S Andy Sparks

List of Publications by Year
in descending order

70 papers	1,378 citations	411340 20 h-index	466096 32 g-index
71 all docs	71 docs citations	71 times ranked	1608 citing authors

#	Article	IF	Citations
1	Health and safety in duty of care. , 2022, , 19-25.		0
2	Nutritional intakes of highly trained adolescent swimmers before, during, and after a national lockdown in the COVID-19 pandemic. PLoS ONE, 2022, 17, e0266238.	1.1	3
3	The effect of astaxanthin supplementation on performance and fat oxidation during a 40 km cycling time trial. Journal of Science and Medicine in Sport, 2021, 24, 92-97.	0.6	12
4	Capsule Size Alters the Timing of Metabolic Alkalosis Following Sodium Bicarbonate Supplementation. Frontiers in Nutrition, 2021, 8, 634465.	1.6	3
5	An Assessment of the Validity of the Remote Food Photography Method (Termed Snap-N-Send) in Experienced and Inexperienced Sport Nutritionists. International Journal of Sport Nutrition and Exercise Metabolism, 2021, 31, 125-134.	1.0	9
6	The time to peak blood bicarbonate (HCO3â€“), pH, and the strong ion difference (SID) following sodium bicarbonate (NaHCO3) ingestion in highly trained adolescent swimmers. PLoS ONE, 2021, 16, e0248456.	1.1	4
7	The Effects of a Nutrition Education Intervention on Sports Nutrition Knowledge during a Competitive Season in Highly Trained Adolescent Swimmers. Nutrients, 2021, 13, 2713.	1.7	12
8	Four Weeks of Probiotic Supplementation Alters the Metabolic Perturbations Induced by Marathon Running: Insight from Metabolomics. Metabolites, 2021, 11, 535.	1.3	7
9	A critical review of citrulline malate supplementation and exercise performance. European Journal of Applied Physiology, 2021, 121, 3283-3295.	1.2	14
10	High dose Nitrate ingestion does not improve 40 km cycling time trial performance in trained cyclists. Research in Sports Medicine, 2020, 28, 138-146.	0.7	8
11	Sodium Bicarbonate Ingestion Improves Time-to-Exhaustion Cycling Performance and Alters Estimated Energy System Contribution: A Dose-Response Investigation. Frontiers in Nutrition, 2020, 7, 154.	1.6	13
12	Enteric-coated sodium bicarbonate supplementation improves high-intensity cycling performance in trained cyclists. European Journal of Applied Physiology, 2020, 120, 1563-1573.	1.2	19
13	Post-exercise provision of 40 g of protein during whole body resistance training further augments strength adaptations in elderly males. Research in Sports Medicine, 2020, 28, 469-483.	0.7	3
14	The effect of stroboscopic visual training on eyeâ€“hand coordination. Sport Sciences for Health, 2020, 16, 401-410.	0.4	6
15	Enteric-Coated Sodium Bicarbonate Attenuates Gastrointestinal Side-Effects. International Journal of Sport Nutrition and Exercise Metabolism, 2020, 30, 62-68.	1.0	14
16	High Prevalence of Cannabidiol Use Within Male Professional Rugby Union and League Players: A Quest for Pain Relief and Enhanced Recovery. International Journal of Sport Nutrition and Exercise Metabolism, 2020, 30, 315-322.	1.0	22
17	Development and Implementation of a Nutrition Knowledge Questionnaire for Ultraendurance Athletes. International Journal of Sport Nutrition and Exercise Metabolism, 2019, 29, 39-45.	1.0	23
18	International Society of Sports Nutrition Position Stand: nutritional considerations for single-stage ultra-marathon training and racing. Journal of the International Society of Sports Nutrition, 2019, 16, 50.	1.7	81

