

Jason C Siegler

List of Publications by Year in descending order

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Version: 2024-02-01

70
papers

1,921
citations

293460

24
h-index

312153

41
g-index

70
all docs

70
docs citations

70
times ranked

2242
citing authors

#	ARTICLE	IF	CITATIONS
1	Ergogenic Effects of Sodium Bicarbonate. <i>Current Sports Medicine Reports</i> , 2008, 7, 230-236.	0.5	115
2	Evaluation of true maximal oxygen uptake based on a novel set of standardized criteria. <i>Applied Physiology, Nutrition and Metabolism</i> , 2009, 34, 115-123.	0.9	109
3	The application of differential ratings of perceived exertion to Australian Football League matches. <i>Journal of Science and Medicine in Sport</i> , 2015, 18, 704-708.	0.6	103
4	Soccer-Specific Fatigue and Eccentric Hamstrings Muscle Strength. <i>Journal of Athletic Training</i> , 2009, 44, 180-184.	0.9	86
5	Practical Recommendations for Coaches and Athletes. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 1975-1983.	1.0	76
6	Hamstring Muscle Fatigue and Central Motor Output during a Simulated Soccer Match. <i>PLoS ONE</i> , 2014, 9, e102753.	1.1	66
7	Sodium Bicarbonate Ingestion and Boxing Performance. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 103-108.	1.0	61
8	Exercise-induced dehydration with and without environmental heat stress results in increased oxidative stress. <i>Applied Physiology, Nutrition and Metabolism</i> , 2011, 36, 698-706.	0.9	61
9	Hamstring injury prevention in soccer: Before or after training?. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018, 28, 658-666.	1.3	61
10	Whole-body Cryotherapy as a Recovery Technique after Exercise: A Review of the Literature. <i>International Journal of Sports Medicine</i> , 2017, 38, 1049-1060.	0.8	60
11	Mechanistic Insights into the Efficacy of Sodium Bicarbonate Supplementation to Improve Athletic Performance. <i>Sports Medicine - Open</i> , 2016, 2, 41.	1.3	50
12	Effect of Induced Alkalosis on the Power-Duration Relationship of "All-out" Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 563-570.	0.2	48
13	Changes Evaluated in Soccer-Specific Power Endurance Either With or Without a 10-Week, In-Season, Intermittent, High-Intensity Training Protocol. <i>Journal of Strength and Conditioning Research</i> , 2003, 17, 379.	1.0	47
14	The effect of 15 consecutive days of heat exercise acclimation on heat shock protein 70. <i>Cell Stress and Chaperones</i> , 2008, 13, 169-175.	1.2	43
15	Acute neuromuscular and fatigue responses to the rest-pause method. <i>Journal of Science and Medicine in Sport</i> , 2012, 15, 153-158.	0.6	43
16	Hamstring Fatigue and Muscle Activation Changes During Six Sets of Nordic Hamstring Exercise in Amateur Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 3124-3133.	1.0	41
17	Sodium Bicarbonate Supplementation and Ingestion Timing. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 1953-1958.	1.0	40
18	Effects of Various Sodium Bicarbonate Loading Protocols on the Time-Dependent Extracellular Buffering Profile. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 2551-2557.	1.0	39

