

# Nathaniel D M Jenkins

## List of Publications by Year in descending order

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Version: 2024-02-01

116  
papers

1,490  
citations

430754

18  
h-index

377752

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. <i>Journal of the International Society of Sports Nutrition</i> , 2021, 18, 1.	1.7	222
2	Greater Neural Adaptations following High- vs. Low-Load Resistance Training. <i>Frontiers in Physiology</i> , 2017, 8, 331.	1.3	112
3	Muscle activation during three sets to failure at 80 vs. 30% 1RM resistance exercise. <i>European Journal of Applied Physiology</i> , 2015, 115, 2335-2347.	1.2	91
4	Neuromuscular Adaptations After 2 and 4 Weeks of 80% Versus 30% 1 Repetition Maximum Resistance Training to Failure. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 2174-2185.	1.0	70
5	Test-Retest Reliability of Single Transverse versus Panoramic Ultrasound Imaging for Muscle Size and Echo Intensity of the Biceps Brachii. <i>Ultrasound in Medicine and Biology</i> , 2015, 41, 1584-1591.	0.7	59
6	Reliability and relationships among handgrip strength, leg extensor strength and power, and balance in older men. <i>Experimental Gerontology</i> , 2014, 58, 47-50.	1.2	51
7	Training Volume, Not Frequency, Indicative of Maximal Strength Adaptations to Resistance Training. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 1207-1213.	1.0	47
8	Role of Rotational Kinematics in Minimizing Elbow Varus Torques for Professional Versus High School Pitchers. <i>Orthopaedic Journal of Sports Medicine</i> , 2018, 6, 232596711876078.	0.8	45
9	Molecular, neuromuscular, and recovery responses to light versus heavy resistance exercise in young men. <i>Physiological Reports</i> , 2017, 5, e13457.	0.7	36
10	Differences in Rotational Kinetics and Kinematics for Professional Baseball Pitchers With Higher Versus Lower Pitch Velocities. <i>Journal of Applied Biomechanics</i> , 2020, 36, 68-75.	0.3	30
11	Relative Contributions of Strength, Anthropometric, and Body Composition Characteristics to Estimated Propulsive Force in Young Male Swimmers. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 1473-1479.	1.0	27
12	Effects of fatiguing, submaximal high- versus low-torque isometric exercise on motor unit recruitment and firing behavior. <i>Physiological Reports</i> , 2018, 6, e13675.	0.7	26
13	Age-related differences in rates of torque development and rise in EMG are eliminated by normalization. <i>Experimental Gerontology</i> , 2014, 57, 18-28.	1.2	25
14	Functional hamstrings: quadriceps ratios in elite women's soccer players. <i>Journal of Sports Sciences</i> , 2013, 31, 612-617.	1.0	22
15	The Rate of Torque Development: A Unique, Non-invasive Indicator of Eccentric-induced Muscle Damage?. <i>International Journal of Sports Medicine</i> , 2014, 35, 1190-1195.	0.8	21
16	An examination of neuromuscular and metabolic fatigue thresholds. <i>Physiological Measurement</i> , 2013, 34, 1253-1267.	1.2	20
17	Implement Training for Concentric-Based Muscle Actions. <i>Strength and Conditioning Journal</i> , 2012, 34, 1-7.	0.7	19
18	The influence of input excitation on the inter- and intra-day reliability of the motor unit firing rate versus recruitment threshold relationship. <i>Journal of Neurophysiology</i> , 2018, 120, 3131-3139.	0.9	19

