Nathaniel D M Jenkins

List of Publications by Year
in descending order

116 papers	1,490 citations	430874 18 h-index	377865 34 g-index
116 all docs	116 docs citations	116 times ranked	1520 citing authors

#	Article	IF	Citations
1	International society of sports nutrition position stand: caffeine and exercise performance. Journal of the International Society of Sports Nutrition, 2021, 18, 1.	3.9	222
2	Greater Neural Adaptations following High- vs. Low-Load Resistance Training. Frontiers in Physiology, 2017, 8, 331.	2.8	112
3	Muscle activation during three sets to failure at 80 vs. 30Â% 1RM resistance exercise. European Journal of Applied Physiology, 2015, 115, 2335-2347.	2.5	91
4	Neuromuscular Adaptations After 2 and 4 Weeks of 80% Versus 30% 1 Repetition Maximum Resistance Training to Failure. Journal of Strength and Conditioning Research, 2016, 30, 2174-2185.	2.1	70
5	Testâ€"Retest Reliability of Single Transverse versus Panoramic Ultrasound Imaging for Muscle Size and Echo Intensity of the Biceps Brachii. Ultrasound in Medicine and Biology, 2015, 41, 1584-1591.	1.5	59
6	Reliability and relationships among handgrip strength, leg extensor strength and power, and balance in older men. Experimental Gerontology, 2014, 58, 47-50.	2.8	51
7	Training Volume, Not Frequency, Indicative of Maximal Strength Adaptations to Resistance Training. Journal of Strength and Conditioning Research, 2018, 32, 1207-1213.	2.1	47
8	Role of Rotational Kinematics in Minimizing Elbow Varus Torques for Professional Versus High School Pitchers. Orthopaedic Journal of Sports Medicine, 2018, 6, 232596711876078.	1.7	45
9	Molecular, neuromuscular, and recovery responses to light versus heavy resistance exercise in young men. Physiological Reports, 2017, 5, e13457.	1.7	36
10	Differences in Rotational Kinetics and Kinematics for Professional Baseball Pitchers With Higher Versus Lower Pitch Velocities. Journal of Applied Biomechanics, 2020, 36, 68-75.	0.8	30
11	Relative Contributions of Strength, Anthropometric, and Body Composition Characteristics to Estimated Propulsive Force in Young Male Swimmers. Journal of Strength and Conditioning Research, 2015, 29, 1473-1479.	2.1	27
12	Effects of fatiguing, submaximal high- versus low-torque isometric exercise on motor unit recruitment and firing behavior. Physiological Reports, 2018, 6, e13675.	1.7	26
13	Age-related differences in rates of torque development and rise in EMG are eliminated by normalization. Experimental Gerontology, 2014, 57, 18-28.	2.8	25
14	Functional hamstrings: quadriceps ratios in elite women's soccer players. Journal of Sports Sciences, 2013, 31, 612-617.	2.0	22
15	The Rate of Torque Development: A Unique, Non-invasive Indicator of Eccentric-induced Muscle Damage?. International Journal of Sports Medicine, 2014, 35, 1190-1195.	1.7	21
16	An examination of neuromuscular and metabolic fatigue thresholds. Physiological Measurement, 2013, 34, 1253-1267.	2.1	20
17	Implement Training for Concentric-Based Muscle Actions. Strength and Conditioning Journal, 2012, 34, 1-7.	1.4	19
18	The influence of input excitation on the inter- and intra-day reliability of the motor unit firing rate versus recruitment threshold relationship. Journal of Neurophysiology, 2018, 120, 3131-3139.	1.8	19

