

Gary John Slater

List of Publications by Year in descending order

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Version: 2024-02-01

90
papers

3,185
citations

159585

30
h-index

168389

53
g-index

93
all docs

93
docs citations

93
times ranked

2996
citing authors

#	ARTICLE	IF	CITATIONS
1	Methodology Review: Using Dual-Energy X-Ray Absorptiometry (DXA) for the Assessment of Body Composition in Athletes and Active People. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2015, 25, 198-215.	2.1	237
2	Live high:train low increases muscle buffer capacity and submaximal cycling efficiency. <i>Acta Physiologica Scandinavica</i> , 2001, 173, 275-286.	2.2	214
3	A Review of Factors Influencing Athletes' Food Choices. <i>Sports Medicine</i> , 2015, 45, 1511-1522.	6.5	142
4	Effects of Daily Activities on Dual-Energy X-ray Absorptiometry Measurements of Body Composition in Active People. <i>Medicine and Science in Sports and Exercise</i> , 2012, 44, 180-189.	0.4	136
5	Validity of Dietary Assessment in Athletes: A Systematic Review. <i>Nutrients</i> , 2017, 9, 1313.	4.1	127
6	Eating Patterns and Meal Frequency of Elite Australian Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2003, 13, 521-538.	2.1	114
7	International Association of Athletics Federations Consensus Statement 2019: Nutrition for Athletics. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019, 29, 73-84.	2.1	110
8	Nutrition guidelines for strength sports: Sprinting, weightlifting, throwing events, and bodybuilding. <i>Journal of Sports Sciences</i> , 2011, 29, S67-S77.	2.0	109
9	Effect of Sodium Bicarbonate on [HCO ₃ ⁻], pH, and Gastrointestinal Symptoms. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2011, 21, 189-194.	2.1	108
10	β-Hydroxy-β-Methylbutyrate (HMB) Supplementation and the Promotion of Muscle Growth and Strength. <i>Sports Medicine</i> , 2000, 30, 105-116.	6.5	92
11	Dietary Supplementation Practices of Singaporean Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2003, 13, 320-332.	2.1	79
12	Dietary Intake of Competitive Bodybuilders. <i>Sports Medicine</i> , 2015, 45, 1041-1063.	6.5	79
13	Importance of Standardized DXA Protocol for Assessing Physique Changes in Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2016, 26, 259-267.	2.1	75
14	Effects of Exercise Sessions on DXA Measurements of Body Composition in Active People. <i>Medicine and Science in Sports and Exercise</i> , 2013, 45, 178-185.	0.4	69
15	Individualised dietary strategies for Olympic combat sports: Acute weight loss, recovery and competition nutrition. <i>European Journal of Sport Science</i> , 2017, 17, 727-740.	2.7	65
16	Physique traits of lightweight rowers and their relationship to competitive success. <i>British Journal of Sports Medicine</i> , 2005, 39, 736-741.	6.7	57
17	Impact of food and fluid intake on technical and biological measurement error in body composition assessment methods in athletes. <i>British Journal of Nutrition</i> , 2017, 117, 591-601.	2.3	55
18	β ² -hydroxy-β ² -methylbutyrate (HMB) kinetics and the influence of glucose ingestion in humans. <i>Journal of Nutritional Biochemistry</i> , 2001, 12, 631-639.	4.2	54

