

Methenitis Spyridon PhD

List of Publications by Citations

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Version: 2024-04-28

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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.

41
papers

420
citations

11
h-index

19
g-index

46
ext. papers

589
ext. citations

2.9
avg, IF

3.99
L-index

#	Paper	IF	Citations
41	Rate of Force Development, Muscle Architecture, and Performance in Young Competitive Track and Field Throwers. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 81-92	3.2	42
40	Muscle Fiber Conduction Velocity, Muscle Fiber Composition, and Power Performance. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 1761-71	1.2	39
39	Effects of tapering with light vs. heavy loads on track and field throwing performance. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 3484-95	3.2	29
38	Role of Muscle Morphology in Jumping, Sprinting, and Throwing Performance in Participants With Different Power Training Duration Experience. <i>Journal of Strength and Conditioning Research</i> , 2016 , 30, 807-17	3.2	29
37	A Brief Review on Concurrent Training: From Laboratory to the Field. <i>Sports</i> , 2018 , 6,	3	29
36	Effects of Strength vs. Ballistic-Power Training on Throwing Performance. <i>Journal of Sports Science and Medicine</i> , 2013 , 12, 130-7	2.7	27
35	Body composition analysis in late-onset Pompe disease. <i>Molecular Genetics and Metabolism</i> , 2011 , 102, 41-3	3.7	24
34	Rate of Force Development and Muscle Architecture after Fast and Slow Velocity Eccentric Training. <i>Sports</i> , 2019 , 7,	3	22
33	Early phase interference between low-intensity running and power training in moderately trained females. <i>European Journal of Applied Physiology</i> , 2016 , 116, 1063-73	3.4	22
32	Fiber Type Composition and Rate of Force Development in Endurance- and Resistance-Trained Individuals. <i>Journal of Strength and Conditioning Research</i> , 2019 , 33, 2388-2397	3.2	21
31	Regulation of Granulocyte Colony-Stimulating Factor and Its Receptor in Skeletal Muscle is Dependent Upon the Type of Inflammatory Stimulus. <i>Journal of Interferon and Cytokine Research</i> , 2015 , 35, 710-9	3.5	12
30	The Effect of Short-Term Sport-Specific Strength and Conditioning Training on Physical Fitness of Well-Trained Mixed Martial Arts Athletes. <i>Journal of Sports Science and Medicine</i> , 2018 , 17, 348-358	2.7	11
29	Intramuscular fiber conduction velocity, isometric force and explosive performance. <i>Journal of Human Kinetics</i> , 2016 , 51, 93-101	2.6	11
28	The Importance of Lean Body Mass for the Rate of Force Development in Taekwondo Athletes and Track and Field Throwers. <i>Journal of Functional Morphology and Kinesiology</i> , 2018 , 3,	2.4	10
27	Effect of Concurrent Power Training and High-Intensity Interval Cycling on Muscle Morphology and Performance. <i>Journal of Strength and Conditioning Research</i> , 2021 , 35, 2464-2471	3.2	10
26	Effects of low volume isometric leg press complex training at two knee angles on force-angle relationship and rate of force development. <i>European Journal of Sport Science</i> , 2019 , 19, 345-353	3.9	9
25	Nutrition strategies before and during ultra-endurance event: A significant gap between science and practice. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018 , 28, 881-892	4.6	9

