Nathaniel D M Jenkins

List of Publications by Citations

91 papers	950 citations	16 h-index	26 g-index
116 ext. papers	1,234 ext. citations	2.3 avg, IF	4.39 L-index

#	Paper	IF	Citations
91	Muscle activation during three sets to failure at 80 vs. 30% 1RM resistance exercise. *European Journal of Applied Physiology*, **2015**, 115, 2335-47	3.4	77
90	Greater Neural Adaptations following High- vs. Low-Load Resistance Training. *Frontiers in Physiology*, **2017**, 8, 331	4.6	70
89	International society of sports nutrition position stand: caffeine and exercise performance. *Journal of the International Society of Sports Nutrition*, **2021**, 18, 1	4.5	67
88	Neuromuscular Adaptations After 2 and 4 Weeks of 80% Versus 30% 1 Repetition Maximum Resistance Training to Failure. *Journal of Strength and Conditioning Research*, **2016**, 30, 2174-85	3.2	54
87	Test-Retest Reliability of Single Transverse versus Panoramic Ultrasound Imaging for Muscle Size and Echo Intensity of the Biceps Brachii. *Ultrasound in Medicine and Biology*, **2015**, 41, 1584-91	3.5	44
86	Reliability and relationships among handgrip strength, leg extensor strength and power, and balance in older men. *Experimental Gerontology*, **2014**, 58, 47-50	4.5	34
85	Training Volume, Not Frequency, Indicative of Maximal Strength Adaptations to Resistance Training. *Journal of Strength and Conditioning Research*, **2018**, 32, 1207-1213	3.2	29
84	Role of Rotational Kinematics in Minimizing Elbow Varus Torques for Professional Versus High School Pitchers. *Orthopaedic Journal of Sports Medicine*, **2018**, 6, 2325967118760780	3.5	28
83	Molecular, neuromuscular, and recovery responses to light versus heavy resistance exercise in young men. *Physiological Reports*, **2017**, 5, e13457	2.6	26
82	Age-related differences in rates of torque development and rise in EMG are eliminated by normalization. *Experimental Gerontology*, **2014**, 57, 18-28	4.5	23
81	Reliability of manual versus automated techniques for assessing passive stiffness of the posterior muscles of the hip and thigh. *Journal of Sports Sciences*, **2013**, 31, 867-77	3.6	18
80	An examination of neuromuscular and metabolic fatigue thresholds. *Physiological Measurement*, **2013**, 34, 1253-67	2.9	18
79	Differences in Rotational Kinetics and Kinematics for Professional Baseball Pitchers With Higher Versus Lower Pitch Velocities. *Journal of Applied Biomechanics*, **2020**, 1-8	1.2	18
78	Effects of fatiguing, submaximal high- versus low-torque isometric exercise on motor unit recruitment and firing behavior. *Physiological Reports*, **2018**, 6, e13675	2.6	17
77	Functional hamstrings: quadriceps ratios in elite women's soccer players. *Journal of Sports Sciences*, **2013**, 31, 612-7	3.6	17
76	Implement Training for Concentric-Based Muscle Actions. *Strength and Conditioning Journal*, **2012**, 34, 1-7	2	17
75	Relative differences in strength and power from slow to fast isokinetic velocities may reflect dynapenia. *Muscle and Nerve*, **2015**, 52, 120-30	3.4	16

