

Peter JI Hespel

List of Publications by Year in Descending Order

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

105
papers

4,130
citations

37
h-index

62
g-index

107
ext. papers

4,584
ext. citations

3.6
avg, IF

5.2
L-index

#	Paper	IF	Citations
105	Bicarbonate Unlocks the Ergogenic Action of Ketone Monoester Intake in Endurance Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2021 , 53, 431-441	1.2	16
104	Exogenous Ketosis Impairs 30-min Time-Trial Performance Independent of Bicarbonate Supplementation. <i>Medicine and Science in Sports and Exercise</i> , 2021 , 53, 1068-1078	1.2	9
103	Exogenous ketosis increases blood and muscle oxygenation but not performance during exercise in hypoxia. <i>American Journal of Physiology - Regulatory Integrative and Comparative Physiology</i> , 2021 , 321, R844-R857	3.2	1
102	Voluntary exercise does not improve muscular properties or functional capacity during C26-induced cancer cachexia in mice. <i>Journal of Muscle Research and Cell Motility</i> , 2021 , 42, 169-181	3.5	1
101	Exogenous ketosis impacts neither performance nor muscle glycogen breakdown in prolonged endurance exercise. <i>Journal of Applied Physiology</i> , 2020 , 128, 1643-1653	3.7	19
100	Ketone bodies: beyond their role as a potential energy substrate in exercise. <i>Journal of Physiology</i> , 2020 , 598, 4749-4750	3.9	3
99	Sodium bicarbonate improves sprint performance in endurance cycling. <i>Journal of Science and Medicine in Sport</i> , 2020 ,	4.4	3
98	Reply from Chiel Poff□Monique Ramaekers, Ruud Van Thienen and Peter Hespel. <i>Journal of Physiology</i> , 2019 , 597, 4679-4680	3.9	1
97	Ketone ester supplementation blunts overreaching symptoms during endurance training overload. <i>Journal of Physiology</i> , 2019 , 597, 3009-3027	3.9	47
96	Reply from Chiel Poff□Monique Ramaekers, Ruud Van Thienen and Peter Hespel. <i>Journal of Physiology</i> , 2019 , 597, 4409-4410	3.9	1
95	Effect of Stacked Sodium Bicarbonate Loading on Repeated All-out Exercise. <i>International Journal of Sports Medicine</i> , 2019 , 40, 711-716	3.6	5
94	Reply from Chiel Poff□Monique Ramaekers and Peter Hespel. <i>Journal of Physiology</i> , 2019 , 597, 5309-5310	3.9	1
93	High-intensity interval training in hypoxia does not affect muscle HIF responses to acute hypoxia in humans. <i>European Journal of Applied Physiology</i> , 2018 , 118, 847-862	3.4	3
92	A noninterfering system to measure in-cage spontaneous physical activity in mice. <i>Journal of Applied Physiology</i> , 2018 , 125, 263-270	3.7	8
91	Intake of a Ketone Ester Drink during Recovery from Exercise Promotes mTORC1 Signaling but Not Glycogen Resynthesis in Human Muscle. <i>Frontiers in Physiology</i> , 2017 , 8, 310	4.6	43
90	Physiological Adaptations to Hypoxic vs. Normoxic Training during Intermittent Living High. <i>Frontiers in Physiology</i> , 2017 , 8, 347	4.6	11
89	Enhanced muscular oxygen extraction in athletes exaggerates hypoxemia during exercise in hypoxia. <i>Journal of Applied Physiology</i> , 2016 , 120, 351-61	3.7	17