24	Exercise-Associated Hyponatremia during the Olympus Marathon Ultra-Endurance Trail Run. <i>Nutrients</i> , 2020 , 12,	6.7	8
23	Changes in Muscle Power and Muscle Morphology with Different Volumes of Fast Eccentric Half-Squats. <i>Sports</i> , 2019 , 7,	3	8
22	Nutritional Routine of Tae Kwon Do Athletes Prior to Competition: What Is the Impact of Weight Control Practices?. <i>Journal of the American College of Nutrition</i> , 2017 , 36, 448-454	3.5	6
21	Triceps Brachii Muscle Strength and Architectural Adaptations with Resistance Training Exercises at Short or Long Fascicle Length. <i>Journal of Functional Morphology and Kinesiology</i> , 2018 , 3, 28	2.4	6
20	Changes of rate of torque development in soccer players after a Loughborough Intermittent Shuttle Test: Effect of bovine colostrum supplementation. <i>Isokinetics and Exercise Science</i> , 2020 , 28, 59-72	0.6	6
19	Acute Effect of Upper and Lower Body Postactivation Exercises on Shot Put Performance. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 970-982	3.2	5
18	Muscle fiber composition, jumping performance, and rate of force development adaptations induced by different power training volumes in females. <i>Applied Physiology, Nutrition and Metabolism</i> , 2020 , 45, 996-1006	3	4
17	Bone mineral density in adult patients with Pompe disease. <i>Bone</i> , 2011 , 48, 417; author reply 418-9	4.7	4
16	Can Exercise-Induced Muscle Damage Be a Good Model for the Investigation of the Anti-Inflammatory Properties of Diet in Humans?. <i>Biomedicines</i> , 2021 , 9,	4.8	4
15	The importance of protein intake in master marathon runners. <i>Nutrition</i> , 2021 , 86, 111154	4.8	3
14	Reliability of resting intramuscular fiber conduction velocity [evaluation]. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018 , 28, 48-56	4.6	2
13	Effect of exercise training on functional capacity and body composition in myotonic dystrophy type 2 patients. <i>Muscle and Nerve</i> , 2021 , 63, 477-483	3.4	2
12	Different Kinetics of Oxidative Stress and Inflammatory Markers after Eccentric Exercise in Upper and Lower Limbs. <i>Proceedings (mdpi)</i> , 2019 , 25, 17	0.3	1
11	The effect of gender, age and sports specialisation on isometric trunk strength in Greek high level young athletes. <i>Sports Biomechanics</i> , 2020 , 1-15	2.2	1
10	The Specific Impact of Nutrition and Physical Activity on Adolescents' Body Composition and Energy Balance. <i>Research Quarterly for Exercise and Sport</i> , 2021 , 92, 736-746	1.9	1
9	Bilateral asymmetries in male and female young elite fencers in relation to fencing performance. <i>Isokinetics and Exercise Science</i> , 2021 , 29, 113-121	0.6	1
8	Intramuscular fibre conduction velocity and muscle fascicle length in human vastus lateralis. <i>Applied Physiology, Nutrition and Metabolism</i> , 2019 , 44, 133-138	3	0
7	Different eccentric based Power Training volumes improve glycemic, lipidemic profile and body composition of females in a dose-dependent manner. Associations with muscle fibers composition adaptations.. <i>European Journal of Sport Science</i> , 2022 , 1-28	3.9	0

6	The acute effects of different high-intensity conditioning activities on sprint performance differ between sprinters of different strength and power characteristics. <i>Kinesiology</i> , 2021 , 53, 193-205	1	0
5	Comparison of short-term hypocaloric high-protein diets with a hypocaloric Mediterranean diet: Effect on body composition and health-related blood markers in overweight and sedentary young participants. <i>Nutrition</i> , 2021 , 91-92, 111365	4.8	0
4	Exploring the predictors and prognostic significance of exercise-induced cardiac troponin release in master athletes following a 28km mountain race. The Vamvakou Research Project.. <i>Biomarkers</i> , 2022 , 1-30	2.6	0
3	The importance of aerobic capacity and nutrition in recreational master mountain runners: performance and race-induced changes in body composition and biochemical blood indices. <i>International Journal of Sports Science and Coaching</i> , 174795412110563	1.8	0
2	200. <i>Cytokine</i> , 2014 , 70, 76	4	
1	P-35 Effects of 6 months systematic physical activity on body weight, glucose, cholesterol and blood pressure in elderly women. <i>British Journal of Sports Medicine</i> , 2016 , 50, A50.1-A50	10.3	