Paul M Gordon

List of Publications by Year
in descending order

78 papers	3,775 citations	159585 30 h-index	128289 60 g-index
78 all docs	78 docs citations	78 times ranked	5027 citing authors

#	Article	IF	Citations
1	Resistance exercise for muscular strength in older adults: A meta-analysis. Ageing Research Reviews, 2010, 9, 226-237.	10.9	554
2	Influence of Resistance Exercise on Lean Body Mass in Aging Adults. Medicine and Science in Sports and Exercise, 2011, 43, 249-258.	0.4	449
3	ACTN3 genotype is associated with increases in muscle strength in response to resistance training in women. Journal of Applied Physiology, 2005, 99, 154-163.	2.5	262
4	Variability in muscle size and strength gain after unilateral resistance training. Medicine and Science in Sports and Exercise, 2005, 37, 964-72.	0.4	241
5	Chronic disease risk among adults with cerebral palsy: the role of premature sarcopoenia, obesity and sedentary behaviour. Obesity Reviews, 2013, 14, 171-182.	6.5	139
6	Resistance exercise training modulates acute gene expression during human skeletal muscle hypertrophy. Journal of Applied Physiology, 2014, 116, 693-702.	2.5	103
7	Skeletal muscle gene expression in response to resistance exercise: sex specific regulation. BMC Genomics, 2010, 11, 659.	2.8	91
8	ACE ID Genotype and the Muscle Strength and Size Response to Unilateral Resistance Training. Medicine and Science in Sports and Exercise, 2006, 38, 1074-1081.	0.4	89
9	Resistance Exercise for the Aging Adult: Clinical Implications and Prescription Guidelines. American Journal of Medicine, 2011, 124, 194-198.	1.5	89
10	Cognitive behavioral stress management effects on injury and illness among competitive athletes: A Randomized Clinical trial. Annals of Behavioral Medicine, 2003, 25, 66-73.	2.9	88
11	Resistance exercise training influences skeletal muscle immune activation: a microarray analysis. Journal of Applied Physiology, 2012, 112, 443-453.	2.5	79
12	Apolipoprotein e genotype and changes in serum lipids and maximal oxygen uptake with exercise training. Metabolism: Clinical and Experimental, 2004, 53, 193-202.	3.4	70
13	Strength Capacity and Cardiometabolic Risk Clustering in Adolescents. Pediatrics, 2014, 133, e896-e903.	2.1	64
14	Interleukin-15 and interleukin-15RÎ± SNPs and associations with muscle, bone, and predictors of the metabolic syndrome. Cytokine, 2008, 43, 45-53.	3.2	63
15	Secondary muscle pathology and metabolic dysregulation in adults with cerebral palsy. American Journal of Physiology - Endocrinology and Metabolism, 2012, 303, E1085-E1093.	3.5	63
16	Functional Polymorphisms Associated with Human Muscle Size and Strength. Medicine and Science in Sports and Exercise, 2004, 36, 1132-1139.	0.4	62
17	Low Muscle Strength Thresholds for the Detection of Cardiometabolic Risk in Adolescents. American Journal of Preventive Medicine, 2016, 50, 593-599.	3.0	58
18	Progression of volume load and muscular adaptation during resistance exercise. European Journal of Applied Physiology, 2011, 111, 1063-1071.	2.5	54