88	Twin Resemblance in Muscle HIF-1 Responses to Hypoxia and Exercise. <i>Frontiers in Physiology</i> , 2016 , 7, 676	4.6	8
87	Physical Activity Counteracts Tumor Cell Growth in Colon Carcinoma C26-Injected Muscles: An Interim Report. <i>European Journal of Translational Myology</i> , 2016 , 26, 5958	2.1	18
86	Nitrate Intake Promotes Shift in Muscle Fiber Type Composition during Sprint Interval Training in Hypoxia. <i>Frontiers in Physiology</i> , 2016 , 7, 233	4.6	23
85	Acute systemic insulin intolerance does not alter the response of the Akt/GSK-3 pathway to environmental hypoxia in human skeletal muscle. <i>European Journal of Applied Physiology</i> , 2015 , 115, 1219-31	3.4	4
84	A genetic predisposition score associates with reduced aerobic capacity in response to acute normobaric hypoxia in lowlanders. <i>High Altitude Medicine and Biology</i> , 2015 , 16, 34-42	1.9	6
83	Plasma carnosine, but not muscle carnosine, attenuates high-fat diet-induced metabolic stress. <i>Applied Physiology, Nutrition and Metabolism</i> , 2015 , 40, 868-76	3	15
82	High twin resemblance for sensitivity to hypoxia. <i>Medicine and Science in Sports and Exercise</i> , 2015 , 47, 74-81	1.2	8
81	A satellite cell-specific knockout of the androgen receptor reveals myostatin as a direct androgen target in skeletal muscle. <i>FASEB Journal</i> , 2014 , 28, 2979-94	0.9	73
80	Acute environmental hypoxia induces LC3 lipidation in a genotype-dependent manner. <i>FASEB Journal</i> , 2014 , 28, 1022-34	0.9	38
79	Cyclist drag in team pursuit: influence of cyclist sequence, stature, and arm spacing. <i>Journal of Biomechanical Engineering</i> , 2014 , 136, 011005	2.1	34
78	Biochemical artifacts in experiments involving repeated biopsies in the same muscle. <i>Physiological Reports</i> , 2014 , 2, e00286	2.6	46
77	CFD simulations of the aerodynamic drag of two drafting cyclists. <i>Computers and Fluids</i> , 2013 , 71, 435-445	5.8	83
76	Cycling 2013 , 584-595		
75	Additive insulinogenic action of <i>Opuntia ficus-indica</i> cladode and fruit skin extract and leucine after exercise in healthy males. <i>Journal of the International Society of Sports Nutrition</i> , 2013 , 10, 45	4.5	22
74	Disruption of skeletal muscle mitochondrial network genes and miRNAs in amyotrophic lateral sclerosis. <i>Neurobiology of Disease</i> , 2013 , 49, 107-17	7.5	137
73	Sprint interval training in hypoxia stimulates glycolytic enzyme activity. <i>Medicine and Science in Sports and Exercise</i> , 2013 , 45, 2166-74	1.2	65
72	Effects of high altitude and cold air exposure on airway inflammation in patients with asthma. <i>Thorax</i> , 2013 , 68, 906-13	7.3	54
71	Surprises in cycling aerodynamics. <i>Europhysics News</i> , 2013 , 44, 20-23	0.2	2