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19	A Novel Ingestion Strategy for Sodium Bicarbonate Supplementation in a Delayed-Release Form: a Randomised Crossover Study in Trained Males. Sports Medicine - Open, 2019, 5, 4.	1.3	28
20	Post-exercise Supplementation of Sodium Bicarbonate Improves Acid Base Balance Recovery and Subsequent High-Intensity Boxing Specific Performance. Frontiers in Nutrition, 2019, 6, 155.	1.6	17
21	The effects of sodium bicarbonate ingestion on cycling performance and acid base balance recovery in acute normobaric hypoxia. Journal of Sports Sciences, 2019, 37, 1464-1471.	1.0	15
22	Nutrition in Soccer: A Brief Review of the Issues and Solutions. Journal of Science in Sport and Exercise, 2019, 1, 3-12.	0.4	4
23	Four weeks of probiotic supplementation reduces GI symptoms during a marathon race. European Journal of Applied Physiology, 2019, 119, 1491-1501.	1.2	76
24	Evaluation of wrist and hip sedentary behaviour and moderate-to-vigorous physical activity raw acceleration cutpoints in older adults. Journal of Sports Sciences, 2019, 37, 1270-1279.	1.0	26
25	Factors influencing ultra-endurance athletes food choices: an adapted food choice questionnaire. Research in Sports Medicine, 2019, 27, 257-271.	0.7	13
26	Presence of Spotters Improves Bench Press Performance: A Deception Study. Journal of Strength and Conditioning Research, 2019, 33, 1755-1761.	1.0	11
27	Buffering agents. , 2019, , 191-206.		0
28	Dietary habits and energy balance in an under 21 male international soccer team. Research in Sports Medicine, 2018, 26, 168-177.	0.7	7
29	Sodium bicarbonate supplementation improves severe-intensity intermittent exercise under moderate acute hypoxic conditions. European Journal of Applied Physiology, 2018, 118, 607-615.	1.2	26
30	Sodium bicarbonate improves 4 km time trial cycling performance when individualised to time to peak blood bicarbonate in trained male cyclists. Journal of Sports Sciences, 2018, 36, 1705-1712.	1.0	38
31	Quantifying the effects of acute hypoxic exposure on exercise performance and capacity: A systematic review and metaâ€regression. European Journal of Sport Science, 2018, 18, 243-256.	1.4	28
32	Further evidence against eyeâ€“hand coordination as a general ability. International Journal of Sports Science and Coaching, 2018, 13, 687-693.	0.7	3
33	The influence of alkalosis on repeated high-intensity exercise performance and acidâ€“base balance recovery in acute moderate hypoxic conditions. European Journal of Applied Physiology, 2018, 118, 2489-2498.	1.2	15
34	Repeated Exposure to Taekwondo Combat Modulates the Physiological and Hormonal Responses to Subsequent Bouts and Recovery Periods. Journal of Strength and Conditioning Research, 2018, 32, 2529-2541.	1.0	12
35	The Reproducibility of Blood Acid Base Responses in Male Collegiate Athletes Following Individualised Doses of Sodium Bicarbonate: A Randomised Controlled Crossover Study. Sports Medicine, 2017, 47, 2117-2127.	3.1	33
36	Efficacy of High-Dose Vitamin D Supplements for Elite Athletes. Medicine and Science in Sports and Exercise, 2017, 49, 349-356.	0.2	43

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37	Determinants of curvature constant (Wâ€™) of the power duration relationship under normoxia and hypoxia: the effect of pre-exercise alkalosis. European Journal of Applied Physiology, 2017, 117, 901-912.	1.2	26
38	Impact of stretching on the performance and injury risk of long-distance runners. Research in Sports Medicine, 2017, 25, 78-90.	0.7	31
39	Information Acquisition Differences between Experienced and Novice Time Trial Cyclists. Medicine and Science in Sports and Exercise, 2017, 49, 1884-1898.	0.2	13
40	Sodium bicarbonate ingestion and individual variability in time-to-peak pH. Research in Sports Medicine, 2017, 25, 58-66.	0.7	15
41	The Reproducibility of 4-km Time Trial (TT) Performance Following Individualised Sodium Bicarbonate Supplementation: a Randomised Controlled Trial in Trained Cyclists. Sports Medicine - Open, 2017, 3, 34.	1.3	21
42	Astaxanthin in Exercise Metabolism, Performance and Recovery: A Review. Frontiers in Nutrition, 2017, 4, 76.	1.6	55
43	Effects Of Individualized Nahco3 Ingestion On Peak Alkalosis. Medicine and Science in Sports and Exercise, 2017, 49, 295-296.	0.2	0
44	Improvements in Cycling Time Trial Performance Are Not Sustained Following the Acute Provision of Challenging and Deceptive Feedback. Frontiers in Physiology, 2016, 7, 399.	1.3	12
45	Deceptive Manipulation of Competitive Starting Strategies Influences Subsequent Pacing, Physiological Status, and Perceptual Responses during Cycling Time Trials. Frontiers in Physiology, 2016, 7, 536.	1.3	6
46	Ingestion of a Nitric Oxide Enhancing Supplement Improves Resistance Exercise Performance. Journal of Strength and Conditioning Research, 2016, 30, 3520-3524.	1.0	51
47	The effect of acute taurine ingestion on 4-km time trial performance in trained cyclists. Amino Acids, 2016, 48, 2581-2587.	1.2	24
48	Recent Developments in the Use of Sodium Bicarbonate as an Ergogenic Aid. Current Sports Medicine Reports, 2016, 15, 233-244.	0.5	57
49	The Effects of Novel Ingestion of Sodium Bicarbonate on Repeated Sprint Ability. Journal of Strength and Conditioning Research, 2016, 30, 561-568.	1.0	51
50	Deception has no acute or residual effect on cycling time trial performance but negatively effects perceptual responses. Journal of Science and Medicine in Sport, 2016, 19, 771-776.	0.6	13
51	Validity and Reliability of the Look Keo Power Pedal System for Measuring Power Output During Incremental and Repeated Sprint Cycling. International Journal of Sports Physiology and Performance, 2015, 10, 39-45.	1.1	17
52	Magnitudes of Deception Elicit Similar Performance Improvements but Diverse Psychological Responses during Cycling Time Trials. Medicine and Science in Sports and Exercise, 2015, 47, 786.	0.2	0
53	Deception Has No Residual Effect On Perceptual Responses Or Time Trial Performance. Medicine and Science in Sports and Exercise, 2015, 47, 786-787.	0.2	0
54	Altered Psychological Responses to Different Magnitudes of Deception during Cycling. Medicine and Science in Sports and Exercise, 2015, 47, 2423-2430.	0.2	21