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19	Reliability and differences in quadriceps femoris muscle morphology using ultrasonography: The effects of body position and rest time. Ultrasound, 2018, 26, 214-221.	0.7	19
20	Childhood psychosocial stress is linked with impaired vascular endothelial function, lower SIRT1, and oxidative stress in young adulthood. American Journal of Physiology - Heart and Circulatory Physiology, 2021, 321, H532-H541.	3.2	19
21	Reliability of manual versus automated techniques for assessing passive stiffness of the posterior muscles of the hip and thigh. Journal of Sports Sciences, 2013, 31, 867-877.	2.0	18
22	Comparing the reliability of voluntary and evoked muscle actions. Clinical Physiology and Functional Imaging, 2014, 34, 434-441.	1.2	18
23	Effects of 6 Weeks of Aerobic Exercise Combined With Conjugated Linoleic Acid on the Physical Working Capacity at Fatigue Threshold. Journal of Strength and Conditioning Research, 2014, 28, 2127-2135.	2.1	18
24	Relative differences in strength and power from slow to fast isokinetic velocities may reflect dynapenia. Muscle and Nerve, 2015, 52, 120-130.	2.2	18
25	Are Resistance Training-Mediated Decreases in Ultrasound Echo Intensity Caused by Changes in Muscle Composition, or Is There an Alternative Explanation?. Ultrasound in Medicine and Biology, 2016, 42, 3050-3051.	1.5	18
26	Muscle phenotype is related to motor unit behavior of the vastus lateralis during maximal isometric contractions. Physiological Reports, 2018, 6, e13636.	1.7	18
27	CLA Supplementation and Aerobic Exercise Lower Blood Triacylglycerol, but Have No Effect on Peak Oxygen Uptake or Cardiorespiratory Fatigue Thresholds. Lipids, 2014, 49, 871-880.	1.7	17
28	A Model for Identifying Intensity Zones Above Critical Velocity. Journal of Strength and Conditioning Research, 2017, 31, 3260-3265.	2.1	17
29	Combining regression and mean comparisons to identify the time course of changes in neuromuscular responses during the process of fatigue. Physiological Measurement, 2016, 37, 1993-2002.	2.1	16
30	Isokinetic Dynamometry in Healthy Versus Sarcopenic and Malnourished Elderly: Beyond Simple Measurements of Muscle Strength. Journal of Applied Gerontology, 2017, 36, 709-732.	2.0	15
31	Time Course of Changes in Neuromuscular Parameters During Sustained Isometric Muscle Actions. Journal of Strength and Conditioning Research, 2016, 30, 2697-2702.	2.1	14
32	Effects of a pre-workout supplement on hyperemia following leg extension resistance exercise to failure with different resistance loads. Journal of the International Society of Sports Nutrition, 2017, 14, 38.	3.9	14
33	The relationship between passive stiffness and muscle power output: Influence of muscle cross-sectional area normalization. Muscle and Nerve, 2014, 49, 69-75.	2.2	13
34	Effects of Velocity on Electromyographic, Mechanomyographic, and Torque Responses to Repeated Eccentric Muscle Actions. Journal of Strength and Conditioning Research, 2016, 30, 1743-1751.	2.1	13
35	Inter-individual variability in the patterns of responses for electromyography and mechanomyography during cycle ergometry using an RPE-clamp model. European Journal of Applied Physiology, 2016, 116, 1639-1649.	2.5	13
36	Genetic Polymorphisms in ADORA2A and CYP1A2 Influence Caffeineâ€™s Effect on Postprandial Glycaemia. Scientific Reports, 2019, 9, 10532.	3.3	13

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37	The contributory role of vascular health in ageâ€related anabolic resistance. Journal of Cachexia, Sarcopenia and Muscle, 2022, 13, 114-127.	7.3	13
38	Physiological Responses during Cycle Ergometry at a Constant Perception of Effort. International Journal of Sports Medicine, 2015, 36, 466-473.	1.7	12
39	Electromyographic, mechanomyographic, and metabolic responses during cycle ergometry at a constant rating of perceived exertion. Applied Physiology, Nutrition and Metabolism, 2015, 40, 1178-1185.	1.9	11
40	Factors underlying the perception of effort during constant heart rate running above and below the critical heart rate. European Journal of Applied Physiology, 2015, 115, 2231-2241.	2.5	11
41	Reliability and Minimum Detectable Change for Common Clinical Physical Function Tests in Sarcopenic Men and Women. Journal of the American Geriatrics Society, 2017, 65, 839-846.	2.6	11
42	Effects of the innervation zone on the time and frequency domain parameters of the surface electromyographic signal. Journal of Electromyography and Kinesiology, 2015, 25, 565-570.	1.7	10
43	Treadmill running using an RPE-clamp model: mediators of perception and implications for exercise prescription. European Journal of Applied Physiology, 2019, 119, 2083-2094.	2.5	10
44	Postprandial Metabolism and Vascular Function: Impact of Aging and Physical Activity Level. International Journal of Sport Nutrition and Exercise Metabolism, 2020, 30, 412-419.	2.1	10
45	Reliability and Sensitivity of the Power Push-up Test for Upper-Body Strength and Power in 6â€“15-Year-Old Male Athletes. Journal of Strength and Conditioning Research, 2018, 32, 83-96.	2.1	9
46	Global electromyographic signal characteristics depend on maximal isometric contraction method in the knee extensors. Journal of Electromyography and Kinesiology, 2018, 42, 111-116.	1.7	9
47	Exertional Rhabdomyolysis in a 21-Year-Old Healthy Woman: A Case Report. Journal of Strength and Conditioning Research, 2017, 31, 1403-1410.	2.1	8
48	The reliability of an abbreviated fat tolerance test: A comparison to the oral glucose tolerance test. Clinical Nutrition ESPEN, 2021, 43, 428-435.	1.2	8
49	The effects of anatabine on non-invasive indicators of muscle damage: a randomized, double-blind, placebo-controlled, crossover study. Journal of the International Society of Sports Nutrition, 2013, 10, 33.	3.9	7
50	Comparisons of voluntary and evoked rate of torque development and rate of velocity development during isokinetic muscle actions. Isokinetics and Exercise Science, 2013, 21, 253-261.	0.4	7
51	Normative Reference Values for High School-Aged American Football Players. Journal of Strength and Conditioning Research, 2020, 34, 2849-2856.	2.1	7
52	Application of the Critical Heart Model to Treadmill Running. Journal of Strength and Conditioning Research, 2015, 29, 2237-2248.	2.1	6
53	Influence of stretching velocity on musculotendinous stiffness of the hamstrings during passive straight-leg raise assessments. Musculoskeletal Science and Practice, 2017, 30, 80-85.	1.3	6
54	Muscle size, strength, power, and echo intensity, but not specific tension, are affected by age in physically active adults. Isokinetics and Exercise Science, 2018, 26, 95-103.	0.4	6