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19	Influence of Pre-Exercise Acidosis and Alkalosis on the Kinetics of Acid-Base Recovery Following Intense Exercise. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2005, 15, 59-74.	1.0	38
20	Scheduling of training and recovery during the in-season weekly micro-cycle: Insights from team sport practitioners. <i>European Journal of Sport Science</i> , 2019, 19, 1287-1296.	1.4	38
21	Variation in basal heat shock protein 70 is correlated to core temperature in human subjects. <i>Amino Acids</i> , 2009, 37, 279-284.	1.2	36
22	Sodium Bicarbonate Ingestion and Repeated Swim Sprint Performance. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 3105-3111.	1.0	35
23	Acute neuromuscular and performance responses to Nordic hamstring exercises completed before or after football training. <i>Journal of Sports Sciences</i> , 2016, 34, 2286-2294.	1.0	33
24	Relative Torque Profiles of Elite Male Youth Footballers: Effects of Age and Pubertal Development. <i>International Journal of Sports Medicine</i> , 2009, 30, 592-597.	0.8	28
25	Pre-Exercise Alkalosis and Acid-Base Recovery. <i>International Journal of Sports Medicine</i> , 2008, 29, 545-551.	0.8	25
26	The Effects of a Constant Sprint-to-Rest Ratio and Recovery Mode on Repeated Sprint Performance. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 1695-1702.	1.0	23
27	Lower hamstring extensibility in men compared to women is explained by differences in stretch tolerance. <i>BMC Musculoskeletal Disorders</i> , 2014, 15, 223.	0.8	23
28	The effect of metabolic alkalosis on central and peripheral mechanisms associated with exercise-induced muscle fatigue in humans. <i>Experimental Physiology</i> , 2015, 100, 519-530.	0.9	23
29	Three and six grams supplementation of d-aspartic acid in resistance trained men. <i>Journal of the International Society of Sports Nutrition</i> , 2015, 12, 15.	1.7	23
30	A Comparison of Hyperhydration Versus Ad Libitum Fluid Intake Strategies on Measures of Oxidative Stress, Thermoregulation, and Performance. <i>Research in Sports Medicine</i> , 2013, 21, 305-317.	0.7	22
31	Scheduling of eccentric lower limb injury prevention exercises during the soccer micro-cycle: Which day of the week?. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018, 28, 2216-2225.	1.3	22
32	The Impact of Individualizing Sodium Bicarbonate Supplementation Strategies on World-Class Rowing Performance. <i>Frontiers in Nutrition</i> , 2020, 7, 138.	1.6	22
33	The effects of d-aspartic acid supplementation in resistance-trained men over a three month training period: A randomised controlled trial. <i>PLoS ONE</i> , 2017, 12, e0182630.	1.1	22
34	Isokinetic Thigh Muscle Ratios in Youth Football: Effect of Age and Dominance. <i>International Journal of Sports Medicine</i> , 2009, 30, 602-606.	0.8	20
35	Incidence of Caffeine in Serum of Patients Undergoing Dipyridamole Myocardial Perfusion Stress Test by an Intensive Versus Routine Caffeine History Screening. <i>American Journal of Cardiology</i> , 2010, 105, 1474-1479.	0.7	20
36	Active and Passive Recovery and Acid-Base Kinetics Following Multiple Bouts of Intense Exercise to Exhaustion. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2006, 16, 92-107.	1.0	19

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37	The effect of ischaemic preconditioning on central and peripheral fatiguing mechanisms in humans following sustained maximal isometric exercise. <i>Experimental Physiology</i> , 2018, 103, 976-984.	0.9	19
38	The effect of pH on fatigue during submaximal isometric contractions of the human calf muscle. <i>European Journal of Applied Physiology</i> , 2015, 115, 565-577.	1.2	18
39	The Magnitude of Peripheral Muscle Fatigue Induced by High and Low Intensity Single-Joint Exercise Does Not Lead to Central Motor Output Reductions in Resistance Trained Men. <i>PLoS ONE</i> , 2015, 10, e0140108.	1.1	17
40	The differential effect of metabolic alkalosis on maximum force and rate of force development during repeated, high-intensity cycling. <i>Journal of Applied Physiology</i> , 2013, 115, 1634-1640.	1.2	16
41	Differential Effect of Metabolic Alkalosis and Hypoxia on High-Intensity Cycling Performance. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 2852-2858.	1.0	16
42	No Relationship Between Body Mass Index and Changes in Pain and Disability After Exercise Rehabilitation for Patients With Mild to Moderate Chronic Low Back Pain. <i>Spine</i> , 2013, 38, 2190-2195.	1.0	15
43	Changes in Fatigue Are the Same for Trained Men and Women after Resistance Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 196-204.	0.2	15
44	Relative abdominal adiposity is associated with chronic low back pain: a preliminary explorative study. <i>BMC Public Health</i> , 2016, 16, 700.	1.2	13
45	The influence of sodium bicarbonate on maximal force and rates of force development in the triceps surae and brachii during fatiguing exercise. <i>Experimental Physiology</i> , 2016, 101, 1383-1391.	0.9	12
46	Acute attenuation of fatigue after sodium bicarbonate supplementation does not manifest into greater training adaptations after 10-weeks of resistance training exercise. <i>PLoS ONE</i> , 2018, 13, e0196677.	1.1	12
47	Changes in Passive Tension of the Hamstring Muscles During a Simulated Soccer Match. <i>International Journal of Sports Physiology and Performance</i> , 2016, 11, 594-601.	1.1	11
48	Hydration, Thermoregulation, and Performance Effects of Two Sport Drinks during Soccer Training Sessions. <i>Journal of Strength and Conditioning Research</i> , 2008, 22, 1394-1401.	1.0	10
49	The physiological stress response to high-intensity sprint exercise following the ingestion of sodium bicarbonate. <i>European Journal of Applied Physiology</i> , 2013, 113, 127-134.	1.2	10
50	The effect of IPC on central and peripheral fatiguing mechanisms in humans following maximal single limb isokinetic exercise. <i>Physiological Reports</i> , 2019, 7, e14063.	0.7	10
51	The Effect of Superoxygenated Water on Blood Gases, Lactate, and Aerobic Cycling Performance. <i>International Journal of Sports Physiology and Performance</i> , 2007, 2, 377-385.	1.1	9
52	The effect of carbohydrate and marine peptide hydrolysate co-ingestion on endurance exercise metabolism and performance. <i>Journal of the International Society of Sports Nutrition</i> , 2013, 10, 29.	1.7	9
53	Exercise tolerance during VO_{2max} testing is a multifactorial psychobiological phenomenon. <i>Research in Sports Medicine</i> , 2017, 25, 480-494.	0.7	8
54	Effect of ischemic preconditioning and changing inspired O_2 fractions on neuromuscular function during intense exercise. <i>Journal of Applied Physiology</i> , 2019, 127, 1688-1697.	1.2	8

