

Carl Langan-Evans

List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/7717383/publications.pdf>

Version: 2024-02-01

15
papers

485
citations

840585

11
h-index

1058333

14
g-index

15
all docs

15
docs citations

15
times ranked

540
citing authors

#	ARTICLE	IF	CITATIONS
1	Making Weight in Combat Sports. <i>Strength and Conditioning Journal</i> , 2011, 33, 25-39.	0.7	80
2	Four weeks of probiotic supplementation reduces GI symptoms during a marathon race. <i>European Journal of Applied Physiology</i> , 2019, 119, 1491-1501.	1.2	76
3	Come Back Skinfolts, All Is Forgiven: A Narrative Review of the Efficacy of Common Body Composition Methods in Applied Sports Practice. <i>Nutrients</i> , 2021, 13, 1075.	1.7	76
4	ACSM Expert Consensus Statement on Weight Loss in Weight-Category Sports. <i>Current Sports Medicine Reports</i> , 2021, 20, 199-217.	0.5	43
5	Case Study: Extreme Weight Making Causes Relative Energy Deficiency, Dehydration, and Acute Kidney Injury in a Male Mixed Martial Arts Athlete. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019, 29, 331-338.	1.0	42
6	Carbohydrate mouth rinse and caffeine improves high-intensity interval running capacity when carbohydrate restricted. <i>European Journal of Sport Science</i> , 2016, 16, 560-568.	1.4	41
7	The Psychological and Physiological Consequences of Low Energy Availability in a Male Combat Sport Athlete. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 673-683.	0.2	28
8	Effects of two nights partial sleep deprivation on an evening submaximal weightlifting performance; are 1 h power naps useful on the day of competition?. <i>Chronobiology International</i> , 2019, 36, 407-426.	0.9	24
9	Quantification of training load distribution in mixed martial arts athletes: A lack of periodisation and load management. <i>PLoS ONE</i> , 2021, 16, e0251266.	1.1	22
10	The physical demands of mixed martial arts: A narrative review using the ARMSS model to provide a hierarchy of evidence. <i>Journal of Sports Sciences</i> , 2020, 38, 2819-2841.	1.0	19
11	Worth the Weight? Post Weigh-In Rapid Weight Gain is Not Related to Winning or Losing in Professional Mixed Martial Arts. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2020, 30, 357-361.	1.0	12
12	A 5-Year Analysis of Weight Cycling Practices in a Male World Champion Professional Boxer: Potential Implications for Obesity and Cardiometabolic Disease. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2021, 31, 507-513.	1.0	8
13	Nutritional Considerations for Female Athletes in Weight Category Sports. <i>European Journal of Sport Science</i> , 2022, 22, 720-732.	1.4	7
14	Whey Protein Augments Leucinemia and Postexercise p70S6K1 Activity Compared With a Hydrolyzed Collagen Blend When in Recovery From Training With Low Carbohydrate Availability. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2018, 28, 651-659.	1.0	6
15	The current landscape of youth multi-sport training: athlete and parent insight data. <i>International Journal of Sports Science and Coaching</i> , 0, , 174795412110418.	0.7	1