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19	Reliability and differences in quadriceps femoris muscle morphology using ultrasonography: The effects of body position and rest time. <i>Ultrasound</i> , 2018, 26, 214-221.	0.3	19
20	Childhood psychosocial stress is linked with impaired vascular endothelial function, lower SIRT1, and oxidative stress in young adulthood. <i>American Journal of Physiology - Heart and Circulatory Physiology</i> , 2021, 321, H532-H541.	1.5	19
21	Reliability of manual versus automated techniques for assessing passive stiffness of the posterior muscles of the hip and thigh. <i>Journal of Sports Sciences</i> , 2013, 31, 867-877.	1.0	18
22	Comparing the reliability of voluntary and evoked muscle actions. <i>Clinical Physiology and Functional Imaging</i> , 2014, 34, 434-441.	0.5	18
23	Effects of 6 Weeks of Aerobic Exercise Combined With Conjugated Linoleic Acid on the Physical Working Capacity at Fatigue Threshold. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 2127-2135.	1.0	18
24	Relative differences in strength and power from slow to fast isokinetic velocities may reflect dynapenia. <i>Muscle and Nerve</i> , 2015, 52, 120-130.	1.0	18
25	Are Resistance Training-Mediated Decreases in Ultrasound Echo Intensity Caused by Changes in Muscle Composition, or Is There an Alternative Explanation?. <i>Ultrasound in Medicine and Biology</i> , 2016, 42, 3050-3051.	0.7	18
26	Muscle phenotype is related to motor unit behavior of the vastus lateralis during maximal isometric contractions. <i>Physiological Reports</i> , 2018, 6, e13636.	0.7	18
27	CLA Supplementation and Aerobic Exercise Lower Blood Triacylglycerol, but Have No Effect on Peak Oxygen Uptake or Cardiorespiratory Fatigue Thresholds. <i>Lipids</i> , 2014, 49, 871-880.	0.7	17
28	A Model for Identifying Intensity Zones Above Critical Velocity. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 3260-3265.	1.0	17
29	Combining regression and mean comparisons to identify the time course of changes in neuromuscular responses during the process of fatigue. <i>Physiological Measurement</i> , 2016, 37, 1993-2002.	1.2	16
30	Isokinetic Dynamometry in Healthy Versus Sarcopenic and Malnourished Elderly: Beyond Simple Measurements of Muscle Strength. <i>Journal of Applied Gerontology</i> , 2017, 36, 709-732.	1.0	15
31	Time Course of Changes in Neuromuscular Parameters During Sustained Isometric Muscle Actions. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 2697-2702.	1.0	14
32	Effects of a pre-workout supplement on hyperemia following leg extension resistance exercise to failure with different resistance loads. <i>Journal of the International Society of Sports Nutrition</i> , 2017, 14, 38.	1.7	14
33	The relationship between passive stiffness and muscle power output: Influence of muscle cross-sectional area normalization. <i>Muscle and Nerve</i> , 2014, 49, 69-75.	1.0	13
34	Effects of Velocity on Electromyographic, Mechanomyographic, and Torque Responses to Repeated Eccentric Muscle Actions. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 1743-1751.	1.0	13
35	Inter-individual variability in the patterns of responses for electromyography and mechanomyography during cycle ergometry using an RPE-clamp model. <i>European Journal of Applied Physiology</i> , 2016, 116, 1639-1649.	1.2	13
36	Genetic Polymorphisms in ADORA2A and CYP1A2 Influence Caffeine's Effect on Postprandial Glycaemia. <i>Scientific Reports</i> , 2019, 9, 10532.	1.6	13