74	Relative contributions of strength, anthropometric, and body composition characteristics to estimated propulsive force in young male swimmers. *Journal of Strength and Conditioning Research*, **2015**, 29, 1473-9	3.2	16
73	Are Resistance Training-Mediated Decreases in Ultrasound Echo Intensity Caused by Changes in Muscle Composition, or Is There an Alternative Explanation?. *Ultrasound in Medicine and Biology*, **2016**, 42, 3050-3051	3.5	16
72	The rate of torque development: a unique, non-invasive indicator of eccentric-induced muscle damage?. *International Journal of Sports Medicine*, **2014**, 35, 1190-5	3.6	14
71	Effects of 6 weeks of aerobic exercise combined with conjugated linoleic acid on the physical working capacity at fatigue threshold. *Journal of Strength and Conditioning Research*, **2014**, 28, 2127-35	3.2	14
70	Reliability and differences in quadriceps femoris muscle morphology using ultrasonography: The effects of body position and rest time. *Ultrasound*, **2018**, 26, 214-221	1.3	13
69	Combining regression and mean comparisons to identify the time course of changes in neuromuscular responses during the process of fatigue. *Physiological Measurement*, **2016**, 37, 1993-2002	2.9	13
68	Muscle phenotype is related to motor unit behavior of the vastus lateralis during maximal isometric contractions. *Physiological Reports*, **2018**, 6, e13636	2.6	12
67	Comparing the reliability of voluntary and evoked muscle actions. *Clinical Physiology and Functional Imaging*, **2014**, 34, 434-41	2.4	12
66	The relationship between passive stiffness and muscle power output: influence of muscle cross-sectional area normalization. *Muscle and Nerve*, **2014**, 49, 69-75	3.4	12
65	The influence of input excitation on the inter- and intra-day reliability of the motor unit firing rate versus recruitment threshold relationship. *Journal of Neurophysiology*, **2018**, 120, 3131-3139	3.2	12
64	Isokinetic Dynamometry in Healthy Versus Sarcopenic and Malnourished Elderly: Beyond Simple Measurements of Muscle Strength. *Journal of Applied Gerontology*, **2017**, 36, 709-732	3.3	11
63	Time Course of Changes in Neuromuscular Parameters During Sustained Isometric Muscle Actions. *Journal of Strength and Conditioning Research*, **2016**, 30, 2697-2702	3.2	11
62	Effects of Velocity on Electromyographic, Mechanomyographic, and Torque Responses to Repeated Eccentric Muscle Actions. *Journal of Strength and Conditioning Research*, **2016**, 30, 1743-51	3.2	11
61	A Model for Identifying Intensity Zones Above Critical Velocity. *Journal of Strength and Conditioning Research*, **2017**, 31, 3260-3265	3.2	10
60	Inter-individual variability in the patterns of responses for electromyography and mechanomyography during cycle ergometry using an RPE-clamp model. *European Journal of Applied Physiology*, **2016**, 116, 1639-49	3.4	10
59	Effects of the innervation zone on the time and frequency domain parameters of the surface electromyographic signal. *Journal of Electromyography and Kinesiology*, **2015**, 25, 565-70	2.5	9
58	Physiological Responses during Cycle Ergometry at a Constant Perception of Effort. *International Journal of Sports Medicine*, **2015**, 36, 466-73	3.6	9
57	Effects of a pre-workout supplement on hyperemia following leg extension resistance exercise to failure with different resistance loads. *Journal of the International Society of Sports Nutrition*, **2017**, 14, 38	4.5	9

56	CLA supplementation and aerobic exercise lower blood triacylglycerol, but have no effect on peak oxygen uptake or cardiorespiratory fatigue thresholds. *Lipids*, **2014**, 49, 871-80	1.6	9
55	Factors underlying the perception of effort during constant heart rate running above and below the critical heart rate. *European Journal of Applied Physiology*, **2015**, 115, 2231-41	3.4	8
54	Genetic Polymorphisms in ADORA2A and CYP1A2 Influence Caffeine's Effect on Postprandial Glycaemia. *Scientific Reports*, **2019**, 9, 10532	4.9	8
53	Electromyographic, mechanomyographic, and metabolic responses during cycle ergometry at a constant rating of perceived exertion. *Applied Physiology, Nutrition and Metabolism*, **2015**, 40, 1178-85	3	8
52	Exertional Rhabdomyolysis in a 21-Year-Old Healthy Woman: A Case Report. *Journal of Strength and Conditioning Research*, **2017**, 31, 1403-1410	3.2	7
51	Reliability and Sensitivity of the Power Push-up Test for Upper-Body Strength and Power in 6-15-Year-Old Male Athletes. *Journal of Strength and Conditioning Research*, **2018**, 32, 83-96	3.2	7
50	Global electromyographic signal characteristics depend on maximal isometric contraction method in the knee extensors. *Journal of Electromyography and Kinesiology*, **2018**, 42, 111-116	2.5	7
49	The effects of anatabine on non-invasive indicators of muscle damage: a randomized, double-blind, placebo-controlled, crossover study. *Journal of the International Society of Sports Nutrition*, **2013**, 10, 33	4.5	7
48	Influence of stretching velocity on musculotendinous stiffness of the hamstrings during passive straight-leg raise assessments. *Musculoskeletal Science and Practice*, **2017**, 30, 80-85	2.4	6
47	Reliability and Minimum Detectable Change for Common Clinical Physical Function Tests in Sarcopenic Men and Women. *Journal of the American Geriatrics Society*, **2017**, 65, 839-846	5.6	6
46	Comparisons of voluntary and evoked rate of torque development and rate of velocity development during isokinetic muscle actions. *Isokinetics and Exercise Science*, **2013**, 21, 253-261	0.6	6
45	Maximal contraction methods influence the magnitude and reliability of global electromyographic signal characteristics. *Journal of Electromyography and Kinesiology*, **2019**, 48, 121-127	2.5	5
44	Physiologic responses to a thermogenic nutritional supplement at rest, during low-intensity exercise, and during recovery from exercise in college-aged women. *Applied Physiology, Nutrition and Metabolism*, **2013**, 38, 988-95	3	5
43	Effects of anatabine and unilateral maximal eccentric isokinetic muscle actions on serum markers of muscle damage and inflammation. *European Journal of Pharmacology*, **2014**, 728, 161-6	5.3	4
42	Individual Responses for Muscle Activation, Repetitions, and Volume during Three Sets to Failure of High- (80% 1RM) versus Low-Load (30% 1RM) Forearm Flexion Resistance Exercise. *Sports*, **2015**, 3, 269-280	3	4
41	Metabolic, cardiovascular, and perceptual responses to a thermogenic nutritional supplement at rest, during exercise, and recovery in men. *Journal of Strength and Conditioning Research*, **2014**, 28, 2154-63	3.2	4
40	Postprandial Metabolism and Vascular Function: Impact of Aging and Physical Activity Level. *International Journal of Sport Nutrition and Exercise Metabolism*, **2020**, 1-8	4.4	4
39	Effects of rumenic acid rich conjugated linoleic acid supplementation on cognitive function and handgrip performance in older men and women. *Experimental Gerontology*, **2016**, 84, 1-11	4.5	4