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55	Competitor presence reduces internal attentional focus and improves 16.1km cycling time trial performance. Journal of Science and Medicine in Sport, 2015, 18, 486-491.	0.6	61
56	Distance-dependent Association of Affect with Pacing Strategy in Cycling Time Trials. Medicine and Science in Sports and Exercise, 2015, 47, 825-832.	0.2	22
57	A quantification of the treadmill 6-min walk test using the MyWellness Keyâ„¢ accelerometer. Journal of Sport and Health Science, 2015, 4, 188-194.	3.3	1
58	Deception Studies Manipulating Centrally Acting Performance Modifiers. Medicine and Science in Sports and Exercise, 2014, 46, 1441-1451.	0.2	17
59	Determining Eyeâ€“Hand Coordination Using the Sport Vision Trainer: An Evaluation of Testâ€“Retest Reliability. Research in Sports Medicine, 2014, 22, 36-48.	0.7	9
60	Rapid weight-loss impairs simulated riding performance and strength in jockeys: implications for making-weight. Journal of Sports Sciences, 2014, 32, 383-391.	1.0	45
61	Early Structured Surgical Management Plan for Neonates with Short Bowel Syndrome May Improve Outcomes. World Journal of Surgery, 2013, 37, 1714-1717.	0.8	18
62	The effect of acute taurine ingestion on 3-km running performance in trained middle-distance runners. Amino Acids, 2013, 44, 555-561.	1.2	57
63	The effect of carrying a portable respiratory gas analysis system on energy expenditure during incremental running. Applied Ergonomics, 2013, 44, 355-359.	1.7	2
64	Assessment of energy expenditure in elite jockeys during simulated race riding and a working day: implications for making weight. Applied Physiology, Nutrition and Metabolism, 2013, 38, 415-420.	0.9	23
65	Validity of a portable urine refractometer: The effects of sample freezing. Journal of Sports Sciences, 2013, 31, 745-749.	1.0	17
66	The energy demands of portable gas analysis system carriage during walking and running. Ergonomics, 2013, 56, 1901-1907.	1.1	1
67	Laboratory Simulated Duathlon Performance: Effects of Pre-exercise Meals. International Journal of Sport Nutrition and Exercise Metabolism, 2013, 23, 610-616.	1.0	1
68	Moderate Exercise, Postprandial Energy Expenditure, and Substrate Use in Varying Meals in Lean and Obese Men. International Journal of Sport Nutrition and Exercise Metabolism, 2008, 18, 66-78.	1.0	11
69	Lower Limb Biomechanics and EMG Activity in Runners with Achilles Tendinopathy. Medicine and Science in Sports and Exercise, 2006, 38, S123.	0.2	0
70	The influence of environmental temperature on duathlon performance. Ergonomics, 2005, 48, 1558-1567.	1.1	32