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37	The contributory role of vascular health in age-related anabolic resistance. <i>Journal of Cachexia, Sarcopenia and Muscle</i> , 2022, 13, 114-127.	2.9	13
38	Physiological Responses during Cycle Ergometry at a Constant Perception of Effort. <i>International Journal of Sports Medicine</i> , 2015, 36, 466-473.	0.8	12
39	Electromyographic, mechanomyographic, and metabolic responses during cycle ergometry at a constant rating of perceived exertion. <i>Applied Physiology, Nutrition and Metabolism</i> , 2015, 40, 1178-1185.	0.9	11
40	Factors underlying the perception of effort during constant heart rate running above and below the critical heart rate. <i>European Journal of Applied Physiology</i> , 2015, 115, 2231-2241.	1.2	11
41	Reliability and Minimum Detectable Change for Common Clinical Physical Function Tests in Sarcopenic Men and Women. <i>Journal of the American Geriatrics Society</i> , 2017, 65, 839-846.	1.3	11
42	Effects of the innervation zone on the time and frequency domain parameters of the surface electromyographic signal. <i>Journal of Electromyography and Kinesiology</i> , 2015, 25, 565-570.	0.7	10
43	Treadmill running using an RPE-clamp model: mediators of perception and implications for exercise prescription. <i>European Journal of Applied Physiology</i> , 2019, 119, 2083-2094.	1.2	10
44	Postprandial Metabolism and Vascular Function: Impact of Aging and Physical Activity Level. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2020, 30, 412-419.	1.0	10
45	Reliability and Sensitivity of the Power Push-up Test for Upper-Body Strength and Power in 6-15-Year-Old Male Athletes. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 83-96.	1.0	9
46	Global electromyographic signal characteristics depend on maximal isometric contraction method in the knee extensors. <i>Journal of Electromyography and Kinesiology</i> , 2018, 42, 111-116.	0.7	9
47	Exertional Rhabdomyolysis in a 21-Year-Old Healthy Woman: A Case Report. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 1403-1410.	1.0	8
48	The reliability of an abbreviated fat tolerance test: A comparison to the oral glucose tolerance test. <i>Clinical Nutrition ESPEN</i> , 2021, 43, 428-435.	0.5	8
49	The effects of anatabine on non-invasive indicators of muscle damage: a randomized, double-blind, placebo-controlled, crossover study. <i>Journal of the International Society of Sports Nutrition</i> , 2013, 10, 33.	1.7	7
50	Comparisons of voluntary and evoked rate of torque development and rate of velocity development during isokinetic muscle actions. <i>Isokinetics and Exercise Science</i> , 2013, 21, 253-261.	0.2	7
51	Normative Reference Values for High School-Aged American Football Players. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 2849-2856.	1.0	7
52	Application of the Critical Heart Model to Treadmill Running. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 2237-2248.	1.0	6
53	Influence of stretching velocity on musculotendinous stiffness of the hamstrings during passive straight-leg raise assessments. <i>Musculoskeletal Science and Practice</i> , 2017, 30, 80-85.	0.6	6
54	Muscle size, strength, power, and echo intensity, but not specific tension, are affected by age in physically active adults. <i>Isokinetics and Exercise Science</i> , 2018, 26, 95-103.	0.2	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. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 1007-1019.	1.0	6
56	Who would benefit most from postprandial lipid screening?. <i>Clinical Nutrition</i> , 2021, 40, 4762-4771.	2.3	6
57	Physiologic responses to a thermogenic nutritional supplement at rest, during low-intensity exercise, and during recovery from exercise in college-aged women. <i>Applied Physiology, Nutrition and Metabolism</i> , 2013, 38, 988-995.	0.9	5
58	Metabolic, Cardiovascular, and Perceptual Responses to a Thermogenic Nutritional Supplement at Rest, During Exercise, and Recovery in Men. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 2154-2163.	1.0	5
59	Effects of anatabine and unilateral maximal eccentric isokinetic muscle actions on serum markers of muscle damage and inflammation. <i>European Journal of Pharmacology</i> , 2014, 728, 161-166.	1.7	5
60	Effects of ruminic acid rich conjugated linoleic acid supplementation on cognitive function and handgrip performance in older men and women. <i>Experimental Gerontology</i> , 2016, 84, 1-11.	1.2	5
61	Genetic variant in the $\beta_2$ -adrenergic receptor (Arg16Gly) influences fat-free mass, muscle strength and motor unit behaviour in young men. <i>Experimental Physiology</i> , 2018, 103, 1645-1655.	0.9	5
62	Maximal contraction methods influence the magnitude and reliability of global electromyographic signal characteristics. <i>Journal of Electromyography and Kinesiology</i> , 2019, 48, 121-127.	0.7	5
63	Increases in motor unit action potential amplitudes are related to muscle hypertrophy following eight weeks of high-intensity exercise training in females. <i>European Journal of Sport Science</i> , 2021, 21, 1403-1413.	1.4	5
64	Electromyographic amplitude versus torque relationships are different in young versus postmenopausal females and are related to muscle mass after controlling for bodyweight. <i>European Journal of Applied Physiology</i> , 2021, 121, 479-488.	1.2	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. <i>Sports</i> , 2015, 3, 269-280.	0.7	4
66	Physiological Responses Underlying the Perception of Effort during Moderate and Heavy Intensity Cycle Ergometry. <i>Sports</i> , 2015, 3, 369-382.	0.7	4
67	Basic reporting and interpretation of surface EMG amplitude and mean power frequency: a reply to Vitgotsky, Ogborn, and Phillips. <i>European Journal of Applied Physiology</i> , 2016, 116, 659-661.	1.2	4
68	Mechanomyographic responses during recruitment curves in the soleus muscle. <i>Muscle and Nerve</i> , 2017, 56, 107-116.	1.0	4
69	Electromyographic Responses from the Vastus Medialis during Isometric Muscle Actions. <i>International Journal of Sports Medicine</i> , 2016, 37, 647-652.	0.8	3
70	Influences of Interelectrode Distance and Innervation Zone on Electromyographic Signals. <i>International Journal of Sports Medicine</i> , 2017, 38, 111-117.	0.8	3
71	Normative Reference Values for High School-Aged American Football Players: Proagility Drill and 40-Yard Dash Split Times. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1184-1187.	1.0	3
72	Resistance exercise attenuates postprandial metabolic responses to a high-fat meal similarly in younger and older men. <i>Nutrition Research</i> , 2020, 83, 73-85.	1.3	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. <i>Isokinetics and Exercise Science</i> , 2014, 22, 123-130.	0.2	2
74	The effects of velocity on peak torque and neuromuscular responses during eccentric muscle actions. <i>Isokinetics and Exercise Science</i> , 2016, 24, 1-6.	0.2	2
75	How do Adverse Childhood Experiences get Under the Skin to Promote Cardiovascular Disease? A Focus on Vascular Health. <i>Function</i> , 2022, 3, .	1.1	2
76	The Effects of a Functional Vs. Traditional Pre-season Resistance Training Program on Athletic Performance. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 835.	0.2	1
77	Electromyographic, Mechanomyographic, And Metabolic Responses During Cycle Ergometry At A Constant Rating Of Perceived Exertion.. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 787.	0.2	1
78	Comparing passive angle-torque curves recorded simultaneously with a load cell versus an isokinetic dynamometer during dorsiflexion stretch tolerance assessments. <i>Medical Engineering and Physics</i> , 2015, 37, 494-498.	0.8	1
79	Dissociations Among Direct and Indirect Indicators of Adiposity in Young Wrestlers. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 408-415.	1.0	1
80	Differences Among Kinetics, Kinematics, Performance, and Elbow Varus Torque in Professional Versus High School Pitchers. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 736.	0.2	1
81	Mechanomyographic Amplitude Is Sensitive to Load-Dependent Neuromuscular Adaptations in Response to Resistance Training. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 3265-3269.	1.0	1
82	Physiological Responses Underlying The Perception Of Effort During Moderate And Heavy Intensity Cycle Ergometry. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 116.	0.2	1
83	ADORA2A, but Not CYP1A2, Genotype Influences Caffeine's Effect On Glucose Responses To A Carbohydrate Feeding. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 716-716.	0.2	1
84	Time course of changes in neuromuscular responses during rides to exhaustion above and below critical power. <i>Journal of Musculoskeletal Neuronal Interactions</i> , 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. <i>Journal of Musculoskeletal Neuronal Interactions</i> , 2020, 20, 77-87.	0.1	1
86	Differences Between Passive Angle-torque Curves Sampled From An Isokinetic Dynamometer Versus A Load Cell.. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 417.	0.2	0
87	Age-related Differences In Rates Of Torque Development And Rates Of Rise in Electromyographic Amplitude.. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 459.	0.2	0
88	Factors Underlying the Perception of Effort during Constant Heart Rate Running. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 788.	0.2	0
89	Electromyographic And Mechanomyographic Responses During Three Sets To Failure Of Low- Versus High-load Resistance Training.. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 935.	0.2	0
90	Neuromuscular and Perceptual Responses, but not Metabolic, Consistently Driven to Peak During Severe Intensity Running. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 120.	0.2	0

