

# Avery D Faigenbaum

## List of Publications by Year in descending order

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Version: 2024-02-01

179  
papers

9,289  
citations

44444

50  
h-index

49824

91  
g-index

181  
all docs

181  
docs citations

181  
times ranked

6803  
citing authors

#	ARTICLE	IF	CITATIONS
1	Efficacy of school-based interventions for improving muscular fitness outcomes in children: A systematic review and meta-analysis. <i>European Journal of Sport Science</i> , 2023, 23, 444-459.	1.4	8
2	Resistance Training for Children and Adolescents. <i>Lecture Notes in Bioengineering</i> , 2022, , 321-342.	0.3	0
3	The Effects of High-Intensity Functional Training Compared with Traditional Strength or Endurance Training on Physical Performance in Adolescents: A Randomized Controlled Trial. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 624-632.	1.0	5
4	Integrative Neuromuscular Training in Adolescents and Children Treated for Cancer (INTERACT): Study Protocol for a Multicenter, Two-Arm Parallel-Group Randomized Controlled Superiority Trial. <i>Frontiers in Pediatrics</i> , 2022, 10, 833850.	0.9	2
5	Heads-up. <i>ACSM's Health and Fitness Journal</i> , 2022, 26, 12-19.	0.3	2
6	Mythology of youth resistance training. <i>British Journal of Sports Medicine</i> , 2022, 56, 997-998.	3.1	9
7	The Prevalence of Urinary Incontinence among Adolescent Female Athletes: A Systematic Review. <i>Journal of Functional Morphology and Kinesiology</i> , 2021, 6, 12.	1.1	11
8	Integrative Neuromuscular Training Enhances Physical Fitness in 6- to 14-Year-Old Rugby Players. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 2263-2271.	1.0	4
9	Comparison of fitness levels between elementary school children with autism spectrum disorder and age-matched neurotypically developing children. <i>Autism Research</i> , 2021, 14, 2038-2046.	2.1	7
10	Effects of Exercise With and Without Energy Replacement on Substrate Utilization in the Fasting State. <i>Journal of the American College of Nutrition</i> , 2020, 39, 39-46.	1.1	0
11	Pelvic Floor Dysfunction in Female Athletes. <i>Strength and Conditioning Journal</i> , 2020, 42, 82-92.	0.7	5
12	Are primary care physicians ill equipped to evaluate and treat childhood physical inactivity?. <i>Physician and Sportsmedicine</i> , 2020, 48, 199-207.	1.0	4
13	The Effects of Resistance Training on Blood Pressure in Preadolescents and Adolescents: A Systematic Review and Meta-Analysis. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 7900.	1.2	11
14	WELLNESS RIGHT FROM THE START. <i>ACSM's Health and Fitness Journal</i> , 2020, 24, 18-23.	0.3	0
15	Association between Exercise-Induced Changes in Cardiorespiratory Fitness and Adiposity among Overweight and Obese Youth: A Meta-Analysis and Meta-Regression Analysis. <i>Children</i> , 2020, 7, 147.	0.6	8
16	A 47-Year Comparison of Lower Body Muscular Power in Spanish Boys: A Short Report. <i>Journal of Functional Morphology and Kinesiology</i> , 2020, 5, 64.	1.1	5
17	Making a Strong Case for Prioritizing Muscular Fitness in Youth Physical Activity Guidelines. <i>Current Sports Medicine Reports</i> , 2020, 19, 530-536.	0.5	35
18	Youth Physical Activity Is All About the "F-Words". <i>Strength and Conditioning Journal</i> , 2020, 42, 2-6.	0.7	6