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19	Preexercise Aminoacidemia and Muscle Protein Synthesis after Resistance Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2012, 44, 1968-1977.	0.4	53
20	Techniques for Undertaking Dual-Energy X-Ray Absorptiometry Whole-Body Scans to Estimate Body Composition in Tall and/or Broad Subjects. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2012, 22, 313-322.	2.1	51
21	ACSM Expert Consensus Statement on Weight Loss in Weight-Category Sports. <i>Current Sports Medicine Reports</i> , 2021, 20, 199-217.	1.2	43
22	Body composition of elite Olympic combat sport athletes. <i>European Journal of Sport Science</i> , 2020, 20, 147-156.	2.7	42
23	Interpretation of Dual-Energy X-Ray Absorptiometry-Derived Body Composition Change in Athletes: A Review and Recommendations for Best Practice. <i>Journal of Clinical Densitometry</i> , 2018, 21, 429-443.	1.2	41
24	Is an Energy Surplus Required to Maximize Skeletal Muscle Hypertrophy Associated With Resistance Training. <i>Frontiers in Nutrition</i> , 2019, 6, 131.	3.7	41
25	Validation of a skinfold based index for tracking proportional changes in lean mass. <i>British Journal of Sports Medicine</i> , 2006, 40, 208-213.	6.7	39
26	Physiological implications of preparing for a natural male bodybuilding competition. <i>European Journal of Sport Science</i> , 2018, 18, 619-629.	2.7	38
27	Variability of Measurements of Sweat Sodium Using the Regional Absorbent-Patch Method. <i>International Journal of Sports Physiology and Performance</i> , 2014, 9, 832-838.	2.3	37
28	Body composition characteristics of elite Australian rugby union athletes according to playing position and ethnicity. <i>Journal of Sports Sciences</i> , 2015, 33, 970-978.	2.0	33
29	Reliability of 2 Different Positioning Protocols for Dual-Energy X-ray Absorptiometry Measurement of Body Composition in Healthy Adults. <i>Journal of Clinical Densitometry</i> , 2016, 19, 282-289.	1.2	32
30	The Effect of Water Loading on Acute Weight Loss Following Fluid Restriction in Combat Sports Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2018, 28, 565-573.	2.1	31
31	Validation of Bioelectrical Impedance Spectroscopy to Measure Total Body Water in Resistance-Trained Males. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2015, 25, 494-503.	2.1	28
32	The effect of a whey protein supplement dose on satiety and food intake in resistance training athletes. <i>Appetite</i> , 2015, 92, 178-184.	3.7	28
33	Impact of Acute Weight Loss and/or Thermal Stress on Rowing Ergometer Performance. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, 1387-1394.	0.4	27
34	Conducting an Acute Intense Interval Exercise Session During the Ramadan Fasting Month: What Is the Optimal Time of the Day?. <i>Chronobiology International</i> , 2012, 29, 1139-1150.	2.0	27
35	Reliability and Effect of Sodium Bicarbonate: Buffering and 2000-m Rowing Performance. <i>International Journal of Sports Physiology and Performance</i> , 2012, 7, 152-160.	2.3	26
36	Body-Mass Management of Australian Lightweight Rowers prior to and during Competition. <i>Medicine and Science in Sports and Exercise</i> , 2005, 37, 860-866.	0.4	24

