

Methenitis Spyridon PhD

List of Publications by Year in Descending Order

Source: <https://exaly.com/author-pdf/9273941/methenitis-spyridon-phd-publications-by-year.pdf>

Version: 2024-04-28

This document has been generated based on the publications and citations recorded by exaly.com. For the latest version of this publication list, visit the link given above.

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	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
40	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
39	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
38	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
37	The importance of protein intake in master marathon runners. <i>Nutrition</i> , 2021 , 86, 111154	4.8	3
36	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
35	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
34	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
33	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
32	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
31	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
30	Exercise-Associated Hyponatremia during the Olympus Marathon Ultra-Endurance Trail Run. <i>Nutrients</i> , 2020 , 12,	6.7	8
29	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
28	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
27	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
26	Rate of Force Development and Muscle Architecture after Fast and Slow Velocity Eccentric Training. <i>Sports</i> , 2019 , 7,	3	22
25	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

24	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
23	Changes in Muscle Power and Muscle Morphology with Different Volumes of Fast Eccentric Half-Squats. <i>Sports</i> , 2019 , 7,	3	8
22	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
21	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
20	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
19	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
18	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
17	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
16	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
15	A Brief Review on Concurrent Training: From Laboratory to the Field. <i>Sports</i> , 2018 , 6,	3	29
14	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
13	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
12	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
11	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
10	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	
9	Intramuscular fiber conduction velocity, isometric force and explosive performance. <i>Journal of Human Kinetics</i> , 2016 , 51, 93-101	2.6	11
8	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
7	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

6	200. <i>Cytokine</i> , 2014 , 70, 76		4
5	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
4	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
3	Bone mineral density in adult patients with Pompe disease. <i>Bone</i> , 2011 , 48, 417; author reply 418-9	4.7	4
2	Body composition analysis in late-onset Pompe disease. <i>Molecular Genetics and Metabolism</i> , 2011 , 102, 41-3	3.7	24
1	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