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19	Resistance Training for Children and Adolescents. <i>Pediatrics</i> , 2020, 145, .	1.0	87
20	THE PEDIATRIC INACTIVITY TRIAD: A TRIPLE JEOPARDY FOR MODERN DAY YOUTH. <i>ACSM's Health and Fitness Journal</i> , 2020, 24, 10-17.	0.3	14
21	Feasibility and preliminary efficacy of a hypopressive exercise program on postmenopausal cancer survivors: A pilot study. <i>Journal of Bodywork and Movement Therapies</i> , 2020, 24, 484-489.	0.5	0
22	Ergogenic Properties of Ketogenic Diets in Normal-Weight Individuals: A Systematic Review. <i>Journal of the American College of Nutrition</i> , 2020, 39, 665-675.	1.1	20
23	Impact of youth sports specialisation on career and task-specific athletic performance: a systematic review following the American Medical Society for Sports Medicine (AMSSM) Collaborative Research Network's 2019 Youth Early Sport Specialisation Summit. <i>British Journal of Sports Medicine</i> , 2020, 54, 221-230.	3.1	42
24	The impact of COVID-19 quarantine on youth: from physical inactivity to pediatric depreobesity. <i>Journal of Movement &amp; Health</i> , 2020, 18, .	0.0	7
25	The Play Study: Perception Is Everything. <i>Physical Literacy And Reported MVPA In Children.. Medicine and Science in Sports and Exercise</i> , 2020, 52, 410-410.	0.2	0
26	FIT: A community-engaged approach to health and physical education. <i>British Journal of Child Health</i> , 2020, 1, 242-247.	0.1	0
27	Use of Heart Rate Index to Predict Oxygen Uptake - A Validation Study. <i>International Journal of Exercise Science</i> , 2020, 13, 1705-1717.	0.5	0
28	Acute Cardiometabolic Responses to Multi-Modal Integrative Neuromuscular Training in Children. <i>Journal of Functional Morphology and Kinesiology</i> , 2019, 4, 39.	1.1	5
29	Resistance Exercise for the Prevention and Treatment of Pediatric Dynapenia. <i>Journal of Science in Sport and Exercise</i> , 2019, 1, 208-216.	0.4	22
30	Cardiometabolic responses of body-weight exercises with and without vibration. <i>Kinesiology</i> , 2019, 51, 83-91.	0.3	1
31	Expert's Choice: 2018's Most Exciting Research in the Field of Pediatric Exercise Science. <i>Pediatric Exercise Science</i> , 2019, 31, 1-27.	0.5	11
32	Acute Cardiometabolic Responses to Integrative Neuromuscular Training in Children. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 814-814.	0.2	3
33	Are Young Athletes Strong Enough for Sport? DREAM On. <i>Current Sports Medicine Reports</i> , 2019, 18, 6-8.	0.5	7
34	Acute Effects of Exercise With and Without Energy Replacement on Energy Expenditure and Substrate Utilization. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 383-383.	0.2	0
35	Pediatric Inactivity Triad: A Risky PIT. <i>Current Sports Medicine Reports</i> , 2018, 17, 45-47.	0.5	52
36	Physical Inactivity in Youth. <i>ACSM's Health and Fitness Journal</i> , 2018, 22, 42-46.	0.3	5

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37	Acute hematological and mood perception effects of bitter orange extract (<i>synephrine</i>) consumed alone and in combination with caffeine: A placebo-controlled, double-blind study. <i>Phytotherapy Research</i> , 2018, 32, 1593-1607.	2.8	7
38	Youth Resistance Training: The Good, the Bad, and the Ugly”The Year That Was 2017. <i>Pediatric Exercise Science</i> , 2018, 30, 19-24.	0.5	5
39	Acute Cardiometabolic Responses to a Novel Training Rope Protocol in Children. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 1197-1206.	1.0	5
40	Acute cardiovascular effects of bitter orange extract (<i>synephrine</i>) consumed alone and in combination with caffeine in human subjects: A placebo-controlled, double-blind study. <i>Phytotherapy Research</i> , 2018, 32, 94-102.	2.8	11
41	Prevalence and correlates of resistance training skill competence in adolescents. <i>Journal of Sports Sciences</i> , 2018, 36, 1241-1249.	1.0	9
42	Understanding Physical Literacy in Youth. <i>Strength and Conditioning Journal</i> , 2018, 40, 90-94.	0.7	29
43	Profiles of Physical Fitness Risk Behaviours in School Adolescents from the ASSO Project: A Latent Class Analysis. <i>International Journal of Environmental Research and Public Health</i> , 2018, 15, 1933.	1.2	24
44	The unsolved problem of paediatric physical inactivity: it's time for a new perspective. <i>Acta Paediatrica, International Journal of Paediatrics</i> , 2018, 107, 1857-1859.	0.7	13
45	Cardiometabolic Responses Of Body-weight Exercises With And Without Vibration. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 783.	0.2	0
46	Acute Cardiometabolic Responses to Medicine Ball Interval Training in Children. <i>International Journal of Exercise Science</i> , 2018, 11, 886-899.	0.5	4
47	Resistance Exercise and Youth: Survival of the Strongest. <i>Pediatric Exercise Science</i> , 2017, 29, 14-18.	0.5	8
48	Dynapenia: it's not just for grown-ups anymore. <i>Acta Paediatrica, International Journal of Paediatrics</i> , 2017, 106, 696-697.	0.7	42
49	A Coach's Dozen: An Update on Building Healthy, Strong, and Resilient Young Athletes. <i>Strength and Conditioning Journal</i> , 2017, 39, 27-33.	0.7	8
50	In Response to. <i>Clinical Journal of Sport Medicine</i> , 2017, 27, e80.	0.9	1
51	A FUNDAMENTAL APPROACH FOR TREATING PEDIATRIC DYNAPENIA IN KIDS. <i>ACSM's Health and Fitness Journal</i> , 2017, 21, 18-24.	0.3	18
52	Resistance Training for Pediatric Female Dancers. <i>Contemporary Pediatric and Adolescent Sports Medicine</i> , 2017, , 79-93.	0.0	1
53	¿Puede el entrenamiento de fuerza prevenir y controlar la dinapenia pediÁtrica? (Can resistance) <i>Tj ETQq1</i> 1 0.784314 rgBT_5/Overlo	0.3	5
54	Metabolic Cost of Battling Rope Exercise in Children. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 1078.	0.2	0

