Frontiers in Nutrition</i> , 2019, 6, 17.	3.7	45

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19	Time-dependent regulation of postprandial muscle protein synthesis rates after milk protein ingestion in young men. <i>Journal of Applied Physiology</i> , 2019, 127, 1792-1801.	2.5	18
20	One Week of Step Reduction Lowers Myofibrillar Protein Synthesis Rates in Young Men. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 2125-2134.	0.4	37
21	Dietary feeding pattern does not modulate the loss of muscle mass or the decline in metabolic health during short-term bed rest. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2019, 316, E536-E545.	3.5	22
22	Age-Associated Impairments in Mitochondrial ADP Sensitivity Contribute to Redox Stress in Senescent Human Skeletal Muscle. <i>Cell Reports</i> , 2018, 22, 2837-2848.	6.4	86
23	Presleep dietary protein-derived amino acids are incorporated in myofibrillar protein during postexercise overnight recovery. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2018, 314, E457-E467.	3.5	56
24	Daily resistance-type exercise stimulates muscle protein synthesis in vivo in young men. <i>Journal of Applied Physiology</i> , 2018, 124, 66-75.	2.5	33
25	'Protein Supplementation after Exercise and before Sleep Does Not Further Augment Muscle Mass and Strength Gains during Resistance Exercise Training in Active Older Men. <i>Journal of Nutrition</i> , 2018, 148, 1723-1732.	2.9	43
26	Skeletal muscle fiber characteristics in patients with chronic heart failure: impact of disease severity and relation with muscle oxygenation during exercise. <i>Journal of Applied Physiology</i> , 2018, 125, 1266-1276.	2.5	11
27	Food ingestion in an upright sitting position increases postprandial amino acid availability when compared with food ingestion in a lying down position. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017, 42, 738-743.	1.9	8
28	Protein Ingestion before Sleep Increases Overnight Muscle Protein Synthesis Rates in Healthy Older Men: A Randomized Controlled Trial. <i>Journal of Nutrition</i> , 2017, 147, 2252-2261.	2.9	69
29	Body Position Modulates Gastric Emptying and Affects the Post-Prandial Rise in Plasma Amino Acid Concentrations Following Protein Ingestion in Humans. <i>Nutrients</i> , 2016, 8, 221.	4.1	17
30	Resistance Exercise Augments Postprandial Overnight Muscle Protein Synthesis Rates. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 2517-2525.	0.4	59
31	Physical Activity Performed in the Evening Increases the Overnight Muscle Protein Synthetic Response to Presleep Protein Ingestion in Older Men. <i>Journal of Nutrition</i> , 2016, 146, 1307-1314.	2.9	53
32	What is the Optimal Amount of Protein to Support Post-Exercise Skeletal Muscle Reconditioning in the Older Adult?. <i>Sports Medicine</i> , 2016, 46, 1205-1212.	6.5	60
33	Hsp25 and Hsp72 content in rat skeletal muscle following controlled shortening and lengthening contractions. <i>Applied Physiology, Nutrition and Metabolism</i> , 2014, 39, 1380-1387.	1.9	6
34	Refining dietary protein recommendations for the athlete. <i>Journal of Physiology</i> , 2013, 591, 2967-2968.	2.9	3
35	Effects of capsinoid ingestion on energy expenditure and lipid oxidation at rest and during exercise. <i>Nutrition and Metabolism</i> , 2010, 7, 65.	3.0	77
36	Resistance exercise volume affects myofibrillar protein synthesis and anabolic signalling molecule phosphorylation in young men. <i>Journal of Physiology</i> , 2010, 588, 3119-3130.	2.9	248

#	ARTICLE	IF	CITATIONS
37	Low-Load High Volume Resistance Exercise Stimulates Muscle Protein Synthesis More Than High-Load Low Volume Resistance Exercise in Young Men. PLoS ONE, 2010, 5, e12033.	2.5	396
38	Elevations in ostensibly anabolic hormones with resistance exercise enhance neither training-induced muscle hypertrophy nor strength of the elbow flexors. Journal of Applied Physiology, 2010, 108, 60-67.	2.5	227