

# Mark Willems

## List of Publications by Year in descending order

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Version: 2024-02-01

116  
papers

1,458  
citations

361045

20  
h-index

454577

30  
g-index

118  
all docs

118  
docs citations

118  
times ranked

1496  
citing authors

#	ARTICLE	IF	CITATIONS
1	New Zealand blackcurrant extract improves cycling performance and fat oxidation in cyclists. <i>European Journal of Applied Physiology</i> , 2015, 115, 2357-2365.	1.2	82
2	Aging, Functional Capacity and Eccentric Exercise Training. , 2013, 4, 351-363.		72
3	Heterogeneity of mean sarcomere length in different fibres: effects on length range of active force production in rat muscle. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1994, 68, 489-496.	1.2	58
4	New Zealand Blackcurrant Extract Improves High-Intensity Intermittent Running. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2015, 25, 487-493.	1.0	49
5	Beneficial Physiological Effects With Blackcurrant Intake in Endurance Athletes. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2015, 25, 367-374.	1.0	46
6	Blackcurrant Alters Physiological Responses and Femoral Artery Diameter during Sustained Isometric Contraction. <i>Nutrients</i> , 2017, 9, 556.	1.7	43
7	Neuromuscular Function Following Prolonged Load Carriage on Level and Downhill Gradients. <i>Aviation, Space, and Environmental Medicine</i> , 2010, 81, 745-753.	0.6	36
8	Dietary Anthocyanins: A Review of the Exercise Performance Effects and Related Physiological Responses. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019, 29, 322-330.	1.0	36
9	Neuromuscular and cardiovascular responses of Royal Marine recruits to load carriage in the field. <i>Applied Ergonomics</i> , 2012, 43, 1131-1137.	1.7	33
10	Functional mobility of older adults after concentric and eccentric endurance exercise. <i>European Journal of Applied Physiology</i> , 2012, 112, 3699-3707.	1.2	31
11	Comparison of Physiological and Metabolic Responses to Playing Nintendo Wii Sports and Brisk Treadmill Walking. <i>Journal of Human Kinetics</i> , 2009, 22, 43-49.	0.7	30
12	The Effect of Kinesio Taping on Muscle Pain, Sprint Performance, and Flexibility in Recovery From Squat Exercise in Young Adult Women. <i>Journal of Sport Rehabilitation</i> , 2016, 25, 7-12.	0.4	30
13	Co-ingestion of Nutritional Ergogenic Aids and High-Intensity Exercise Performance. <i>Sports Medicine</i> , 2016, 46, 1407-1418.	3.1	29
14	Dose effects of New Zealand blackcurrant on substrate oxidation and physiological responses during prolonged cycling. <i>European Journal of Applied Physiology</i> , 2017, 117, 1207-1216.	1.2	29
15	Cardiovascular function during supine rest in endurance-trained males with New Zealand blackcurrant: a dose-response study. <i>European Journal of Applied Physiology</i> , 2017, 117, 247-254.	1.2	29
16	New Zealand blackcurrant extract enhances fat oxidation during prolonged cycling in endurance-trained females. <i>European Journal of Applied Physiology</i> , 2018, 118, 1265-1272.	1.2	29
17	Carbohydrate vs protein supplementation for recovery of neuromuscular function following prolonged load carriage. <i>Journal of the International Society of Sports Nutrition</i> , 2010, 7, 2.	1.7	27
18	Prevention of histopathologic changes from 30 repeated stretches of active rat skeletal muscles by long inter-stretch rest times. <i>European Journal of Applied Physiology</i> , 2002, 88, 94-99.	1.2	25