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55	RESISTANCE TRAINING FOR KIDS. ACSM's Health and Fitness Journal, 2016, 20, 16-22.	0.3	15
56	Acute Resistance Exercise Performance Is Negatively Impacted by Prior Aerobic Endurance Exercise. Journal of Strength and Conditioning Research, 2016, 30, 2667-2681.	1.0	14
57	Resistance Training for Young Female Athletes. Contemporary Pediatric and Adolescent Sports Medicine, 2016, , 29-43.	0.0	0
58	The Effects of Supplementation with<i>p</i>-Synephrine Alone and in Combination with Caffeine on Metabolic, Lipolytic, and Cardiovascular Responses during Resistance Exercise. Journal of the American College of Nutrition, 2016, 35, 657-669.	1.1	32
59	Metabolic responses to whole-body vibration: effect of frequency and amplitude. European Journal of Applied Physiology, 2016, 116, 1829-1839.	1.2	13
60	The Canadian Assessment of Physical Literacy: Development of a Model of Children's Capacity for a Healthy, Active Lifestyle Through a Delphi Process. Journal of Physical Activity and Health, 2016, 13, 214-222.	1.0	84
61	Resistance Training for Pediatric Female Dancers. Journal of Dance Medicine and Science, 2016, 20, 64-71.	0.2	12
62	National Strength and Conditioning Association Position Statement on Long-Term Athletic Development. Journal of Strength and Conditioning Research, 2016, 30, 1491-1509.	1.0	263
63	Sports Specialization, Part II. Sports Health, 2016, 8, 65-73.	1.3	178
64	<i>Citius, Altius, Fortius</i>: beneficial effects of resistance training for young athletes: Narrative review. British Journal of Sports Medicine, 2016, 50, 3-7.	3.1	103
65	Metabolic, cardiorespiratory, and neuromuscular fitness performance in children with cerebral palsy: A comparison with healthy youth. Journal of Exercise Rehabilitation, 2016, 12, 124-131.	0.4	27
66	Disease Centricity Versus Prevention? Physician Barriers to Pediatric Physical Activity Evaluation and Treatment. Medicine and Science in Sports and Exercise, 2016, 48, 673-674.	0.2	2
67	The Effects of Multiple-Joint Isokinetic Resistance Training on Maximal Isokinetic and Dynamic Muscle Strength and Local Muscular Endurance. Journal of Sports Science and Medicine, 2016, 15, 34-40.	0.7	10
68	Long-Term Athletic Development- Part 1. Journal of Strength and Conditioning Research, 2015, 29, 1439-1450.	1.0	164
69	The effects of supplementation with <i>P-Synephrine</i> alone and in combination with caffeine on resistance exercise performance. Journal of the International Society of Sports Nutrition, 2015, 12, 35.	1.7	25
70	Increasing Physical Activity in Children. MCN the American Journal of Maternal Child Nursing, 2015, 40, 213-219.	0.3	10
71	Training the Developing Brain Part II. Current Sports Medicine Reports, 2015, 14, 235-243.	0.5	24
72	Benefits of Strength and Skill-based Training During Primary School Physical Education. Journal of Strength and Conditioning Research, 2015, 29, 1255-1262.	1.0	56