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91	Relationships Among Cognitive Function and Handgrip Strength And Endurance In Older Men And Women. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 35.	0.2	0
92	Comparison Of Quadriceps Femoris Muscle Morphology Using Ultrasonography During Two Different Body Positions. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 466.	0.2	0
93	Relationships Among and Differences between Muscle Quality and Functional Performance in Younger and Older Women. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 51-52.	0.2	0
94	Effects of a Pre-Workout Supplement on Hyperemia Following Leg Extension Resistance Exercise at Different Intensities. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 83.	0.2	0
95	Effects of Speed and Agility Training on Combine Performance in Young Male Athletes. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 968.	0.2	0
96	Test-retest Reliability Of The 40-yd Dash And Vertical Jump Assessments In Youth Athletes. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 1082.	0.2	0
97	The Effects Of A Muscle Biopsy On Motor Unit Firing Properties. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 612-613.	0.2	0
98	Comparison of Ultrashort Versus Short High-Intensity Interval Training for Body Composition, Anaerobic, and Aerobic Performance. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 147.	0.2	0
99	Relationships between Motor Unit Behavior during Maximal Effort Contractions and Skeletal Muscle Phenotype. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 201.	0.2	0
100	Reliability of Motor Unit Behavior during a Maximal Voluntary Isometric Contraction of the Knee Extensors. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 340-341.	0.2	0
101	Time Courses of Changes In Perceptual, Respiratory, and Neuromuscular Responses in the Severe Intensity Domain. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 387-388.	0.2	0
102	Neuromuscular Responses During Continuous Exercise At, Above, And Below Critical Power. <i>Medicine and Science in Sports and Exercise</i> , 2014, 46, 669.	0.2	0
103	Effects of Varied Intensity on Torque and Neuromuscular Parameters during Intermittent Isometric Muscle Actions. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 112.	0.2	0
104	Effects of Work-to-Rest Ratios on Peak Torque and Neuromuscular Responses during Submaximal, Isometric Muscle Actions.. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 411.	0.2	0
105	Are Voluntary Activation Determined By The Interpolated Twitch Technique And Mechanomyographic Amplitude Synonymous?. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 897.	0.2	0
106	Is There an Oxygen Pulse Threshold During Treadmill Running?. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 143.	0.2	0
107	Power Push-up Tests Performed from the Knees and Toes in Young Male Athletes. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 758.	0.2	0
108	Relationships Among Aerobic Capacity, Cardiovascular Fatigue Thresholds, And 1.5 Mile Run Times In Rotc Cadets. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 279.	0.2	0

