

# Jason C Siegler

## List of Publications by Year in descending order

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Version: 2024-02-01

70  
papers

1,921  
citations

257450

24  
h-index

276875

41  
g-index

70  
all docs

70  
docs citations

70  
times ranked

2069  
citing authors

#	ARTICLE	IF	CITATIONS
1	The Hyperhydration Potential of Sodium Bicarbonate and Sodium Citrate. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2022, 32, 74-81.	2.1	5
2	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.	1.3	7
3	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, .	0.4	3
4	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.	0.4	15
5	The Impact of Individualizing Sodium Bicarbonate Supplementation Strategies on World-Class Rowing Performance. <i>Frontiers in Nutrition</i> , 2020, 7, 138.	3.7	22
6	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.	2.5	6
7	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.	2.3	6
8	Effect of ischemic preconditioning and changing inspired O <sub>2</sub> fractions on neuromuscular function during intense exercise. <i>Journal of Applied Physiology</i> , 2019, 127, 1688-1697.	2.5	8
9	The effect of $\text{IPC}$ on central and peripheral fatiguing mechanisms in humans following maximal single limb isokinetic exercise. <i>Physiological Reports</i> , 2019, 7, e14063.	1.7	10
10	Scheduling of training and recovery during the inâ€“season weekly microâ€“cycle: Insights from team sport practitioners. <i>European Journal of Sport Science</i> , 2019, 19, 1287-1296.	2.7	38
11	Sodium bicarbonate supplementation minimally affects the accumulated oxygen deficit during intense cycling to exhaustion. <i>Translational Sports Medicine</i> , 2018, 1, 95-100.	1.1	1
12	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.	2.0	19
13	Hamstring injury prevention in soccer: Before or after training?. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018, 28, 658-666.	2.9	61
14	Scheduling of eccentric lower limb injury prevention exercises during the soccer microâ€“cycle: Which day of the week?. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018, 28, 2216-2225.	2.9	22
15	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.	2.5	12
16	Exercise tolerance during VO <sub>2max</sub> testing is a multifactorial psychobiological phenomenon. <i>Research in Sports Medicine</i> , 2017, 25, 480-494.	1.3	8
17	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.	1.7	60
18	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.	2.8	6

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19	The effects of d-aspartic acid supplementation in resistance-trained men over a three month training period: A randomised controlled trial. PLoS ONE, 2017, 12, e0182630.	2.5	22
20	Relative abdominal adiposity is associated with chronic low back pain: a preliminary explorative study. BMC Public Health, 2016, 16, 700.	2.9	13
21	Empirical modeling of metabolic alkalosis induced by sodium bicarbonate ingestion. Applied Physiology, Nutrition and Metabolism, 2016, 41, 1092-1095.	1.9	2
22	The influence of sodium bicarbonate on maximal force and rates of force development in the triceps surae and brachii during fatiguing exercise. Experimental Physiology, 2016, 101, 1383-1391.	2.0	12
23	Changes in Passive Tension of the Hamstring Muscles During a Simulated Soccer Match. International Journal of Sports Physiology and Performance, 2016, 11, 594-601.	2.3	11
24	Mechanistic Insights into the Efficacy of Sodium Bicarbonate Supplementation to Improve Athletic Performance. Sports Medicine - Open, 2016, 2, 41.	3.1	50
25	Acute neuromuscular and performance responses to Nordic hamstring exercises completed before or after football training. Journal of Sports Sciences, 2016, 34, 2286-2294.	2.0	33
26	Hamstring Fatigue and Muscle Activation Changes During Six Sets of Nordic Hamstring Exercise in Amateur Soccer Players. Journal of Strength and Conditioning Research, 2015, 29, 3124-3133.	2.1	41
27	The effect of metabolic alkalosis on central and peripheral mechanisms associated with exercise-induced muscle fatigue in humans. Experimental Physiology, 2015, 100, 519-530.	2.0	23
28	Three and six grams supplementation of d-aspartic acid in resistance trained men. Journal of the International Society of Sports Nutrition, 2015, 12, 15.	3.9	23
29	The application of differential ratings of perceived exertion to Australian Football League matches. Journal of Science and Medicine in Sport, 2015, 18, 704-708.	1.3	103
30	The effect of pH on fatigue during submaximal isometric contractions of the human calf muscle. European Journal of Applied Physiology, 2015, 115, 565-577.	2.5	18
31	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. PLoS ONE, 2015, 10, e0140108.	2.5	17
32	Differential Effect of Metabolic Alkalosis and Hypoxia on High-Intensity Cycling Performance. Journal of Strength and Conditioning Research, 2014, 28, 2852-2858.	2.1	16
33	Muscle Activation Does Not Increase After a Fatigue Plateau Is Reached During 8 Sets of Resistance Exercise in Trained Individuals. Journal of Strength and Conditioning Research, 2014, 28, 1226-1234.	2.1	7
34	Lower hamstring extensibility in men compared to women is explained by differences in stretch tolerance. BMC Musculoskeletal Disorders, 2014, 15, 223.	1.9	23
35	Hamstring Muscle Fatigue and Central Motor Output during a Simulated Soccer Match. PLoS ONE, 2014, 9, e102753.	2.5	66
36	The effect of carbohydrate and marine peptide hydrolysate co-ingestion on endurance exercise metabolism and performance. Journal of the International Society of Sports Nutrition, 2013, 10, 29.	3.9	9