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73	Long-Term Athletic Development, Part 2. Journal of Strength and Conditioning Research, 2015, 29, 1451-1464.	1.0	86
74	Optimization of the Anterior Cruciate Ligament Injury Prevention Paradigm: Novel Feedback Techniques to Enhance Motor Learning and Reduce Injury Risk. Journal of Orthopaedic and Sports Physical Therapy, 2015, 45, 170-182.	1.7	130
75	Sixty minutes of what? A developing brain perspective for activating children with an integrative exercise approach. British Journal of Sports Medicine, 2015, 49, 1510-1516.	3.1	89
76	International Olympic Committee consensus statement on youth athletic development. British Journal of Sports Medicine, 2015, 49, 843-851.	3.1	537
77	Sport Specialization, Part I. Sports Health, 2015, 7, 437-442.	1.3	262
78	Rater agreement of a test battery designed to assess adolescents'™ resistance training skill competency. Journal of Science and Medicine in Sport, 2015, 18, 72-76.	0.6	14
79	Relationships between functional movement screen scores, maturation and physical performance in young soccer players. Journal of Sports Sciences, 2015, 33, 11-19.	1.0	110
80	Dynamic Balance in Children: Performance Comparison Between Two Testing Devices. Athletic Training & Sports Health Care, 2015, 7, 160-164.	0.4	9
81	Injury initiates unfavourable weight gain and obesity markers in youth. British Journal of Sports Medicine, 2014, 48, 1477-1481.	3.1	50
82	FUNDamental Integrative Training (FIT) for Physical Education. Journal of Physical Education, Recreation and Dance, 2014, 85, 23-30.	0.1	26
83	Criterion Repetition Maximum Testing. Strength and Conditioning Journal, 2014, 36, 88-91.	0.7	6
84	Integrative Neuromuscular Training and Sex-Specific Fitness Performance in 7-Year-Old Children: An Exploratory Investigation. Journal of Athletic Training, 2014, 49, 145-153.	0.9	47
85	Acute Oxygen Uptake and Resistance Exercise Performance Using Different Rest Interval Lengths. Journal of Strength and Conditioning Research, 2014, 28, 1875-1888.	1.0	21
86	The Health Benefits of Muscular Fitness for Children and Adolescents: A Systematic Review and Meta-Analysis. Sports Medicine, 2014, 44, 1209-1223.	3.1	532
87	Position statement on youth resistance training: the 2014 International Consensus. British Journal of Sports Medicine, 2014, 48, 498-505.	3.1	339
88	Top 10 Research Questions Related to Exercise Deficit Disorder (EDD) in Youth. Research Quarterly for Exercise and Sport, 2014, 85, 297-307.	0.8	9
89	Development, Test-Retest Reliability, and Construct Validity of the Resistance Training Skills Battery. Journal of Strength and Conditioning Research, 2014, 28, 1373-1380.	1.0	52
90	High School Physical Educators' and Sport Coaches' Knowledge of Resistance Training Principles and Methods. Journal of Strength and Conditioning Research, 2014, 28, 1433-1442.	1.0	17