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109	Both Slower Sensory Response Time and Electromechanical Delay Explain Age-related Differences in the Reactive Leg Drop. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 571.	0.2	0
110	Antagonist Coactivation During A Reactive Leg Drop In Young And Older Adults. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 556-557.	0.2	0
111	Inter-individual Variability in Metabolic and Neuromuscular Responses During Continuous Exercise Above and Below Critical Power. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 667.	0.2	0
112	Test-retest Reliability Of Bioimpedance Spectroscopy For The Analysis Of Body Composition In Physically Active Males. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 909-910.	0.2	0
113	Neural And Contractile Determinants Of Rate Of Force Development: A Preliminary Analysis. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 345-346.	0.2	0
114	The Influence of Motor Unit Number and Muscle Activation on Early Phase Rate of Torque Development in Younger and Older Men. <i>Journal of Motor Behavior</i> , 2021, , 1-7.	0.5	0
115	Structured, Progressive Exercise Training Improves Cardiovascular Psychophysiological Outcomes in Young Adult Women with a History of Adverse Childhood Experiences. <i>FASEB Journal</i> , 2022, 36, .	0.2	0
116	Novel Energy Drink Improves Cognitive Function and Gaming Performance in Young Adult Gamers: A Randomized, Double-blind, Placebo-controlled, Crossover Trial. <i>FASEB Journal</i> , 2022, 36, .	0.2	0