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19	Microarray Analysis Reveals Novel Features of the Muscle Aging Process in Men and Women. Journals of Gerontology - Series A Biological Sciences and Medical Sciences, 2013, 68, 1035-1044.	3.6	50
20	Myostatin and Follistatin Polymorphisms Interact with Muscle Phenotypes and Ethnicity. Medicine and Science in Sports and Exercise, 2009, 41, 1063-1071.	0.4	46
21	The acute effects of exercise intensity on HDL???C metabolism. Medicine and Science in Sports and Exercise, 1994, 26, 671-677.	0.4	44
22	Stages of change for weight management in postpartum women. Journal of the American Dietetic Association, 2004, 104, 1102-1108.	1.1	44
23	Use of a community trail among new and habitual exercisers: a preliminary assessment. Preventing Chronic Disease, 2004, 1, A11.	3.4	43
24	Apolipoprotein A1 genotype affects the change in high density lipoprotein cholesterol subfractions with exercise training. Atherosclerosis, 2006, 185, 65-69.	0.8	42
25	Immune adaptation to chronic intense exercise training: new microarray evidence. BMC Genomics, 2017, 18, 29.	2.8	40
26	PPARÎ± L162V underlies variation in serum triglycerides and subcutaneous fat volume in young males. BMC Medical Genetics, 2007, 8, 55.	2.1	37
27	Sleep Duration Predicts Cardiometabolic Risk in Obese Adolescents. Journal of Pediatrics, 2014, 164, 1085-1090.e1.	1.8	37
28	Alterations in Osteopontin Modify Muscle Size in Females in Both Humans and Mice. Medicine and Science in Sports and Exercise, 2013, 45, 1060-1068.	0.4	35
29	Differences in fat and muscle mass associated with a functional human polymorphism in a postâ€transcriptional BMP2 gene regulatory element. Journal of Cellular Biochemistry, 2009, 107, 1073-1082.	2.6	34
30	CCL2 and CCR2 variants are associated with skeletal muscle strength and change in strength with resistance training. Journal of Applied Physiology, 2010, 109, 1779-1785.	2.5	34
31	Grip Strength Is Associated with Longitudinal Health Maintenance and Improvement in Adolescents. Journal of Pediatrics, 2018, 202, 226-230.	1.8	31
32	The Muscle Strength and Size Response to Upper Arm, Unilateral Resistance Training Among Adults Who Are Overweight and Obese. Journal of Strength and Conditioning Research, 2007, 21, 307.	2.1	31
33	Resistin Polymorphisms Are Associated with Muscle, Bone, and Fat Phenotypes in White Men and Women. Obesity, 2007, 15, 392-402.	3.0	29
34	AKT1 polymorphisms are associated with risk for metabolic syndrome. Human Genetics, 2011, 129, 129-139.	3.8	29
35	Leptin and leptin receptor genetic variants associate with habitual physical activity and the arm body composition response to resistance training. Gene, 2012, 510, 66-70.	2.2	26
36	The effect of apolipoprotein E genotype on serum lipoprotein particle response to exercise. Atherosclerosis, 2006, 188, 126-133.	0.8	25

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37	A polymorphism near IGF1 is associated with body composition and muscle function in women from the Health, Aging, and Body Composition Study. European Journal of Applied Physiology, 2010, 110, 315-324.	2.5	25
38	Subcutaneous Fat Alterations Resulting from an Upper-Body Resistance Training Program. Medicine and Science in Sports and Exercise, 2007, 39, 1177-1185.	0.4	24
39	CNTF 1357 G â†' A polymorphism and the muscle strength response to resistance training. Journal of Applied Physiology, 2009, 107, 1235-1240.	2.5	24
40	INSIG2 gene polymorphism is associated with increased subcutaneous fat in women and poor response to resistance training in men. BMC Medical Genetics, 2008, 9, 117.	2.1	22
41	The quantity and quality of physical activity among those trying to lose weight. American Journal of Preventive Medicine, 2000, 18, 83-86.	3.0	21
42	Allometric scaling of isometric biceps strength in adult females and the effect of body mass index. European Journal of Applied Physiology, 2008, 104, 701-710.	2.5	21
43	Variants of the Ankyrin Repeat Domain 6 Gene (ANKRD6) and Muscle and Physical Activity Phenotypes Among European-Derived American Adults. Journal of Strength and Conditioning Research, 2012, 26, 1740-1748.	2.1	20
44	SLC30A8 Nonsynonymous Variant Is Associated With Recovery Following Exercise and Skeletal Muscle Size and Strength. Diabetes, 2014, 63, 363-368.	0.6	20
45	Effects of exercise with varying energy expenditure on high-density lipoprotein-cholesterol. European Journal of Applied Physiology and Occupational Physiology, 1996, 72, 242-248.	1.2	19
46	Angiotensin-Converting Enzyme Genotype and Adherence to Aerobic Exercise Training. Preventive Cardiology, 2006, 9, 21-24.	1.1	18
47	MC4R Variant Is Associated With BMI but Not Response to Resistance Training in Young Females. Obesity, 2011, 19, 662-666.	3.0	17
48	Built environment and psychosocial factors associated with trail proximity and use. American Journal of Health Behavior, 2007, 31, 374-83.	1.4	17
49	Vascular Remodeling in Response to 12 wk of Upper Arm Unilateral Resistance Training. Medicine and Science in Sports and Exercise, 2009, 41, 2003-2008.	0.4	16
50	The 1p13.3 LDL (C)-Associated Locus Shows Large Effect Sizes in Young Populations. Pediatric Research, 2011, 69, 538-543.	2.3	15
51	Obesity-Related Genetic Variants and their Associations with Physical Activity. Sports Medicine - Open, 2015, 1, 34.	3.1	15
52	Principal component analysis reveals gender-specific predictors of cardiometabolic risk in 6th graders. Cardiovascular Diabetology, 2012, 11, 146.	6.8	14
53	Recumbent Cross-Training Is a Feasible and Safe Mode of Physical Activity for Significantly Motor-Impaired Adults With Cerebral Palsy. Archives of Physical Medicine and Rehabilitation, 2013, 94, 401-407.	0.9	14
54	Effect of Different Quantities of Variable Practice on Acquisition, Retention, and Transfer of An Applied Motor Skill. Perceptual and Motor Skills, 1998, 87, 147-151.	1.3	13