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37	Supplement Use of Elite Australian Swimmers. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2016, 26, 249-258.	2.1	24
38	Effects of Ramadan fasting on training induced adaptations to a seven-week high-intensity interval exercise programme. <i>Science and Sports</i> , 2012, 27, 31-38.	0.5	22
39	Do the Nutrition Qualifications and Professional Practices of Registered Exercise Professionals Align?. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2015, 25, 154-162.	2.1	22
40	Low-Load Very High-Repetition Resistance Training Attenuates Bone Loss at the Lumbar Spine in Active Post-menopausal Women. <i>Calcified Tissue International</i> , 2015, 96, 490-499.	3.1	22
41	The Measurement and Interpretation of Dietary Protein Distribution During a Rugby Preseason. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2015, 25, 353-358.	2.1	21
42	A randomised controlled intervention study investigating the efficacy of carotenoid-rich fruits and vegetables and extra-virgin olive oil on attenuating sarcopenic symptomology in overweight and obese older adults during energy intake restriction: protocol paper. <i>BMC Geriatrics</i> , 2018, 18, 2.	2.7	21
43	Eating attitudes and behaviours of students enrolled in undergraduate nutrition and dietetics degrees. <i>Nutrition and Dietetics</i> , 2017, 74, 381-387.	1.8	19
44	Effect of Body Composition on Physiological Responses to Cold-Water Immersion and the Recovery of Exercise Performance. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 382-389.	2.3	19
45	Chronic Ketogenic Low Carbohydrate High Fat Diet Has Minimal Effects on Acid-Base Status in Elite Athletes. <i>Nutrients</i> , 2018, 10, 236.	4.1	19
46	Influence of Sodium Bicarbonate on Performance and Hydration in Lightweight Rowing. <i>International Journal of Sports Physiology and Performance</i> , 2012, 7, 11-18.	2.3	18
47	Screening for Low Energy Availability in Male Athletes: Attempted Validation of LEAM-Q. <i>Nutrients</i> , 2022, 14, 1873.	4.1	18
48	Impact of Two Different Body Mass Management Strategies on Repeat Rowing Performance. <i>Medicine and Science in Sports and Exercise</i> , 2006, 38, 138-146.	0.4	17
49	Prevalence, knowledge and attitudes relating to β -alanine use among professional footballers. <i>Journal of Science and Medicine in Sport</i> , 2017, 20, 12-16.	1.3	17
50	Skinfold Prediction Equations Fail to Provide an Accurate Estimate of Body Composition in Elite Rugby Union Athletes of Caucasian and Polynesian Ethnicity. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2018, 28, 90-99.	2.1	17
51	Acute weight loss followed by an aggressive nutritional recovery strategy has little impact on on-water rowing performance. <i>British Journal of Sports Medicine</i> , 2006, 40, 55-59.	6.7	16
52	Pseudoephedrine Ingestion and Cycling Time-Trial Performance. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2010, 20, 132-138.	2.1	15
53	Body mass management of lightweight rowers: nutritional strategies and performance implications. <i>British Journal of Sports Medicine</i> , 2014, 48, 1529-1533.	6.7	15
54	Accuracy and precision of estimation equations to predict net endogenous acid excretion using the Australian food database. <i>Nutrition and Dietetics</i> , 2017, 74, 308-312.	1.8	15

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55	Determinants of Food Choice in Athletes: A Systematic Scoping Review. <i>Sports Medicine - Open</i> , 2022, 8, .	3.1	15
56	Body mass changes and nutrient intake of dinghy sailors while racing. <i>Journal of Sports Sciences</i> , 2007, 25, 1129-1135.	2.0	14
57	Protein Requirements of Pre-Menopausal Female Athletes: Systematic Literature Review. <i>Nutrients</i> , 2020, 12, 3527.	4.1	14
58	Prevalence of Surrogate Markers of Relative Energy Deficiency in Male Norwegian Olympic-Level Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2021, 31, 497-506.	2.1	14
59	Preseason Body Composition Adaptations in Elite White and Polynesian Rugby Union Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019, 29, 9-17.	2.1	13
60	Same-Day Vs Consecutive-Day Precision Error of Dual-Energy X-Ray Absorptiometry for Interpreting Body Composition Change in Resistance-Trained Athletes. <i>Journal of Clinical Densitometry</i> , 2019, 22, 104-114.	1.2	13
61	Influence of Nutrient Intake after Weigh-In on Lightweight Rowing Performance. <i>Medicine and Science in Sports and Exercise</i> , 2007, 39, 184-191.	0.4	12
62	Increasing Protein Distribution Has No Effect on Changes in Lean Mass During a Rugby Preseason. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2016, 26, 1-7.	2.1	12
63	Development of an Athlete Diet Index for Rapid Dietary Assessment of Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019, 29, 643-650.	2.1	12
64	Prevalence of Exercise Addiction Symptomology and Disordered Eating in Australian Students Studying Nutrition and Dietetics. <i>Journal of the Academy of Nutrition and Dietetics</i> , 2017, 117, 1628-1636.	0.8	11
65	Diet Quality of Elite Australian Athletes Evaluated Using the Athlete Diet Index. <i>Nutrients</i> , 2021, 13, 126.	4.1	11
66	Sports nutrition for the recreational athlete. , 2020, 49, 17-22.		10
67	The relationship between dietary intake and energy availability, eating attitudes and cognitive restraint in students enrolled in undergraduate nutrition degrees. <i>Appetite</i> , 2016, 107, 406-414.	3.7	9
68	Influence of body composition on physiological responses to post-exercise hydrotherapy. <i>Journal of Sports Sciences</i> , 2018, 36, 1044-1053.	2.0	9
69	Are exercise professionals fit to provide nutrition advice? An evaluation of general nutrition knowledge. <i>Journal of Science and Medicine in Sport</i> , 2019, 22, 264-268.	1.3	9
70	A-Z of nutritional supplements: dietary supplements, sports nutrition foods and ergogenic aids for health and performance-Part 20. <i>British Journal of Sports Medicine</i> , 2011, 45, 530-532.	6.7	7
71	Influence of subject presentation on interpretation of body composition change after 6 months of self-selected training and diet in athletic males. <i>European Journal of Applied Physiology</i> , 2018, 118, 1273-1286.	2.5	7
72	Development and validation of a questionnaire investigating endurance athletes practices to manage gastrointestinal symptoms around exercise. <i>Nutrition and Dietetics</i> , 2021, 78, 286-295.	1.8	7