38	Normative Reference Values for High School-Aged American Football Players. *Journal of Strength and Conditioning Research*, **2020**, 34, 2849-2856	3.2	4
37	Childhood psychosocial stress is linked with impaired vascular endothelial function, lower SIRT1, and oxidative stress in young adulthood. *American Journal of Physiology - Heart and Circulatory Physiology*, **2021**, 321, H532-H541	5.2	4
36	Muscle size, strength, power, and echo intensity, but not specific tension, are affected by age in physically active adults. *Isokinetics and Exercise Science*, **2018**, 26, 95-103	0.6	3
35	Basic reporting and interpretation of surface EMG amplitude and mean power frequency: a reply to Vitgotsky, Ogborn, and Phillips. *European Journal of Applied Physiology*, **2016**, 116, 659-61	3.4	3
34	Application of the Critical Heart Model to Treadmill Running. *Journal of Strength and Conditioning Research*, **2015**, 29, 2237-48	3.2	3
33	Physiological Responses Underlying the Perception of Effort during Moderate and Heavy Intensity Cycle Ergometry. *Sports*, **2015**, 3, 369-382	3	3
32	The reliability of an abbreviated fat tolerance test: A comparison to the oral glucose tolerance test. *Clinical Nutrition ESPEN*, **2021**, 43, 428-435	1.3	3
31	Electromyographic Responses from the Vastus Medialis during Isometric Muscle Actions. *International Journal of Sports Medicine*, **2016**, 37, 647-52	3.6	3
30	Impact of Fatiguing, Submaximal High- vs. Low-Torque Isometric Exercise on Acute Muscle Swelling, and Echo Intensity in Resistance-Trained Men. *Journal of Strength and Conditioning Research*, **2019**, 33, 1007-1019	3.2	3
29	Genetic variant in the □adrenergic receptor (Arg16Gly) influences fat-free mass, muscle strength and motor unit behaviour in young men. *Experimental Physiology*, **2018**, 103, 1645-1655	2.4	3
28	Influences of Interelectrode Distance and Innervation Zone on Electromyographic Signals. *International Journal of Sports Medicine*, **2017**, 38, 111-117	3.6	2
27	Treadmill running using an RPE-clamp model: mediators of perception and implications for exercise prescription. *European Journal of Applied Physiology*, **2019**, 119, 2083-2094	3.4	2
26	Mechanomyographic responses during recruitment curves in the soleus muscle. *Muscle and Nerve*, **2017**, 56, 107-116	3.4	2
25	Resistance exercise attenuates postprandial metabolic responses to a high-fat meal similarly in younger and older men. *Nutrition Research*, **2020**, 83, 73-85	4	2
24	Increases in motor unit action potential amplitudes are related to muscle hypertrophy following eight weeks of high-intensity exercise training in females. *European Journal of Sport Science*, **2021**, 21, 1403-1413	3.9	2
23	Normative Reference Values for High School-Aged American Football Players: Proagility Drill and 40-Yard Dash Split Times. *Journal of Strength and Conditioning Research*, **2020**, 34, 1184-1187	3.2	2
22	The contributory role of vascular health in age-related anabolic resistance.. *Journal of Cachexia, Sarcopenia and Muscle*, **2021**,	10.3	2
21	Comparing passive angle-torque curves recorded simultaneously with a load cell versus an isokinetic dynamometer during dorsiflexion stretch tolerance assessments. *Medical Engineering and Physics*, **2015**, 37, 494-8	2.4	1