70	Simultaneous determination of nitrite and nitrate in human plasma by on-capillary preconcentration with field-amplified sample stacking. <i>Electrophoresis</i> , 2012 , 33, 402-5	3.6	18
69	Opuntia ficus-indica ingestion stimulates peripheral disposal of oral glucose before and after exercise in healthy men. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2012 , 22, 284-91	4.4	18
68	Endoplasmic reticulum stress in skeletal muscle: origin and metabolic consequences. <i>Exercise and Sport Sciences Reviews</i> , 2012 , 40, 43-9	6.7	43
67	Dietary nitrate improves muscle but not cerebral oxygenation status during exercise in hypoxia. <i>Journal of Applied Physiology</i> , 2012 , 113, 736-45	3.7	109
66	A new method for non-invasive estimation of human muscle fiber type composition. <i>PLoS ONE</i> , 2011 , 6, e21956	3.7	59
65	Exercise-induced, but not creatine-induced, decrease in intramyocellular lipid content improves insulin sensitivity in rats. <i>Journal of Nutritional Biochemistry</i> , 2011 , 22, 1178-85	6.3	9
64	The unfolded protein response in human skeletal muscle is not involved in the onset of glucose tolerance impairment induced by a fat-rich diet. <i>European Journal of Applied Physiology</i> , 2011 , 111, 1553-8	3.4	27
63	Beneficial metabolic adaptations due to endurance exercise training in the fasted state. <i>Journal of Applied Physiology</i> , 2011 , 110, 236-45	3.7	124
62	Computational fluid dynamics analysis of drag and convective heat transfer of individual body segments for different cyclist positions. <i>Journal of Biomechanics</i> , 2011 , 44, 1695-701	2.9	40
61	High-fat diet overrules the effects of training on fiber-specific intramyocellular lipid utilization during exercise. <i>Journal of Applied Physiology</i> , 2011 , 111, 108-16	3.7	17
60	Training in the fasted state improves glucose tolerance during fat-rich diet. <i>Journal of Physiology</i> , 2010 , 588, 4289-302	3.9	62
59	Cafeteria diet-induced insulin resistance is not associated with decreased insulin signaling or AMPK activity and is alleviated by physical training in rats. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2010 , 299, E215-24	6	29
58	Protective role of alpha-actinin-3 in the response to an acute eccentric exercise bout. <i>Journal of Applied Physiology</i> , 2010 , 109, 564-73	3.7	59
57	Hyperglycemic diet and training alter insulin sensitivity, intramyocellular lipid content but not UCP3 protein expression in rat skeletal muscles. <i>International Journal of Molecular Medicine</i> , 2010 , 25, 905-13	4.4	4
56	Effects Of Training In The Fasted State In Conjunction With Fat-rich diet On Muscle Metabolism. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 42	1.2	
55	Increased p70s6k phosphorylation during intake of a protein-carbohydrate drink following resistance exercise in the fasted state. <i>European Journal of Applied Physiology</i> , 2010 , 108, 791-800	3.4	24
54	Effect of isokinetic cycling versus weight training on maximal power output and endurance performance in cycling. <i>European Journal of Applied Physiology</i> , 2010 , 109, 699-708	3.4	23
53	Aerodynamic study of different cyclist positions: CFD analysis and full-scale wind-tunnel tests. <i>Journal of Biomechanics</i> , 2010 , 43, 1262-8	2.9	100

