

João P Nunes

List of Publications by Year in descending order

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Version: 2024-02-01

73
papers

955
citations

516710

16
h-index

580821

25
g-index

73
all docs

73
docs citations

73
times ranked

848
citing authors

#	ARTICLE	IF	CITATIONS
1	Resistance training reduces metabolic syndrome and inflammatory markers in older women: A randomized controlled trial. <i>Journal of Diabetes</i> , 2018, 10, 328-337.	1.8	66
2	Effect of whey protein supplementation combined with resistance training on body composition, muscular strength, functional capacity, and plasma-metabolism biomarkers in older women with sarcopenic obesity: A randomized, double-blind, placebo-controlled trial. <i>Clinical Nutrition ESPEN</i> , 2019, 32, 88-95.	1.2	61
3	Resistance Training Performed With Single and Multiple Sets Induces Similar Improvements in Muscular Strength, Muscle Mass, Muscle Quality, and IGF-1 in Older Women: A Randomized Controlled Trial. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1008-1016.	2.1	48
4	Improvements in Phase Angle Are Related With Muscle Quality Index After Resistance Training in Older Women. <i>Journal of Aging and Physical Activity</i> , 2019, 27, 515-520.	1.0	43
5	Improvement of cellular health indicators and muscle quality in older women with different resistance training volumes. <i>Journal of Sports Sciences</i> , 2018, 36, 2843-2848.	2.0	38
6	What influence does resistance exercise order have on muscular strength gains and muscle hypertrophy? A systematic review and meta-analysis. <i>European Journal of Sport Science</i> , 2021, 21, 149-157.	2.7	35
7	Effects of a high-volume static stretching programme on plantar-flexor muscle strength and architecture. <i>European Journal of Applied Physiology</i> , 2021, 121, 1159-1166.	2.5	34
8	Does stretch training induce muscle hypertrophy in humans? A review of the literature. <i>Clinical Physiology and Functional Imaging</i> , 2020, 40, 148-156.	1.2	31
9	Comparison Between High- and Low-Intensity Static Stretching Training Program on Active and Passive Properties of Plantar Flexors. <i>Frontiers in Physiology</i> , 2021, 12, 796497.	2.8	26
10	Body Water Content and Morphological Characteristics Modify Bioimpedance Vector Patterns in Volleyball, Soccer, and Rugby Players. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 6604.	2.6	25
11	Selection of Resistance Exercises for Older Individuals: The Forgotten Variable. <i>Sports Medicine</i> , 2020, 50, 1051-1057.	6.5	25
12	Different Foot Positioning During Calf Training to Induce Portion-Specific Gastrocnemius Muscle Hypertrophy. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 2347-2351.	2.1	24
13	Effects of Different Resistance Training Systems on Muscular Strength and Hypertrophy in Resistance-Trained Older Women. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 545-553.	2.1	22
14	The effects of static stretching programs on muscle strength and muscle architecture of the medial gastrocnemius. <i>PLoS ONE</i> , 2020, 15, e0235679.	2.5	22
15	Comment on: "Comparison of Periodized and Non-Periodized Resistance Training on Maximal Strength: A Meta-Analysis". <i>Sports Medicine</i> , 2018, 48, 491-494.	6.5	21
16	Effects of Single Set Resistance Training With Different Frequencies on a Cellular Health Indicator in Older Women. <i>Journal of Aging and Physical Activity</i> , 2018, 26, 537-543.	1.0	21
17	Training and Detraining Effects Following a Static Stretching Program on Medial Gastrocnemius Passive Properties. <i>Frontiers in Physiology</i> , 2021, 12, 656579.	2.8	21
18	Acute Effects of Different Training Loads on Affective Responses in Resistance-trained Men. <i>International Journal of Sports Medicine</i> , 2019, 40, 850-855.	1.7	20