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19	EFFECT OF POSTRIGOR SARCOMERE LENGTH ON MECHANICAL AND STRUCTURAL CHARACTERISTICS OF RAW AND HEAT-DENATURED SINGLE PORCINE MUSCLE FIBRES. <i>Journal of Texture Studies</i> , 1996, 27, 217-233.	1.1	23
20	Force deficits after repeated stretches of activated skeletal muscles in female and male rats. <i>Acta Physiologica Scandinavica</i> , 2001, 172, 63-67.	2.3	23
21	Mouth Rinsing with Maltodextrin Solutions Fails to Improve Time Trial Endurance Cycling Performance in Recreational Athletes. <i>Nutrients</i> , 2016, 8, 269.	1.7	22
22	Beneficial Effects of New Zealand Blackcurrant Extract on Maximal Sprint Speed during the Loughborough Intermittent Shuttle Test. <i>Sports</i> , 2016, 4, 42.	0.7	22
23	Force deficits after stretches of activated rat muscle-tendon complex with reduced collagen cross-linking. <i>European Journal of Applied Physiology</i> , 2001, 85, 405-411.	1.2	20
24	Effect of New Zealand Blackcurrant Extract on Repeated Cycling Time Trial Performance. <i>Sports</i> , 2017, 5, 25.	0.7	20
25	Effects of New Zealand blackcurrant extract on sport climbing performance. <i>European Journal of Applied Physiology</i> , 2020, 120, 67-75.	1.2	20
26	Cardiovascular Responses During Downhill Treadmill Walking at Self-Selected Intensity in Older Adults. <i>Journal of Aging and Physical Activity</i> , 2013, 21, 335-347.	0.5	19
27	Effects of different dosages of caffeine administration on wrestling performance during a simulated tournament. <i>European Journal of Sport Science</i> , 2019, 19, 499-507.	1.4	19
28	Mechanical and structural characteristics of single muscle fibres and fibre groups from raw and cooked pork longissimus muscle. <i>Meat Science</i> , 1997, 46, 285-301.	2.7	18
29	Effect of New Zealand Blackcurrant Extract on Performance during the Running Based Anaerobic Sprint Test in Trained Youth and Recreationally Active Male Football Players. <i>Sports</i> , 2017, 5, 69.	0.7	18
30	Matcha Green Tea Drinks Enhance Fat Oxidation During Brisk Walking in Females. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2018, 28, 536-541.	1.0	18
31	Effect of resistance training on muscle fatigue and recovery in intact rats. <i>Medicine and Science in Sports and Exercise</i> , 2000, 32, 1887-1893.	0.2	17
32	Effects of blackcurrant extract on arterial functions in older adults: A randomized, double-blind, placebo-controlled, crossover trial. <i>Clinical and Experimental Hypertension</i> , 2020, 42, 640-647.	0.5	17
33	Isometric strength and steadiness adaptations of the knee extensor muscles to level and downhill treadmill walking in older adults. <i>Biogerontology</i> , 2013, 14, 197-208.	2.0	16
34	Muscle glucose uptake of obese Zucker rats trained at two different intensities. <i>Journal of Applied Physiology</i> , 1991, 70, 36-42.	1.2	15
35	Streptomycin and EDTA decrease the number of desmin-negative fibers following stretch injury. <i>Muscle and Nerve</i> , 2005, 32, 310-315.	1.0	15
36	Divergent muscle fatigue during unilateral isometric contractions of dominant and non-dominant quadriceps. <i>Journal of Science and Medicine in Sport</i> , 2013, 16, 240-244.	0.6	15

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37	Substrate utilization during acute exercise in obese Zucker rats. <i>Journal of Applied Physiology</i> , 1990, 69, 1987-1991.	1.2	14
38	Within-day and between-days reproducibility of isokinetic parameters of knee, trunk and shoulder movements. <i>Isokinetics and Exercise Science</i> , 2010, 18, 45-55.	0.2	14
39	Effects of multi-ingredient supplementation on resistance training in young males. <i>Journal of Human Kinetics</i> , 2012, 33, 91-101.	0.7	14
40	Explosive strength training improves speed and agility in wheelchair basketball athletes. <i>Revista Brasileira De Medicina Do Esporte</i> , 2014, 20, 97-100.	0.1	13
41	Neuromuscular responses to mild-muscle damaging eccentric exercise in a low glycogen state. <i>Journal of Electromyography and Kinesiology</i> , 2015, 25, 53-60.	0.7	13
42	The effect of kinesio taping versus stretching techniques on muscle soreness, and flexibility during recovery from nordic hamstring exercise. <i>Journal of Bodywork and Movement Therapies</i> , 2017, 21, 41-47.	0.5	13
43	Neuromuscular Impairment Following Backpack Load Carriage. <i>Journal of Human Kinetics</i> , 2013, 37, 91-98.	0.7	12
44	New Zealand blackcurrant extract enhances muscle oxygenation during repeated intermittent forearm muscle contractions in advanced and elite rock climbers. <i>European Journal of Sport Science</i> , 2021, 21, 1290-1298.	1.4	12
45	Beneficial effects on fasting insulin and postprandial responses through 7-day intake of New Zealand blackcurrant powder. <i>Functional Foods in Health and Disease</i> , 2017, 7, 483.	0.3	12
46	Intra- and interday reliability of voluntary and electrically stimulated isometric contractions of the quadriceps femoris. <i>Journal of Electromyography and Kinesiology</i> , 2013, 23, 886-891.	0.7	11
47	Mechanical and geometrical properties of the rat semimembranosus lateralis muscle during isometric contractions. <i>Journal of Biomechanics</i> , 1994, 27, 1109-1118.	0.9	10
48	Performance of plantar flexor muscles with eccentric and isometric contractions in intact rats. <i>Medicine and Science in Sports and Exercise</i> , 2000, 32, 1293-1299.	0.2	10
49	Fatigue and recovery at long and short muscle lengths after eccentric training. <i>Medicine and Science in Sports and Exercise</i> , 2002, 34, 1738-1743.	0.2	10
50	Effect of New Zealand Blackcurrant Extract on Physiological Responses at Rest and during Brisk Walking in Southeast Asian Men: A Randomized, Double-Blind, Placebo-Controlled, Crossover Study. <i>Nutrients</i> , 2018, 10, 1732.	1.7	10
51	The Effect of Kinesio Taping on Muscle Pain, Sprint Performance, and Flexibility in Recovery From Squat Exercise in Young Adult Women. <i>Journal of Sport Rehabilitation</i> , 2016, 25, 7-12.	0.4	10
52	The effect of a carbohydrate beverage on the physiological responses during prolonged load carriage. <i>European Journal of Applied Physiology</i> , 2011, 111, 1901-1908.	1.2	9
53	No Effects of New Zealand Blackcurrant Extract on Physiological and Performance Responses in Trained Male Cyclists Undertaking Repeated Testing across a Week Period. <i>Sports</i> , 2020, 8, 114.	0.7	9
54	New Zealand Blackcurrant Extract Enhances Muscle Oxygenation During Forearm Exercise in Intermediate-Level Rock Climbers. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2020, 30, 258-263.	1.0	9