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91	Effects Of Pre-workout Whole-body Vibration On Energy Metabolism During Subsequent Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 95.	0.2	0
92	Feasibility and reliability of dynamic postural control measures in children in first through fifth grades. <i>International Journal of Sports Physical Therapy</i> , 2014, 9, 140-8.	0.5	35
93	Effects of a competitive wrestling season on body composition, endocrine markers, and anaerobic exercise performance in NCAA collegiate wrestlers. <i>European Journal of Applied Physiology</i> , 2013, 113, 1157-1168.	1.2	24
94	Exercise Order Influences Number of Repetitions and Lactate Levels But Not Perceived Exertion During Resistance Exercise in Adolescents. <i>Research in Sports Medicine</i> , 2013, 21, 293-304.	0.7	6
95	Exercise-Deficit Disorder in Children: Are We Ready to Make this Diagnosis?. <i>Physician and Sportsmedicine</i> , 2013, 41, 94-101.	1.0	19
96	The Role of the Pediatric Exercise Specialist in Treating Exercise Deficit Disorder in Youth. <i>Strength and Conditioning Journal</i> , 2013, 35, 34-41.	0.7	14
97	How Young Is Too Young to Start Training?. <i>ACSM's Health and Fitness Journal</i> , 2013, 17, 14-23.	0.3	65
98	Exercise Deficit Disorder in Youth. <i>Current Sports Medicine Reports</i> , 2013, 12, 248-255.	0.5	26
99	Responding to Exercise-Deficit Disorder in Youth. <i>Pediatric Physical Therapy</i> , 2013, 25, 2-6.	0.3	15
100	Training the Developing Brain, Part I. <i>Current Sports Medicine Reports</i> , 2013, 12, 304-310.	0.5	40
101	Benefits of multi-sports physical education in the elementary school context. <i>Health Education Journal</i> , 2013, 72, 326-336.	0.6	24
102	Youth Resistance Training: Past Practices, New Perspectives, and Future Directions. <i>Pediatric Exercise Science</i> , 2013, 25, 591-604.	0.5	95
103	Effects of Detraining on Fitness Performance in 7-Year-Old Children. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 323-330.	1.0	45
104	KID STUFF. <i>ACSM's Health and Fitness Journal</i> , 2012, 16, 9-16.	0.3	0
105	Exercise Deficit Disorder in Youth. <i>Current Sports Medicine Reports</i> , 2012, 11, 196-200.	0.5	83
106	Reliability of the One-Repetition-Maximum Power Clean Test in Adolescent Athletes. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 432-437.	1.0	49
107	Exercise Deficit Disorder in Youth. <i>Journal of School Nursing</i> , 2012, 28, 252-255.	0.9	15
108	When to Initiate Integrative Neuromuscular Training to Reduce Sports-Related Injuries and Enhance Health in Youth?. <i>Current Sports Medicine Reports</i> , 2011, 10, 155-166.	0.5	191

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109	Injury Trends and Prevention in Youth Resistance Training. <i>Strength and Conditioning Journal</i> , 2011, 33, 36-41.	0.7	12
110	Effects of Integrative Neuromuscular Training on Fitness Performance in Children. <i>Pediatric Exercise Science</i> , 2011, 23, 573-584.	0.5	134
111	Exercise deficit disorder in youth: a hidden truth. <i>Acta Paediatrica, International Journal of Paediatrics</i> , 2011, 100, 1423-1425.	0.7	37
112	Did the NFL Lockout Expose the Achilles Heel of Competitive Sports?. <i>Journal of Orthopaedic and Sports Physical Therapy</i> , 2011, 41, 702-705.	1.7	86
113	Integrative Training for Children and Adolescents: Techniques and Practices for Reducing Sports-Related Injuries and Enhancing Athletic Performance. <i>Physician and Sportsmedicine</i> , 2011, 39, 74-84.	1.0	75
114	Integrative Training for Children and Adolescents: Techniques and Practices for Reducing Sports-Related Injuries and Enhancing Athletic Performance. <i>Physician and Sportsmedicine</i> , 2011, 39, 74-84.	1.0	120
115	After-School Fitness Performance is Not Altered After Physical Education Lessons in Adolescent Athletes. <i>Journal of Strength and Conditioning Research</i> , 2010, 24, 765-770.	1.0	4
116	Pediatric Resistance Training. <i>Current Sports Medicine Reports</i> , 2010, 9, 161-168.	0.5	106
117	Influence of Recovery Time on Warm-Up Effects in Male Adolescent Athletes. <i>Pediatric Exercise Science</i> , 2010, 22, 266-277.	0.5	16
118	Effect Of Acute L-alanyl-l-glutamine Ingestion And Dehydration On Immune, Inflammatory And Oxidative Stress Responses During Anaerobic Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2010, 42, 790.	0.2	1
119	Effect of a proprietary protein supplement on recovery indices following resistance exercise in strength/power athletes. <i>Amino Acids</i> , 2010, 38, 771-778.	1.2	50
120	Examination of the efficacy of acute L-alanyl-L-glutamine ingestion during hydration stress in endurance exercise. <i>Journal of the International Society of Sports Nutrition</i> , 2010, 7, 8.	1.7	29
121	Relations of Transtheoretical Model Stage, Self-Efficacy, and Voluntary Physical Activity in African American Preadolescents. <i>Research Quarterly for Exercise and Sport</i> , 2010, 81, 239-244.	0.8	13
122	Fun & Fitness with Balloons. <i>Strategies</i> , 2010, 24, 26-29.	0.2	5
123	Resistance training among young athletes: safety, efficacy and injury prevention effects. <i>British Journal of Sports Medicine</i> , 2010, 44, 56-63.	3.1	230
124	Effect of preceding resistance exercise on metabolism during subsequent aerobic session. <i>European Journal of Applied Physiology</i> , 2009, 107, 43-50.	1.2	29
125	Thermogenic effect of an acute ingestion of a weight loss supplement. <i>Journal of the International Society of Sports Nutrition</i> , 2009, 6, 1.	1.7	79
126	Examination of a pre-exercise, high energy supplement on exercise performance. <i>Journal of the International Society of Sports Nutrition</i> , 2009, 6, 2.	1.7	73