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73	Impact-Induced Muscle Damage: Performance Implications in Response to a Novel Collision Simulator and Associated Timeline of Recovery. <i>Journal of Sports Science and Medicine</i> , 2018, 17, 417-425.	1.6	7
74	Preparation of Former Heavyweight Oarsmen to Compete as Lightweight Rowers Over 16 Weeks: Three Case Studies. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2006, 16, 108-121.	2.1	6
75	Longitudinal Changes in Body Composition Assessed Using DXA and Surface Anthropometry Show Good Agreement in Elite Rugby Union Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019, 29, 24-31.	2.1	6
76	Abdominal adiposity distribution in elite rugby union athletes using magnetic resonance imaging. <i>Sport Sciences for Health</i> , 2019, 15, 99-107.	1.3	6
77	How body composition techniques measure up for reliability across the age-span. <i>American Journal of Clinical Nutrition</i> , 2021, 114, 281-294.	4.7	6
78	Spot-testing urine pH, a novel dietary biomarker? A randomised crossover trial. <i>Nutrition and Dietetics</i> , 2017, 74, 313-319.	1.8	5
79	Athlete Considerations for Physique Measurement. , 2018, , 47-60.		5
80	Short-Term Precision Error of Body Composition Assessment Methods in Resistance-Trained Male Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2021, 31, 55-65.	2.1	5
81	Pseudoephedrine and Preexercise Feeding. <i>Medicine and Science in Sports and Exercise</i> , 2013, 45, 1152-1157.	0.4	4
82	Relative validity and reliability of a novel diet quality assessment tool for athletes: the Athlete Diet Index. <i>British Journal of Nutrition</i> , 2021, 126, 307-319.	2.3	4
83	The dose-response relationship between pseudoephedrine ingestion and exercise performance. <i>Journal of Science and Medicine in Sport</i> , 2014, 17, 531-534.	1.3	3
84	Comparisons of Daily Energy Intake vs. Expenditure Using the GeneActiv Accelerometer in Elite Australian Football Athletes. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 1273-1278.	2.1	3
85	Imaging Method: Dual-Energy X-Ray Absorptiometry. , 2018, , 153-167.		2
86	Differences in visceral adipose tissue and biochemical cardiometabolic risk markers in elite rugby union athletes of Caucasian and Polynesian descent. <i>European Journal of Sport Science</i> , 2020, 20, 691-702.	2.7	2
87	Effect of Training Phase on Physical and Physiological Parameters of Male Powerlifters. <i>Sports</i> , 2020, 8, 106.	1.7	2
88	Accuracy of body composition measurement techniques across the age-span. <i>Applied Physiology, Nutrition and Metabolism</i> , 2022, , .	1.9	2
89	Use of anthropometric techniques in dietetic practice. <i>Nutrition and Dietetics</i> , 2010, 67, 62-64.	1.8	0
90	Increased carbohydrate availability effects energy and nutrient periodisation of professional male athletes from the Australian Football League. <i>Applied Physiology, Nutrition and Metabolism</i> , 2021, 46, 1510-1516.	1.9	0