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55	Metabolic Alkalosis, Recovery and Sprint Performance. <i>International Journal of Sports Medicine</i> , 2010, 31, 797-802.	0.8	7
56	The influence of exogenous carbohydrate provision and pre-exercise alkalosis on the heat shock protein response to prolonged interval cycling. <i>Amino Acids</i> , 2013, 44, 903-910.	1.2	7
57	Muscle Activation Does Not Increase After a Fatigue Plateau Is Reached During 8 Sets of Resistance Exercise in Trained Individuals. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 1226-1234.	1.0	7
58	Considerations in interpreting neuromuscular state in elite level Australian Rules football players. <i>Journal of Science and Medicine in Sport</i> , 2021, 24, 702-708.	0.6	7
59	A Reduction in Maximal Incremental Exercise Test Duration 48 h Post Downhill Run Is Associated with Muscle Damage Derived Exercise Induced Pain. <i>Frontiers in Physiology</i> , 2017, 8, 135.	1.3	6
60	Changes in the quadriceps spinal reflex pathway after repeated sprint cycling are not influenced by ischemic preconditioning. <i>European Journal of Applied Physiology</i> , 2020, 120, 1189-1202.	1.2	6
61	Use of Numerically Blinded Ratings of Perceived Exertion in Soccer: Assessing Concurrent and Construct Validity. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 1430-1436.	1.1	6
62	The Hyperhydration Potential of Sodium Bicarbonate and Sodium Citrate. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2022, 32, 74-81.	1.0	5
63	Noninvasive Profiling of Exercise-Induced Hypoxemia in Competitive Cyclists. <i>Research in Sports Medicine</i> , 2007, 15, 61-66.	0.7	4
64	A to Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performanceâ€”Part 31. <i>British Journal of Sports Medicine</i> , 2012, 46, 377-378.	3.1	4
65	Aspartame in conjunction with carbohydrate reduces insulin levels during endurance exercise. <i>Journal of the International Society of Sports Nutrition</i> , 2012, 9, 36.	1.7	4
66	Acute Neuromuscular Response to Team Sportsâ€”specific Running, Resistance, and Concurrent Training. <i>Medicine and Science in Sports and Exercise</i> , 2021, Publish Ahead of Print, .	0.2	3
67	The Accuracy of the Electrocardiogram during Exercise Stress Test Based on Heart Size. <i>PLoS ONE</i> , 2011, 6, e23044.	1.1	2
68	Empirical modeling of metabolic alkalosis induced by sodium bicarbonate ingestion. <i>Applied Physiology, Nutrition and Metabolism</i> , 2016, 41, 1092-1095.	0.9	2
69	The effects of Energised Greensâ„¢ upon blood acid-base balance during resting conditions. <i>Journal of the International Society of Sports Nutrition</i> , 2011, 8, 14.	1.7	1
70	Sodium bicarbonate supplementation minimally affects the accumulated oxygen deficit during intense cycling to exhaustion. <i>Translational Sports Medicine</i> , 2018, 1, 95-100.	0.5	1