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55	Environmental Perceptions Related to Physical Activity in High- and Low-Risk Counties. Health Promotion Practice, 2005, 6, 57-63.	1.6	13
56	Association of Age with Muscle Size and Strength Before and After Short-Term Resistance Training in Young Adults. Journal of Strength and Conditioning Research, 2009, 23, 1915-1920.	2.1	13
57	Allometric Scaling of Biceps Strength before and after Resistance Training in Men. Medicine and Science in Sports and Exercise, 2007, 39, 1013-1019.	0.4	12
58	Nondisease genetic testing: reporting of muscle SNPs shows effects on self-concept and health orientation scales. European Journal of Human Genetics, 2005, 13, 1047-1054.	2.8	11
59	Comparison of Exercise and Normal Variability on HDL Cholesterol Concentrations and Lipolytic Activity. International Journal of Sports Medicine, 1996, 17, 332-337.	1.7	10
60	Micronutrient and anthropometric status indicators are associated with physical fitness in Colombian schoolchildren. British Journal of Nutrition, 2011, 105, 1832-1842.	2.3	10
61	Sitting Time and All-Cause Mortality Risk. Archives of Internal Medicine, 2012, 172, 1270.	3.8	10
62	A genetic variant in <scp>IL</scp>â€15RÎ± correlates with physical activity among Europeanâ€“American adults. Molecular Genetics & Genomic Medicine, 2018, 6, 401-408.	1.2	10
63	Validity of the Borg Perceived Exertion Scale for Use in Semirecumbent Ergometry during Immersion in Water. Perceptual and Motor Skills, 1996, 83, 3-13.	1.3	9
64	Slow and Steady: Readiness, Pretreatment Weekly Strengthening Activity, and Pediatric Weight Management Program Completion. Childhood Obesity, 2013, 9, 193-199.	1.5	9
65	Glucocorticoid Receptor (NR3C1) Variants Associate with the Muscle Strength and Size Response to Resistance Training. PLoS ONE, 2016, 11, e0148112.	2.5	9
66	Interactive effects ofAPOEhaplotype, sex, and exercise on postheparin plasma lipase activities. Journal of Applied Physiology, 2011, 110, 1021-1028.	2.5	8
67	Metabolic and perceptual responses during arm and leg ergometry in water and air. Medicine and Science in Sports and Exercise, 1995, 27, 760???764.	0.4	7
68	The angiotensin-converting enzyme insertion/deletion polymorphism rs4340 associates with habitual physical activity among European American adults. Molecular Genetics & Genomic Medicine, 2017, 5, 524-530.	1.2	7
69	Expression of macrophage genes within skeletal muscle correlates inversely with adiposity and insulin resistance in humans. Applied Physiology, Nutrition and Metabolism, 2018, 43, 187-193.	1.9	7
70	Apolipoprotein E genotype and sex influence C-reactive protein levels regardless of exercise training status. Metabolism: Clinical and Experimental, 2008, 57, 1204-1210.	3.4	5
71	Endothelial Nitric Oxide Synthase (NOS3) +894â€‰G>T Associates with Physical Activity and Muscle Performance among Young Adults. ISRN Vascular Medicine, 2012, 2012, 1-7.	0.7	4
72	Low macrophage content in diabetic and aging human skeletal muscle. Obesity, 2013, 21, 2-2.	3.0	4

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73	Hyperleptinemia is Associated With CRP but Not Apolipoprotein E and is Reduced by Exercise Training. International Journal of Sport Nutrition and Exercise Metabolism, 2014, 24, 524-531.	2.1	3
74	Response to Comment on Sprouse et al.SLC30A8Nonsynonymous Variant Is Associated With Recovery Following Exercise and Skeletal Muscle Size and Strength. Diabetes 2014;63:363â€“368. Diabetes, 2014, 63, e9-e10.	0.6	3
75	Association Between Physician Recommendation for Adolescents to Join a Weight Loss Program and BMI Change. Journal of Primary Care and Community Health, 2012, 3, 83-87.	2.1	1
76	THE MUSCLE STRENGTH AND SIZE RESPONSE TO UPPER ARM,UNILATERAL RESISTANCE TRAINING AMONG ADULTS WHO ARE OVERWEIGHT AND OBESE. Journal of Strength and Conditioning Research, 2007, 21, 307-313.	2.1	0
77	Skeletal muscle remodeling during hypertrophy involves the coordinated expression of growth and atrophy genes. FASEB Journal, 2006, 20, A392.	0.5	0
78	Apolipoprotein E polymorphism has no cross sectional association with Câ€reactive protein levels in women. FASEB Journal, 2007, 21, .	0.5	0