Thomas G Balshaw

List of Publications by Year
in descending order

22 papers	584 citations	687220 13 h-index	677027 22 g-index
23 all docs	23 docs citations	23 times ranked	691 citing authors

#	Article	IF	Citations
1	Effect of longâ€term maximum strength training on explosive strength, neural, and contractile properties. Scandinavian Journal of Medicine and Science in Sports, 2022, 32, 685-697.	1.3	6
2	The Muscle Morphology of Elite Sprint Running. Medicine and Science in Sports and Exercise, 2021, 53, 804-815.	0.2	38
3	Corticospinal excitability and motor representation after longâ€term resistance training. European Journal of Neuroscience, 2021, 53, 3416-3432.	1.2	7
4	The Human Muscle Size and Strength Relationship: Effects of Architecture, Muscle Force, and Measurement Location. Medicine and Science in Sports and Exercise, 2021, 53, 2140-2151.	0.2	19
5	Neural adaptations to long-term resistance training: evidence for the confounding effect of muscle size on the interpretation of surface electromyography. Journal of Applied Physiology, 2021, 131, 702-715.	1.2	17
6	Muscle Growth Does Contribute to the Increases in Strength that Occur after Resistance Training. Medicine and Science in Sports and Exercise, 2021, 53, 2006-2010.	0.2	10
7	Behavior of motor units during submaximal isometric contractions in chronically strength-trained individuals. Journal of Applied Physiology, 2021, 131, 1584-1598.	1.2	11
8	What makes long-term resistance-trained individuals so strong? A comparison of skeletal muscle morphology, architecture, and joint mechanics. Journal of Applied Physiology, 2020, 128, 1000-1011.	1.2	48
9	Neural adaptations after 4 years vs 12 weeks of resistance training vs untrained. Scandinavian Journal of Medicine and Science in Sports, 2019, 29, 348-359.	1.3	42
10	Biceps femoris long head muscle fascicle length does not differ between sexes. Journal of Sports Sciences, 2019, 37, 2452-2458.	1.0	7
11	Is the joint-angle specificity of isometric resistance training real? And if so, does it have a neural basis?. European Journal of Applied Physiology, 2019, 119, 2465-2476.	1.2	14
12	Tendinous Tissue Adaptation to Explosive- vs. Sustained-Contraction Strength Training. Frontiers in Physiology, 2018, 9, 1170.	1.3	20
13	Does normalization of voluntary <scp>EMG</scp> amplitude to <scp>M_{MAX}</scp> account for the influence of electrode location and adiposity?. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 2558-2566.	1.3	31
14	The influence of patellar tendon and muscleâ€"tendon unit stiffness on quadriceps explosive strength in man. Experimental Physiology, 2017, 102, 448-461.	0.9	12
15	Changes in agonist neural drive, hypertrophy and pre-training strength all contribute to the individual strength gains after resistance training. European Journal of Applied Physiology, 2017, 117, 631-640.	1.2	69
16	Reliability of quadriceps surface electromyography measurements is improved by two vs. single site recordings. European Journal of Applied Physiology, 2017, 117, 1085-1094.	1.2	29
17	Muscle size and strength: debunking the â€œcompletely separate phenomenaâ€• suggestion. European Journal of Applied Physiology, 2017, 117, 1275-1276.	1.2	14
18	Do changes in neuromuscular activation contribute to the knee extensor angleâ€"torque relationship?. Experimental Physiology, 2017, 102, 962-973.	0.9	32

#	Article	IF	Citations
19	Training-specific functional, neural, and hypertrophic adaptations to explosive- vs. sustained-contraction strength training. Journal of Applied Physiology, 2016, 120, 1364-1373.	1.2	76
20	Comparison of Acute Countermovement Jump Responses After Functional Isometric and Dynamic Half Squats. Journal of Strength and Conditioning Research, 2014, 28, 3363-3374.	1.0	2
21	The effect of acute taurine ingestion on 3-km running performance in trained middle-distance runners. Amino Acids, 2013, 44, 555-561.	1.2	57
22	Evaluation of electromyography normalisation methods for the back squat. Journal of Electromyography and Kinesiology, 2012, 22, 308-319.	0.7	23