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19	Resistance Training Improves a Cellular Health Parameter in Obese Older Women: A Randomized Controlled Trial. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 2996-3002.	2.1	19
20	Resistance training performed with single-set is sufficient to reduce cardiovascular risk factors in untrained older women: The randomized clinical trial. <i>Active Aging Longitudinal Study. Archives of Gerontology and Geriatrics</i> , 2019, 81, 171-175.	3.0	18
21	Placing Greater Torque at Shorter or Longer Muscle Lengths? Effects of Cable vs. Barbell Preacher Curl Training on Muscular Strength and Hypertrophy in Young Adults. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 5859.	2.6	17
22	Effects of Resistance Training with Different Pyramid Systems on Bioimpedance Vector Patterns, Body Composition, and Cellular Health in Older Women: A Randomized Controlled Trial. <i>Sustainability</i> , 2020, 12, 6658.	3.2	15
23	Responsiveness to muscle mass gain following 12 and 24 weeks of resistance training in older women. <i>Aging Clinical and Experimental Research</i> , 2021, 33, 1071-1078.	2.9	15
24	Potential Role of Pre-Exhaustion Training in Maximizing Muscle Hypertrophy: A Review of the Literature. <i>Strength and Conditioning Journal</i> , 2019, 41, 75-80.	1.4	14
25	Influence of Resistance Training Exercise Order on Muscle Strength, Hypertrophy, and Anabolic Hormones in Older Women: A Randomized Controlled Trial. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 3103-3109.	2.1	14
26	Effects of Pyramid Resistance-Training System with Different Repetition Zones on Cardiovascular Risk Factors in Older Women: A Randomized Controlled Trial. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 6115.	2.6	13
27	Elbow Joint Angles in Elbow Flexor Unilateral Resistance Exercise Training Determine Its Effects on Muscle Strength and Thickness of Trained and Non-trained Arms. <i>Frontiers in Physiology</i> , 2021, 12, 734509.	2.8	13
28	Does Varying Resistance Exercises Promote Superior Muscle Hypertrophy and Strength Gains? A Systematic Review. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 1753-1762.	2.1	13
29	Effects of Different Resistance Training Loads on the Muscle Quality Index in Older Women. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 1445-1449.	2.1	12
30	Creatine supplementation elicits greater muscle hypertrophy in upper than lower limbs and trunk in resistance-trained men. <i>Nutrition and Health</i> , 2017, 23, 223-229.	1.5	11
31	Effects of Different Weekly Sets-Equated Resistance Training Frequencies on Muscular Strength, Muscle Mass, and Body Fat in Older Women. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 2990-2995.	2.1	11
32	Effects of Three Resistance Exercise Orders on Muscular Function and Body Composition in Older Women. <i>International Journal of Sports Medicine</i> , 2020, 41, 1024-1031.	1.7	10
33	Similar Effects of 24 Weeks of Resistance Training Performed with Different Frequencies on Muscle Strength, Muscle Mass, and Muscle Quality in Older Women. <i>International Journal of Exercise Science</i> , 2019, 12, 623-635.	0.5	10
34	Cross-education effect of 4-week high- or low-intensity static stretching intervention programs on passive properties of plantar flexors. <i>Journal of Biomechanics</i> , 2022, 133, 110958.	2.1	10
35	Creatine Supplementation Does Not Influence the Ratio Between Intracellular Water and Skeletal Muscle Mass in Resistance-Trained Men. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2020, 30, 405-411.	2.1	9
36	Effects of higher habitual protein intake on resistance-training-induced changes in body composition and muscular strength in untrained older women: A clinical trial study. <i>Nutrition and Health</i> , 2019, 25, 103-112.	1.5	8

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37	Does Performing Different Resistance Exercises for the Same Muscle Group Induce Non-homogeneous Hypertrophy?. <i>International Journal of Sports Medicine</i> , 2021, 42, 803-811.	1.7	8
38	Equating Resistance-Training Volume Between Programs Focused on Muscle Hypertrophy. <i>Sports Medicine</i> , 2021, 51, 1171-1178.	6.5	8
39	Does resistance training promote enough muscular strength increases to move weak older women to better strength categories?. <i>Experimental Gerontology</i> , 2021, 149, 111322.	2.8	8
40	A Brief Review on the Effects of the Squat Exercise on Lower-Limb Muscle Hypertrophy. <i>Strength and Conditioning Journal</i> , 2023, 45, 58-66.	1.4	8
41	Effects of order of resistance training exercises on muscle hypertrophy in young adult men. <i>Applied Physiology, Nutrition and Metabolism</i> , 2019, 44, 420-424.	1.9	7
42	Resistance Exercise Order Does Not Affect the Magnitude and Duration of Postexercise Blood Pressure in Older Women. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1062-1070.	2.1	7
43	Large and Small Muscles in Resistance Training: Is It Time for a Better Definition?. <i>Strength and Conditioning Journal</i> , 2017, 39, 33-35.	1.4	6
44	Should Competitive Bodybuilders Ingest More Protein than Current Evidence-Based Recommendations?. <i>Sports Medicine</i> , 2019, 49, 1481-1485.	6.5	6
45	Effects of Adding Inter-Set Static Stretching to Flywheel Resistance Training on Flexibility, Muscular Strength, and Regional Hypertrophy in Young Men. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 3770.	2.6	6
46	Photobiomodulation Therapy at 808 nm Does Not Improve Biceps Brachii Performance to Exhaustion and Delayed-Onset Muscle Soreness in Young Adult Women: A Randomized, Controlled, Crossover Trial. <i>Frontiers in Physiology</i> , 2021, 12, 664582.	2.8	6
47	Whey Protein Supplementation Is Superior to Leucine-Matched Collagen Peptides to Increase Muscle Thickness During a 10-Week Resistance Training Program in Untrained Young Adults. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2022, 32, 133-143.	2.1	6
48	Effects of Different Dietary Energy Intake Following Resistance Training on Muscle Mass and Body Fat in Bodybuilders: A Pilot Study. <i>Journal of Human Kinetics</i> , 2019, 70, 125-134.	1.5	5
49	Moderate and Higher Protein Intakes Promote Superior Body Recomposition in Older Women Performing Resistance Training. <i>Medicine and Science in Sports and Exercise</i> , 2022, 54, 807-813.	0.4	5
50	The data do not seem to support the effect of stretch training on increasing muscle thickness. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2018, 28, 2767-2768.	2.9	4
51	Influence of Handgrip Stabilization During Isokinetic Knee Strength Assessment in Older Women. <i>Perceptual and Motor Skills</i> , 2020, 127, 671-683.	1.3	4
52	Resistance training reduces depressive and anxiety symptoms in older women: a pilot study. <i>Aging and Mental Health</i> , 2022, 26, 1136-1142.	2.8	4
53	Comparison of 2 Weekly Frequencies of Resistance Training on Muscular Strength, Body Composition, and Metabolic Biomarkers in Resistance-Trained Older Women: Effects of Detraining and Retraining. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 1437-1444.	2.1	4
54	Effects of Muay Thai training frequency on body composition and physical fitness in healthy untrained women. <i>Journal of Sports Medicine and Physical Fitness</i> , 2018, 58, 1808-1814.	0.7	3