52	Computational fluid dynamics analysis of cyclist aerodynamics: performance of different turbulence-modelling and boundary-layer modelling approaches. <i>Journal of Biomechanics</i> , 2010 , 43, 2281-9	2.9	58
51	Beta-alanine improves sprint performance in endurance cycling. <i>Medicine and Science in Sports and Exercise</i> , 2009 , 41, 898-903	1.2	82
50	Androgen signaling in myocytes contributes to the maintenance of muscle mass and fiber type regulation but not to muscle strength or fatigue. <i>Endocrinology</i> , 2009 , 150, 3558-66	4.8	88
49	Deficiency or inhibition of oxygen sensor Phd1 induces hypoxia tolerance by reprogramming basal metabolism. <i>Nature Genetics</i> , 2008 , 40, 170-80	36.3	383
48	Creatine supplementation augments skeletal muscle carnosine content in senescence-accelerated mice (SAMP8). <i>Rejuvenation Research</i> , 2008 , 11, 641-7	2.6	17
47	Human sarcopenia reveals an increase in SOCS-3 and myostatin and a reduced efficiency of Akt phosphorylation. <i>Rejuvenation Research</i> , 2008 , 11, 163-175B	2.6	198
46	Effect of a novel pedal design on maximal power output and mechanical efficiency in well-trained cyclists. <i>Journal of Sports Sciences</i> , 2008 , 26, 1015-23	3.6	7
45	Nutrition for the sprinter. <i>Journal of Sports Sciences</i> , 2007 , 25 Suppl 1, S5-15	3.6	27
44	Effects of post-absorptive and postprandial exercise on glucoregulation in metabolic syndrome. <i>Obesity</i> , 2007 , 15, 704-11	8	28
43	ACTN3 (R577X) genotype is associated with fiber type distribution. <i>Physiological Genomics</i> , 2007 , 32, 58-63	3.6	197
42	Creatine enhances differentiation of myogenic C2C12 cells by activating both p38 and Akt/PKB pathways. <i>American Journal of Physiology - Cell Physiology</i> , 2007 , 293, C1263-71	5.4	71
41	Ergogenic Effects of Creatine in Sports and Rehabilitation 2007 , 246-259		3
40	Ergogenic effects of creatine in sports and rehabilitation. <i>Sub-Cellular Biochemistry</i> , 2007 , 46, 245-59	5.5	17
39	Oral creatine supplementation in humans does not elevate urinary excretion of the carcinogen N-nitrososarcosine. <i>Nutrition</i> , 2006 , 22, 332-3	4.8	7
38	Electrolysis stimulates creatine transport and transporter cell surface expression in incubated mouse skeletal muscle: potential role of ROS. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2006 , 291, E1250-7	6	8
37	Human skeletal muscle atrophy in amyotrophic lateral sclerosis reveals a reduction in Akt and an increase in atrogin-1. <i>FASEB Journal</i> , 2006 , 20, 583-5	0.9	109
36	Creatine supplementation increases soleus muscle creatine content and lowers the insulinogenic index in an animal model of inherited type 2 diabetes. <i>International Journal of Molecular Medicine</i> , 2006 , 17, 1077	4.4	5
35	Creatine supplementation increases soleus muscle creatine content and lowers the insulinogenic index in an animal model of inherited type 2 diabetes. <i>International Journal of Molecular Medicine</i> , 2006 , 17, 1077-84	4.4	18

34	AMP kinase expression and activity in human skeletal muscle: effects of immobilization, retraining, and creatine supplementation. <i>Journal of Applied Physiology</i> , 2005 , 98, 1228-33	3.7	19
33	Soleus muscles of SAMP8 mice provide an accelerated model of skeletal muscle senescence. <i>Experimental Gerontology</i> , 2005 , 40, 562-72	4.5	47
32	No effects of lifelong creatine supplementation on sarcopenia in senescence-accelerated mice (SAMP8). <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2005 , 289, E272-7	6	12
31	Plasma guanidino compounds are altered by oral creatine supplementation in healthy humans. <i>Journal of Applied Physiology</i> , 2004 , 97, 852-7	3.7	38
30	Effect of muscle creatine content manipulation on contractile properties in mouse muscles. <i>Muscle and Nerve</i> , 2004 , 29, 428-35	3.4	13
29	The creatine content of Creatine Serum and the change in the plasma concentration with ingestion of a single dose. <i>Journal of Sports Sciences</i> , 2004 , 22, 851-7	3.6	13
28	Acute Rhodiola rosea intake can improve endurance exercise performance. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2004 , 14, 298-307	4.4	88
27	Effects of creatine supplementation and exercise training on fitness in men 55-75 yr old. <i>Journal of Applied Physiology</i> , 2003 , 95, 818-28	3.7	69
26	Creatine supplementation in health and disease: What is the evidence for long-term efficacy?. <i>Molecular and Cellular Biochemistry</i> , 2003 , 244, 49-55	4.2	25
25	PASSCLAIM - Physical performance and fitness. <i>European Journal of Nutrition</i> , 2003 , 42 Suppl 1, 150-95	5.2	12
24	Skeletal muscle properties in a transgenic mouse model for amyotrophic lateral sclerosis: effects of creatine treatment. <i>Neurobiology of Disease</i> , 2003 , 13, 264-72	7.5	90
23	Combined creatine and protein supplementation in conjunction with resistance training promotes muscle GLUT-4 content and glucose tolerance in humans. <i>Journal of Applied Physiology</i> , 2003 , 94, 1910-6 ^{3.7}	3.7	59
22	Creatine supplementation in health and disease: What is the evidence for long-term efficacy? 2003 , 49-55		
21	Creatine supplementation in health and disease: what is the evidence for long-term efficacy?. <i>Molecular and Cellular Biochemistry</i> , 2003 , 244, 49-55	4.2	3
20	Oral creatine supplementation facilitates the rehabilitation of disuse atrophy and alters the expression of muscle myogenic factors in humans. <i>Journal of Physiology</i> , 2001 , 536, 625-33	3.9	217
19	Short-term creatine supplementation does not alter the hormonal response to resistance training. <i>Medicine and Science in Sports and Exercise</i> , 2001 , 33, 449-53	1.2	21
18	Creatine supplementation: exploring the role of the creatine kinase/phosphocreatine system in human muscle. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2001 , 26 Suppl, S79-102		29
17	Impact of Oral Creatine Supplementation on Muscle Performance During Training and Rehabilitation. <i>Medical Science Symposia Series</i> , 2000 , 65-73		