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127	Effect of betaine supplementation on power performance and fatigue. Journal of the International Society of Sports Nutrition, 2009, 6, 7.	1.7	81
128	Thermogenic effect of Meltdown RTD <sup>®</sup> , a energy supplement in young healthy college women. Journal of the International Society of Sports Nutrition, 2009, 6, P5.	1.7	0
129	Effects of the Youth Fit for Life Protocol on Physiological, Psychological, and Behavioral Factors at YMCA Calgary After-School Care Sites. Psychological Reports, 2009, 104, 879-895.	0.9	15
130	Effect of Protein-Supplement Timing on Strength, Power, and Body-Composition Changes in Resistance-Trained Men. International Journal of Sport Nutrition and Exercise Metabolism, 2009, 19, 172-185.	1.0	87
131	Youth Resistance Training: Updated Position Statement Paper From the National Strength and Conditioning Association. Journal of Strength and Conditioning Research, 2009, 23, S60-S79.	1.0	666
132	Canadian Society for Exercise Physiology position paper: resistance training in children and adolescents. Applied Physiology, Nutrition and Metabolism, 2008, 33, 547-561.	0.9	233
133	Short-duration $\beta$ -alanine supplementation increases training volume and reduces subjective feelings of fatigue in college football players. Nutrition Research, 2008, 28, 31-35.	1.3	106
134	Effect of Rest Interval Length on Bench Press Performance in Boys, Teens, and Men. Pediatric Exercise Science, 2008, 20, 457-469.	0.5	56
135	Correlates of Upper and Lower Body Muscular Strength in Children. Journal of Strength and Conditioning Research, 2008, 22, 1339-1346.	1.0	93
136	Relative Safety of Weightlifting Movements for Youth. Strength and Conditioning Journal, 2008, 30, 23-25.	0.7	6
137	Nutritional Supplementation and Anabolic Steroid Use in Adolescents. Medicine and Science in Sports and Exercise, 2008, 40, 15-24.	0.2	103
138	Relations of self-appraisal and mood changes with voluntary physical activity changes in african american preadolescents in an after-school care intervention. Journal of Sports Science and Medicine, 2008, 7, 260-8.	0.7	7
139	Effects of an Amino Acid/Creatine Energy Supplement on the Acute Hormonal Response to Resistance Exercise. International Journal of Sport Nutrition and Exercise Metabolism, 2007, 17, 608-623.	1.0	18
140	COMPARISON OF LOW- AND HIGH-INTENSITY RESISTANCE EXERCISE ON LIPID PEROXIDATION. Journal of Strength and Conditioning Research, 2007, 21, 118-122.	1.0	31
141	ACUTE EFFECTS OF DIFFERENT WARM-UP PROTOCOLS WITH AND WITHOUT A WEIGHTED VEST ON JUMPING PERFORMANCE IN ATHLETIC WOMEN. Journal of Strength and Conditioning Research, 2007, 21, 52-56.	1.0	90
142	ACUTE MUSCULAR STRENGTH ASSESSMENT USING FREE WEIGHT BARS OF DIFFERENT THICKNESS. Journal of Strength and Conditioning Research, 2007, 21, 240-244.	1.0	21
143	Guidelines for Implementing a Dynamic Warm-up for Physical Education. Journal of Physical Education, Recreation and Dance, 2007, 78, 25-28.	0.1	23
144	Preliminary Evaluation of an After-School Resistance Training Program for Improving Physical Fitness in Middle School-Age Boys. Perceptual and Motor Skills, 2007, 104, 407-415.	0.6	32