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37	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.	2.5	16
38	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.	1.3	22
39	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.	2.5	10
40	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.	2.7	7
41	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.	2.0	15
42	Practical Recommendations for Coaches and Athletes. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 1975-1983.	2.1	76
43	Sodium Bicarbonate Supplementation and Ingestion Timing. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 1953-1958.	2.1	40
44	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.	6.7	4
45	Aspartame in conjunction with carbohydrate reduces insulin levels during endurance exercise. <i>Journal of the International Society of Sports Nutrition</i> , 2012, 9, 36.	3.9	4
46	Acute neuromuscular and fatigue responses to the rest-pause method. <i>Journal of Science and Medicine in Sport</i> , 2012, 15, 153-158.	1.3	43
47	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.	1.9	61
48	The Accuracy of the Electrocardiogram during Exercise Stress Test Based on Heart Size. <i>PLoS ONE</i> , 2011, 6, e23044.	2.5	2
49	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.	2.1	23
50	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.	3.9	1
51	Sodium Bicarbonate Ingestion and Boxing Performance. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 103-108.	2.1	61
52	Sodium Bicarbonate Ingestion and Repeated Swim Sprint Performance. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 3105-3111.	2.1	35
53	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.	2.1	39
54	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.	1.6	20

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55	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.	0.4	48
56	Metabolic Alkalosis, Recovery and Sprint Performance. <i>International Journal of Sports Medicine</i> , 2010, 31, 797-802.	1.7	7
57	Isokinetic Thigh Muscle Ratios in Youth Football: Effect of Age and Dominance. <i>International Journal of Sports Medicine</i> , 2009, 30, 602-606.	1.7	20
58	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.	1.7	28
59	Variation in basal heat shock protein 70 is correlated to core temperature in human subjects. <i>Amino Acids</i> , 2009, 37, 279-284.	2.7	36
60	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.	1.9	109
61	Soccer-Specific Fatigue and Eccentric Hamstrings Muscle Strength. <i>Journal of Athletic Training</i> , 2009, 44, 180-184.	1.8	86
62	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.	2.9	43
63	Ergogenic Effects of Sodium Bicarbonate. <i>Current Sports Medicine Reports</i> , 2008, 7, 230-236.	1.2	115
64	Pre-Exercise Alkalosis and Acid-Base Recovery. <i>International Journal of Sports Medicine</i> , 2008, 29, 545-551.	1.7	25
65	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.	2.1	10
66	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.	2.3	9
67	Noninvasive Profiling of Exercise-Induced Hypoxemia in Competitive Cyclists. <i>Research in Sports Medicine</i> , 2007, 15, 61-66.	1.3	4
68	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.	2.1	19
69	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.	2.1	38
70	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.	2.1	47