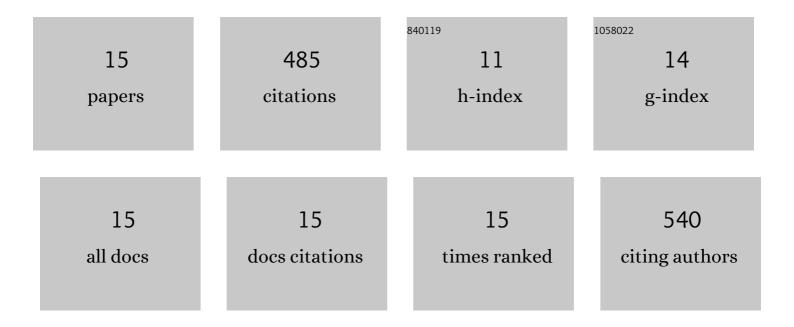
## Carl Langan-Evans

List of Publications by Year in descending order

Source: https://exaly.com/author-pdf/7717383/publications.pdf Version: 2024-02-01



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