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55	Impact of Fatiguing, Submaximal High- vs. Low-Torque Isometric Exercise on Acute Muscle Swelling, and Echo Intensity in Resistance-Trained Men. Journal of Strength and Conditioning Research, 2019, 33, 1007-1019.	2.1	6
56	Who would benefit most from postprandial lipid screening?. Clinical Nutrition, 2021, 40, 4762-4771.	5.0	6
57	Physiologic responses to a thermogenic nutritional supplement at rest, during low-intensity exercise, and during recovery from exercise in college-aged women. Applied Physiology, Nutrition and Metabolism, 2013, 38, 988-995.	1.9	5
58	Metabolic, Cardiovascular, and Perceptual Responses to a Thermogenic Nutritional Supplement at Rest, During Exercise, and Recovery in Men. Journal of Strength and Conditioning Research, 2014, 28, 2154-2163.	2.1	5
59	Effects of anatabine and unilateral maximal eccentric isokinetic muscle actions on serum markers of muscle damage and inflammation. European Journal of Pharmacology, 2014, 728, 161-166.	3.5	5
60	Effects of rumenic acid rich conjugated linoleic acid supplementation on cognitive function and handgrip performance in older men and women. Experimental Gerontology, 2016, 84, 1-11.	2.8	5
61	Genetic variant in the Î²₂â€adrenergic receptor (Arg16Gly) influences fatâ€free mass, muscle strength and motor unit behaviour in young men. Experimental Physiology, 2018, 103, 1645-1655.	2.0	5
62	Maximal contraction methods influence the magnitude and reliability of global electromyographic signal characteristics. Journal of Electromyography and Kinesiology, 2019, 48, 121-127.	1.7	5
63	Increases in motor unit action potential amplitudes are related to muscle hypertrophy following eight weeks of highâ€intensity exercise training in females. European Journal of Sport Science, 2021, 21, 1403-1413.	2.7	5
64	Electromyographic amplitude versus torque relationships are different in young versus postmenopausal females and are related to muscle mass after controlling for bodyweight. European Journal of Applied Physiology, 2021, 121, 479-488.	2.5	5
65	Individual Responses for Muscle Activation, Repetitions, and Volume during Three Sets to Failure of High- (80% 1RM) versus Low-Load (30% 1RM) Forearm Flexion Resistance Exercise. Sports, 2015, 3, 269-280.	1.7	4
66	Physiological Responses Underlying the Perception of Effort during Moderate and Heavy Intensity Cycle Ergometry. Sports, 2015, 3, 369-382.	1.7	4
67	Basic reporting and interpretation of surface EMG amplitude and mean power frequency: a reply to Vitgotsky, Ogborn, and Phillips. European Journal of Applied Physiology, 2016, 116, 659-661.	2.5	4
68	Mechanomyographic responses during recruitment curves in the soleus muscle. Muscle and Nerve, 2017, 56, 107-116.	2.2	4
69	Electromyographic Responses from the Vastus Medialis during Isometric Muscle Actions. International Journal of Sports Medicine, 2016, 37, 647-652.	1.7	3
70	Influences of Interelectrode Distance and Innervation Zone on Electromyographic Signals. International Journal of Sports Medicine, 2017, 38, 111-117.	1.7	3
71	Normative Reference Values for High Schoolâ€“Aged American Football Players: Proagility Drill and 40-Yard Dash Split Times. Journal of Strength and Conditioning Research, 2020, 34, 1184-1187.	2.1	3
72	Resistance exercise attenuates postprandial metabolic responses to a high-fat meal similarly in younger and older men. Nutrition Research, 2020, 83, 73-85.	2.9	3