16	Role of adenosine in regulating glucose uptake during contractions and hypoxia in rat skeletal muscle. <i>Journal of Physiology</i> , 1999 , 515 (Pt 1), 255-63	3.9	30
15	Phosphocreatine resynthesis is not affected by creatine loading. <i>Medicine and Science in Sports and Exercise</i> , 1999 , 31, 236-42	1.2	73
14	Training effects on muscle glucose transport during exercise. <i>Advances in Experimental Medicine and Biology</i> , 1998 , 441, 107-16	3.6	7
13	Role of adenosine in regulation of carbohydrate metabolism in contracting muscle. <i>Advances in Experimental Medicine and Biology</i> , 1998 , 441, 97-106	3.6	17
12	Evaluation of stroke performance in tennis. <i>Medicine and Science in Sports and Exercise</i> , 1998 , 30, 1281-8	1.2	67
11	Carbohydrate supplementation improves stroke performance in tennis. <i>Medicine and Science in Sports and Exercise</i> , 1998 , 30, 1289-95	1.2	62
10	Important role of insulin and flow in stimulating glucose uptake in contracting skeletal muscle. <i>Diabetes</i> , 1995 , 44, 210-5	0.9	54
9	No effect of glycogen level on glycogen metabolism during high intensity exercise. <i>Medicine and Science in Sports and Exercise</i> , 1995 , 27, 1278-1283	1.2	21
8	Carotid baroreflex sensitivity at rest and during exercise is not influenced by opioid receptor antagonism. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1989 , 59, 131-7		2
7	Effect of endurance training on blood pressure at rest, during exercise and during 24 hours in sedentary men. <i>American Journal of Cardiology</i> , 1989 , 63, 945-9	3	73
6	Changes in erythrocyte sodium and plasma lipids associated with physical training. <i>Journal of Hypertension</i> , 1988 , 6, 159-166	1.9	5
5	Erythrocyte and leucocyte sodium and potassium transport systems during long-term diuretic administration in men. <i>Journal of Hypertension</i> , 1988 , 6, 639-45	1.9	3
4	Effects of opioid antagonism on the haemodynamic and hormonal responses to exercise. <i>Clinical Science</i> , 1988 , 75, 293-300	6.5	13
3	Progressive attenuation of the carotid baroreflex control of blood pressure and heart rate during exercise. <i>American Heart Journal</i> , 1987 , 114, 765-72	4.9	17
2	Effect of calcium antagonism on intracellular concentrations and transmembrane fluxes of cations in erythrocytes of men at rest and during exercise. <i>Journal of Hypertension</i> , 1986 , 4, 767-72	1.9	6
1	Influence of beta 1- versus beta 2-adrenoceptor blockade on left ventricular function in humans. <i>Journal of Cardiovascular Pharmacology</i> , 1986 , 8, 1086-91	3.1	12