

W Guy Hornsby

List of Publications by Citations

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

27 papers	315 citations	8 h-index	17 g-index
31 ext. papers	453 ext. citations	3.7 avg, IF	3.68 L-index

#	Paper	IF	Citations
27	The General Adaptation Syndrome: A Foundation for the Concept of Periodization. <i>Sports Medicine</i> , 2018 , 48, 787-797	10.6	67
26	The training process: Planning for strength/power training in track and field. Part 1: Theoretical aspects. <i>Journal of Sport and Health Science</i> , 2015 , 4, 308-317	8.2	61
25	The training process: Planning for strength/power training in track and field. Part 2: Practical and applied aspects. <i>Journal of Sport and Health Science</i> , 2015 , 4, 318-324	8.2	51
24	Maximum Strength, Rate of Force Development, Jump Height, and Peak Power Alterations in Weightlifters across Five Months of Training. <i>Sports</i> , 2017 , 5,	3	33
23	Resting Hormone Alterations and Injuries: Block vs. DUP Weight-Training among D-1 Track and Field Athletes. <i>Sports</i> , 2018 , 6,	3	12
22	Phase-Specific Changes in Rate of Force Development and Muscle Morphology Throughout a Block Periodized Training Cycle in Weightlifters. <i>Sports</i> , 2019 , 7,	3	11
21	Training for Muscular Strength: Methods for Monitoring and Adjusting Training Intensity. <i>Sports Medicine</i> , 2021 , 51, 2051-2066	10.6	9
20	Periodization and Block Periodization in Sports: Emphasis on Strength-Power Training-A Provocative and Challenging Narrative. <i>Journal of Strength and Conditioning Research</i> , 2021 , 35, 2351-2371	3.7	9
19	The Effect of Training Status on Adaptations to 11 Weeks of Block Periodization Training. <i>Sports</i> , 2020 , 8,	3	8
18	Monitoring Neuromuscular Performance in Military Personnel. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	7
17	Servant or Service? The Problem and a Conceptual Solution. <i>Journal of Intercollegiate Sport</i> , 2017 , 10, 228-243	1	7
16	Addressing the Confusion within Periodization Research. <i>Journal of Functional Morphology and Kinesiology</i> , 2020 , 5,	2.4	6
15	Alterations in Adiponectin, Leptin, Resistin, Testosterone, and Cortisol across Eleven Weeks of Training among Division One Collegiate Throwers: A Preliminary Study. <i>Journal of Functional Morphology and Kinesiology</i> , 2020 , 5,	2.4	4
14	Identifying Reliable and Relatable Force-Time Metrics in Athletes-Considerations for the Isometric Mid-Thigh Pull and Countermovement Jump. <i>Sports</i> , 2020 , 9,	3	4
13	Authors' Reply to Buckner et al.: Comment on: "The General Adaptation Syndrome: A Foundation for the Concept of Periodization". <i>Sports Medicine</i> , 2018 , 48, 1755-1757	10.6	3
12	Weightlifting for Children and Adolescents: A Narrative Review. <i>Sports Health</i> , 2022 , 14, 45-56	4.7	3
11	On "The Basics of Training for Muscle Size and Strength". <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 2047-2050	1.2	3

10	COVID-19 Surveillance and Competition in Sport: Utilizing Sport Science to Protect Athletes and Staff during and after the Pandemic. <i>Journal of Functional Morphology and Kinesiology</i> , 2020 , 5,	2.4	3
9	Lean Body Mass and Muscle Cross-Sectional Area Adaptations Among College Age Males with Different Strength Levels across 11 Weeks of Block Periodized Programmed Resistance Training. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	3
8	Resistance Training Volume Load with and without Exercise Displacement. <i>Sports</i> , 2018 , 6,	3	3
7	Survey of Barbell Trajectory and Kinematics of the Snatch Lift from the 2015 World and 2017 Pan-American Weightlifting Championships. <i>Sports</i> , 2020 , 8,	3	2
6	Applying Force Plate Technology to Inform Human Performance Programming in Tactical Populations. <i>Applied Sciences (Switzerland)</i> , 2021 , 11, 6538	2.6	2
5	The Acute Effects of Whole Body Vibration on Isometric Mid-Thigh Pull Performance. <i>Vibration</i> , 2020 , 3, 85-98	2	1
4	Strength, Endocrine, and Body Composition Alterations across Four Blocks of Training in an Elite 400 m Sprinter. <i>Journal of Functional Morphology and Kinesiology</i> , 2021 , 6,	2.4	1
3	Troubleshooting a Nonresponder: Guidance for the Strength and Conditioning Coach. <i>Sports</i> , 2021 , 9,	3	1
2	Changes in Maximal Strength and Home Run Performance in NCAA Division I Baseball Players Across 3 Competitive Seasons: A Descriptive Study. <i>Journal of Functional Morphology and Kinesiology</i> , 2021 , 6,	2.4	1
1	Simplifying External Load Data in NCAA Division-I Men's Basketball Competitions: A Principal Component Analysis.. <i>Frontiers in Sports and Active Living</i> , 2022 , 4, 795897	2.3	0