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73	The effects of gender and very short-term resistance training on peak torque, average power and neuromuscular responses of the forearm flexors. Isokinetics and Exercise Science, 2014, 22, 123-130.	0.4	2
74	The effects of velocity on peak torque and neuromuscular responses during eccentric muscle actions. Isokinetics and Exercise Science, 2016, 24, 1-6.	0.4	2
75	How do Adverse Childhood Experiences get Under the Skin to Promote Cardiovascular Disease? A Focus on Vascular Health. Function, 2022, 3, .	2.3	2
76	The Effects of a Functional Vs. Traditional Pre-season Resistance Training Program on Athletic Performance. Medicine and Science in Sports and Exercise, 2011, 43, 835.	0.4	1
77	Electromyographic, Mechanomyographic, And Metabolic Responses During Cycle Ergometry At A Constant Rating Of Perceived Exertion.. Medicine and Science in Sports and Exercise, 2015, 47, 787.	0.4	1
78	Comparing passive angleâ€“torque curves recorded simultaneously with a load cell versus an isokinetic dynamometer during dorsiflexion stretch tolerance assessments. Medical Engineering and Physics, 2015, 37, 494-498.	1.7	1
79	Dissociations Among Direct and Indirect Indicators of Adiposity in Young Wrestlers. Journal of Strength and Conditioning Research, 2015, 29, 408-415.	2.1	1
80	Differences Among Kinetics, Kinematics, Performance, and Elbow Varus Torque in Professional Versus High School Pitchers. Medicine and Science in Sports and Exercise, 2017, 49, 736.	0.4	1
81	Mechanomyographic Amplitude Is Sensitive to Load-Dependent Neuromuscular Adaptations in Response to Resistance Training. Journal of Strength and Conditioning Research, 2021, 35, 3265-3269.	2.1	1
82	Physiological Responses Underlying The Perception Of Effort During Moderate And Heavy Intensity Cycle Ergometry. Medicine and Science in Sports and Exercise, 2016, 48, 116.	0.4	1
83	ADORA2A, but Not CYP1A2, Genotype Influences Caffeineâ€™s Effect On Glucose Responses To A Carbohydrate Feeding. Medicine and Science in Sports and Exercise, 2019, 51, 716-716.	0.4	1
84	Time course of changes in neuromuscular responses during rides to exhaustion above and below critical power. Journal of Musculoskeletal Neuronal Interactions, 2019, 19, 266-275.	0.1	1
85	Neuromuscular responses of the superficial quadriceps femoris muscles: muscle specific fatigue and inter-individual variability during severe intensity treadmill running. Journal of Musculoskeletal Neuronal Interactions, 2020, 20, 77-87.	0.1	1
86	Differences Between Passive Angle-torque Curves Sampled From An Isokinetic Dynamometer Versus A Load Cell.. Medicine and Science in Sports and Exercise, 2014, 46, 417.	0.4	0
87	Age-related Differences In Rates Of Torque Development And Rates Of Rise in Electromyographic Amplitude.. Medicine and Science in Sports and Exercise, 2014, 46, 459.	0.4	0
88	Factors Underlying the Perception of Effort during Constant Heart Rate Running. Medicine and Science in Sports and Exercise, 2015, 47, 788.	0.4	0
89	Electromyographic And Mechanomyographic Responses During Three Sets To Failure Of Low- Versus High-load Resistance Training.. Medicine and Science in Sports and Exercise, 2015, 47, 935.	0.4	0
90	Neuromuscular and Perceptual Responses, but not Metabolic, Consistently Driven to Peak During Severe Intensity Running. Medicine and Science in Sports and Exercise, 2016, 48, 120.	0.4	0