20	The effects of velocity on peak torque and neuromuscular responses during eccentric muscle actions. *Isokinetics and Exercise Science*, **2016**, 24, 1-6	0.6	1
19	The effects of gender and very short-term resistance training on peak torque, average power and neuromuscular responses of the forearm flexors. *Isokinetics and Exercise Science*, **2014**, 22, 123-130	0.6	1
18	Time course of changes in neuromuscular responses during rides to exhaustion above and below critical power. *Journal of Musculoskeletal Neuronal Interactions*, **2019**, 19, 266-275	1.3	1
17	Neuromuscular responses of the superficial quadriceps femoris muscles: muscle specific fatigue and inter-individual variability during severe intensity treadmill running. *Journal of Musculoskeletal Neuronal Interactions*, **2020**, 20, 77-87	1.3	1
16	Who would benefit most from postprandial lipid screening?. *Clinical Nutrition*, **2021**, 40, 4762-4771	5.9	1
15	Electromyographic amplitude versus torque relationships are different in young versus postmenopausal females and are related to muscle mass after controlling for bodyweight. *European Journal of Applied Physiology*, **2021**, 121, 479-488	3.4	1
14	Comparison Of Quadriceps Femoris Muscle Morphology Using Ultrasonography During Two Different Body Positions. *Medicine and Science in Sports and Exercise*, **2017**, 49, 466	1.2	
13	Dissociations among direct and indirect indicators of adiposity in young wrestlers. *Journal of Strength and Conditioning Research*, **2015**, 29, 408-15	3.2	
12	Effects of a Pre-Workout Supplement on Hyperemia Following Leg Extension Resistance Exercise at Different Intensities. *Medicine and Science in Sports and Exercise*, **2017**, 49, 83	1.2	
11	Effects of Speed and Agility Training on Combine Performance in Young Male Athletes. *Medicine and Science in Sports and Exercise*, **2017**, 49, 968	1.2	
10	Test-retest Reliability Of The 40-yd Dash And Vertical Jump Assessments In Youth Athletes. *Medicine and Science in Sports and Exercise*, **2017**, 49, 1082	1.2	
9	The Effects Of A Muscle Biopsy On Motor Unit Firing Properties. *Medicine and Science in Sports and Exercise*, **2017**, 49, 612-613	1.2	
8	Differences Among Kinetics, Kinematics, Performance, and Elbow Varus Torque in Professional Versus High School Pitchers. *Medicine and Science in Sports and Exercise*, **2017**, 49, 736	1.2	
7	The Influence of Motor Unit Number and Muscle Activation on Early Phase Rate of Torque Development in Younger and Older Men. *Journal of Motor Behavior*, **2021**, 1-7	1.4	
6	Both Slower Sensory Response Time and Electromechanical Delay Explain Age-related Differences in the Reactive Leg Drop. *Medicine and Science in Sports and Exercise*, **2018**, 50, 571	1.2	
5	Antagonist Coactivation During A Reactive Leg Drop In Young And Older Adults. *Medicine and Science in Sports and Exercise*, **2018**, 50, 556-557	1.2	
4	Inter-individual Variability in Metabolic and Neuromuscular Responses During Continuous Exercise Above and Below Critical Power. *Medicine and Science in Sports and Exercise*, **2018**, 50, 667	1.2	
3	Power Push-up Tests Performed from the Knees and Toes in Young Male Athletes. *Medicine and Science in Sports and Exercise*, **2017**, 49, 758	1.2	

2	Time Courses of Changes In Perceptual, Respiratory, and Neuromuscular Responses in the Severe Intensity Domain. *Medicine and Science in Sports and Exercise*, **2019**, 51, 387-388	1.2
1	Relationships between Motor Unit Behavior during Maximal Effort Contractions and Skeletal Muscle Phenotype. *Medicine and Science in Sports and Exercise*, **2018**, 50, 201	1.2