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55	Effects of four exercise orders on perceived exertion, feeling, and arousal in older women following 12 weeks of resistance training. <i>Science and Sports</i> , 2021, 36, 176-178.	0.5	3
56	Comparison of the effects of different weekly frequencies of resistance training on metabolic health markers and body fat in older women. <i>Journal of Sports Medicine and Physical Fitness</i> , 2020, 60, 618-624.	0.7	3
57	Improvement of Oxidative Stress in Older Women Is Dependent on Resistance Training Volume: Active Aging Longitudinal Study. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 1141-1146.	2.1	3
58	Starting the Resistance-Training Session with Lower-Body Exercises Provides Lower Session Perceived Exertion without Altering the Training Volume in Older Women. <i>International Journal of Exercise Science</i> , 2019, 12, 1187-1197.	0.5	3
59	Comparison of traditional and accommodating resistance training with chains on muscular adaptations in young men. <i>Journal of Sports Medicine and Physical Fitness</i> , 2022, 62, .	0.7	3
60	Muscular strength and skeletal muscle mass in 511 physically independent older women aged 60-88 years. <i>Experimental Gerontology</i> , 2022, 166, 111867.	2.8	3
61	Effect of Resistance Training Intensity on Blood Pressure in Older Women. <i>Journal of Aging and Physical Activity</i> , 2021, 29, 225-232.	1.0	2
62	Effects of Photobiomodulation/Laser Therapy Combined With Resistance Training on Quadriceps Hypertrophy and Strength, and Postural Balance in Older Women: A Randomized, Triple-Blinded, Placebo-Controlled Study. <i>Journal of Geriatric Physical Therapy</i> , 2022, 45, 125-133.	1.1	2
63	The Generality of Strength: Relationship between Different Measures of Muscular Strength in Older Women. <i>International Journal of Exercise Science</i> , 2020, 13, 1638-1649.	0.5	2
64	Acute effect of different resistance training loads on perceived effort and affectivity in older women: a cross-over and randomized study. <i>Aging Clinical and Experimental Research</i> , 2022, 34, 1333-1339.	2.9	2
65	Changes in Intra-to-Extra-Cellular Water Ratio and Bioelectrical Parameters from Day-Before to Day-Of Competition in Bodybuilders: A Pilot Study. <i>Sports</i> , 2022, 10, 23.	1.7	2
66	Partial range of motion and muscle hypertrophy: not all ROMs lead to Rome. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2022, 32, 632-633.	2.9	2
67	Differential Responsiveness for Strength Gain Between Limbs After Resistance Training in Older Women: Impact on Interlimb Asymmetry Reduction. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 3209-3216.	2.1	2
68	Are We Exploring the Potential Role of Specialized Techniques in Muscle Hypertrophy?. <i>International Journal of Sports Medicine</i> , 2021, 42, 494-496.	1.7	1
69	Effects of Laser Photobiomodulation Therapy at 808 nm on Muscle Performance and Perceived Exertion in Elderly Women. <i>Topics in Geriatric Rehabilitation</i> , 2020, 36, 237-245.	0.4	1
70	Does Varying Resistance Exercises for the Same Muscle Group Promote Greater Strength Gains?. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 3032-3039.	2.1	1
71	Influence of Trunk Position during Three Lunge Exercises on Muscular Activation in Trained Women. <i>International Journal of Exercise Science</i> , 2021, 14, 202-210.	0.5	0
72	Leucine Supplementation Does Not Improve Muscle Recovery from Resistance Exercise in Young Adults: A Randomized, Double-Blinded, Crossover Study. <i>International Journal of Exercise Science</i> , 2021, 14, 486-497.	0.5	0

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73	Photobiomodulation therapy with light-emitting diode does not improve lower-body muscle performance and delayed-onset muscle soreness in resistance-trained women: A randomized, controlled, crossover trial. Science and Sports, 2022, , .	0.5	0