Takashi Nakagata

List of Publications by Year
in descending order

19 papers	114 citations	1477746 6 h-index	1473754 9 g-index
21 all docs	21 docs citations	21 times ranked	82 citing authors

#	Article	IF	Citations
1	Association of bioelectrical phase angle with aerobic capacity, complex gait ability and total fitness score in older adults. Experimental Gerontology, 2021, 150, 111350.	1.2	18
2	Prevalence and Features of Impaired Glucose Tolerance in Young Underweight Japanese Women. Journal of Clinical Endocrinology and Metabolism, 2021, 106, e2053-e2062.	1.8	15
3	Ingestion of an exogenous ketone monoester improves the glycemic response during oral glucose tolerance test in individuals with impaired glucose tolerance: A crossâ€over randomized trial. Journal of Diabetes Investigation, 2021, 12, 756-762.	1.1	11
4	Association between locomotive syndrome and blood parameters in Japanese middle-aged and elderly individuals: a cross-sectional study. BMC Musculoskeletal Disorders, 2019, 20, 104.	0.8	10
5	Energy expenditure, recovery oxygen consumption, and substrate oxidation during and after body weight resistance exercise with slow movement compared to treadmill walking. Physiology International, 2018, 105, 371-385.	0.8	8
6	Combination of body massâ€based resistance training and highâ€intensity walking can improve both muscle size and O₂ peak in untrained older women. Geriatrics and Gerontology International, 2017, 17, 779-784.	0.7	7
7	Metabolic equivalents of body weight resistance exercise with slow movement in older adults using indirect calorimetry. Applied Physiology, Nutrition and Metabolism, 2019, 44, 1254-1257.	0.9	6
8	Energy Expenditure of a Single Sit-to-Stand Movement with Slow Versus Normal Speed Using the Different Frequency Accumulation Method. Medicina (Lithuania), 2019, 55, 77.	0.8	6
9	Factors associated with sarcopenia screened by finger-circle test among middle-aged and older adults: a population-based multisite cross-sectional survey in Japan. BMC Public Health, 2021, 21, 798.	1.2	6
10	Effects of a progressive walking program on the risk of developing locomotive syndrome in elderly Japanese people: a single-arm trial. Journal of Physical Therapy Science, 2018, 30, 1180-1186.	0.2	4
11	Effects of Progressive Walking and Stair-Climbing Training Program on Muscle Size and Strength of the Lower Body in Untrained Older Adults. Journal of Sports Science and Medicine, 2019, 18, 722-728.	0.7	4
12	Locomotive Syndrome Relation to Daily Physical Activity, Physical Function, and Body Composition in Elderly People: A Pilot Study. Juntendo Medical Journal, 2016, 62, 225-230.	0.1	3
13	Association between Daily Physical Activity and Locomotive Syndrome in Community-Dwelling Japanese Older Adults: A Cross-Sectional Study. International Journal of Environmental Research and Public Health, 2022, 19, 8164.	1.2	3
14	Heart Rate Responses and Exercise Intensity During A Prolonged 4-Hour Individual Cycling Race among Japanese Recreational Cyclists. Sports, 2019, 7, 109.	0.7	2
15	Characteristics associated with elevated 1â€h plasma glucose levels during a 75â€g oral glucose tolerance test in nonâ€obese Japanese men. Journal of Diabetes Investigation, 2020, 11, 1520-1523.	1.1	2
16	Site-Specific Muscle Loss in the Abdomen and Anterior Thigh in Elderly Males with Locomotive Syndrome. Journal of Sports Science and Medicine, 2021, 20, 635-641.	0.7	2
17	Effects of Transdermal Nicotine Patches on Energy Expenditure Measured with a Human Calorimeter. Juntendo Medical Journal, 2016, 62, 232-239.	0.1	2
18	The Effects of Transdermal Nicotine Patches on the Cardiorespiratory and Lactate Responses During Exercise from Light to Moderate Intensity: Implications for Exercise Prescription during Smoking Cessation. Medicina (Lithuania), 2019, 55, 348.	0.8	1

#	Article	IF	Citations
19	Weight over-reporting is associated with low muscle mass among community-dwelling Japanese adults aged 40 years and older: a cross sectional study. Journal of Physiological Anthropology, 2022, 41, 19.	1.0	0