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91	Relationships Among Cognitive Function and Handgrip Strength And Endurance In Older Men And Women. Medicine and Science in Sports and Exercise, 2016, 48, 35.	0.4	0
92	Comparison Of Quadriceps Femoris Muscle Morphology Using Ultrasonography During Two Different Body Positions. Medicine and Science in Sports and Exercise, 2017, 49, 466.	0.4	0
93	Relationships Among and Differences between Muscle Quality and Functional Performance in Younger and Older Women. Medicine and Science in Sports and Exercise, 2017, 49, 51-52.	0.4	0
94	Effects of a Pre-Workout Supplement on Hyperemia Following Leg Extension Resistance Exercise at Different Intensities. Medicine and Science in Sports and Exercise, 2017, 49, 83.	0.4	0
95	Effects of Speed and Agility Training on Combine Performance in Young Male Athletes. Medicine and Science in Sports and Exercise, 2017, 49, 968.	0.4	0
96	Test-retest Reliability Of The 40-yd Dash And Vertical Jump Assessments In Youth Athletes. Medicine and Science in Sports and Exercise, 2017, 49, 1082.	0.4	0
97	The Effects Of A Muscle Biopsy On Motor Unit Firing Properties. Medicine and Science in Sports and Exercise, 2017, 49, 612-613.	0.4	0
98	Comparison of Ultrashort Versus Short High-Intensity Interval Training for Body Composition, Anaerobic, and Aerobic Performance. Medicine and Science in Sports and Exercise, 2018, 50, 147.	0.4	0
99	Relationships between Motor Unit Behavior during Maximal Effort Contractions and Skeletal Muscle Phenotype. Medicine and Science in Sports and Exercise, 2018, 50, 201.	0.4	0
100	Reliability of Motor Unit Behavior during a Maximal Voluntary Isometric Contraction of the Knee Extensors. Medicine and Science in Sports and Exercise, 2019, 51, 340-341.	0.4	0
101	Time Courses of Changes In Perceptual, Respiratory, and Neuromuscular Responses in the Severe Intensity Domain. Medicine and Science in Sports and Exercise, 2019, 51, 387-388.	0.4	0
102	Neuromuscular Responses During Continuous Exercise At, Above, And Below Critical Power. Medicine and Science in Sports and Exercise, 2014, 46, 669.	0.4	0
103	Effects of Varied Intensity on Torque and Neuromuscular Parameters during Intermittent Isometric Muscle Actions. Medicine and Science in Sports and Exercise, 2016, 48, 112.	0.4	0
104	Effects of Work-to-Rest Ratios on Peak Torque and Neuromuscular Responses during Submaximal, Isometric Muscle Actions.. Medicine and Science in Sports and Exercise, 2016, 48, 411.	0.4	0
105	Are Voluntary Activation Determined By The Interpolated Twitch Technique And Mechanomyographic Amplitude Synonymous?. Medicine and Science in Sports and Exercise, 2016, 48, 897.	0.4	0
106	Is There an Oxygen Pulse Threshold During Treadmill Running?. Medicine and Science in Sports and Exercise, 2017, 49, 143.	0.4	0
107	Power Push-up Tests Performed from the Knees and Toes in Young Male Athletes. Medicine and Science in Sports and Exercise, 2017, 49, 758.	0.4	0
108	Relationships Among Aerobic Capacity, Cardiovascular Fatigue Thresholds, And 1.5 Mile Run Times In Rotc Cadets. Medicine and Science in Sports and Exercise, 2017, 49, 279.	0.4	0

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109	Both Slower Sensory Response Time and Electromechanical Delay Explain Age-related Differences in the Reactive Leg Drop. Medicine and Science in Sports and Exercise, 2018, 50, 571.	0.4	0
110	Antagonist Coactivation During A Reactive Leg Drop In Young And Older Adults. Medicine and Science in Sports and Exercise, 2018, 50, 556-557.	0.4	0
111	Inter-individual Variability in Metabolic and Neuromuscular Responses During Continuous Exercise Above and Below Critical Power. Medicine and Science in Sports and Exercise, 2018, 50, 667.	0.4	0
112	Test-restest Reliability Of Bioimpedance Spectroscopy For The Analysis Of Body Composition In Physically Active Males. Medicine and Science in Sports and Exercise, 2019, 51, 909-910.	0.4	0
113	Neural And Contractile Determinants Of Rate Of Force Development: A Preliminary Analysis. Medicine and Science in Sports and Exercise, 2019, 51, 345-346.	0.4	0
114	The Influence of Motor Unit Number and Muscle Activation on Early Phase Rate of Torque Development in Younger and Older Men. Journal of Motor Behavior, 2021, , 1-7.	0.9	0
115	Structured, Progressive Exercise Training Improves Cardiovascular Psychophysiological Outcomes in Young Adult Women with a History of Adverse Childhood Experiences. FASEB Journal, 2022, 36, .	0.5	0
116	Novel Energy Drink Improves Cognitive Function and Gaming Performance in Young Adult Gamers: A Randomized, Doubleâ€Blind, Placeboâ€Controlled, Crossover Trial. FASEB Journal, 2022, 36, .	0.5	0