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145	State of the Art Reviews: Resistance Training for Children and Adolescents. American Journal of Lifestyle Medicine, 2007, 1, 190-200.	0.8	43
146	The effect of rest interval length on metabolic responses to the bench press exercise. European Journal of Applied Physiology, 2007, 100, 1-17.	1.2	153
147	Influence of intensity fluctuation on exercise metabolism. European Journal of Applied Physiology, 2007, 100, 253-260.	1.2	7
148	Effect of Nutritionally Enriched Coffee Consumption on Aerobic and Anaerobic Exercise Performance. Journal of Strength and Conditioning Research, 2007, 21, 456.	1.0	36
149	The Combined Effects of Protein Intake and Resistance Training on Serum Osteocalcin Concentrations in Strength and Power Athletes. Journal of Strength and Conditioning Research, 2007, 21, 1197.	1.0	6
150	Effects of maximal squat exercise testing on vertical jump performance in american college football players. Journal of Sports Science and Medicine, 2007, 6, 149-50.	0.7	7
151	Effects of protein supplementation on muscular performance and resting hormonal changes in college football players. Journal of Sports Science and Medicine, 2007, 6, 85-92.	0.7	21
152	Effects of a short-term plyometric and resistance training program on fitness performance in boys age 12 to 15 years. Journal of Sports Science and Medicine, 2007, 6, 519-25.	0.7	83
153	Effect of Creatine and L-Alanine Supplementation on Performance and Endocrine Responses in Strength/Power Athletes. International Journal of Sport Nutrition and Exercise Metabolism, 2006, 16, 430-446.	1.0	118
154	Acute Effects of Different Warm-Up Protocols on Anaerobic Performance in Teenage Athletes. Pediatric Exercise Science, 2006, 18, 64-75.	0.5	45
155	Acute Explosive-Force Movements Enhance Bench-Press Performance in Athletic Men. International Journal of Sports Physiology and Performance, 2006, 1, 261-269.	1.1	14
156	Thermogenic Effect from Nutritionally Enriched Coffee Consumption. Journal of the International Society of Sports Nutrition, 2006, 3, 35-41.	1.7	38
157	Effect of Creatine and L-Alanine Supplementation on Performance and Endocrine Responses in Strength/Power Athletes. Medicine and Science in Sports and Exercise, 2006, 38, S126.	0.2	1
158	Dynamic warm-up protocols, with and without a weighted vest, and fitness performance in high school female athletes. Journal of Athletic Training, 2006, 41, 357-63.	0.9	55
159	Biochemical and Hormonal Responses during an Intercollegiate Football Season. Medicine and Science in Sports and Exercise, 2005, 37, 1237-1241.	0.2	70
160	Early Muscular Fitness Adaptations in Children in Response to Two Different Resistance Training Regimens. Pediatric Exercise Science, 2005, 17, 237-248.	0.5	47
161	Effects of a 12-Week Physical Activity Protocol Delivered by YMCA After-School Counselors (Youth Fit) Tj ETQq1 1 0.784314 rgBT /Over Exercise and Sport, 2005, 76, 468-476.	0.8	72
162	Acute Effects of Different Warm-up Protocols on Fitness Performance in Children. Journal of Strength and Conditioning Research, 2005, 19, 376.	1.0	112

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163	Perceived Exertion during Resistance Exercise by Children. <i>Perceptual and Motor Skills</i> , 2004, 98, 627-637.	0.6	28
164	Children's Heart Rates During Italian Physical Education Lessons. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, S145.	0.2	0
165	Acute Effects of Pre-event Static Stretching and Dynamic Exercise on Fitness Performance in Children. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, S356.	0.2	1
166	Maximal Strength Testing in Healthy Children. <i>Journal of Strength and Conditioning Research</i> , 2003, 17, 162.	1.0	106
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