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55	Intake Duration of Anthocyanin-Rich New Zealand Blackcurrant Extract Affects Metabolic Responses during Moderate Intensity Walking Exercise in Adult Males. <i>Journal of Dietary Supplements</i> , 2020, 18, 1-12.	1.4	8
56	Reproducibility of lactate markers during 4 and 8min stage incremental running: A pilot study. <i>Journal of Science and Medicine in Sport</i> , 2014, 17, 635-639.	0.6	7
57	Physiological Responses During Multiplay Exergaming in Young Adult Males are Game-Dependent. <i>Journal of Human Kinetics</i> , 2015, 46, 263-271.	0.7	7
58	Effect of New Zealand Blackcurrant Extract on Cycling Performance and Substrate Oxidation in Normobaric Hypoxia in Trained Cyclists. <i>Sports</i> , 2019, 7, 67.	0.7	7
59	Effect of Wearing the Cosmed K4b <sup>2</sup> Metabolic System on 1 Mile Walking Performance in Older Adults. <i>Journal of Human Kinetics</i> , 2009, 21, 41-48.	0.7	7
60	Effect of growth on architecture of rat semimembranosus lateralis muscle. <i>The Anatomical Record</i> , 1992, 233, 25-31.	2.3	6
61	Hip Joint Position and Architecture of Rat Semimembranosus Muscle: Implications for Length-Force Characteristics. <i>Cells Tissues Organs</i> , 1995, 152, 56-65.	1.3	6
62	Swelling of sarcoplasmic reticulum in the periphery of muscle fibres after isometric contractions in ratsemimembranosus lateralis muscle. <i>Acta Physiologica Scandinavica</i> , 1999, 165, 347-356.	2.3	6
63	The effect of number of lengthening contractions on rat isometric force production at different frequencies of nerve stimulation. <i>Acta Physiologica</i> , 2009, 196, 351-356.	1.8	6
64	Effects of repeated lengthening contractions on skeletal muscle adaptations in female rats. <i>Journal of Physiological Sciences</i> , 2010, 60, 143-150.	0.9	6
65	The effect of glycogen reduction on cardiorespiratory and metabolic responses during downhill running. <i>European Journal of Applied Physiology</i> , 2015, 115, 1125-1133.	1.2	6
66	Acute Postexercise Effects of Concentric and Eccentric Exercise on Glucose Tolerance. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2015, 25, 14-19.	1.0	6
67	Dietary supplementation with New Zealand blackcurrant extract enhances fat oxidation during submaximal exercise in the heat. <i>Journal of Science and Medicine in Sport</i> , 2020, 23, 908-912.	0.6	6
68	Effects of Beetroot Juice Supplementation on Cognitive Function, Aerobic and Anaerobic Performances of Trained Male Taekwondo Athletes: A Pilot Study. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 10202.	1.2	6
69	No Effect of New Zealand Blackcurrant Extract on Recovery of Muscle Damage Following Running a Half-Marathon. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2020, 30, 287-294.	1.0	6
70	Effects of Wearing Graduated Compression Garment during Eccentric Exercise. <i>Medicina Sportiva</i> , 2010, 14, 193-198.	0.3	6
71	Force output during and following active stretches of rat plantar flexor muscles: effect of velocity of ankle rotation. <i>Journal of Biomechanics</i> , 2000, 33, 1035-1038.	0.9	5
72	Force deficits by stretches of activated muscles with constant or increasing velocity. <i>Medicine and Science in Sports and Exercise</i> , 2002, 34, 667-672.	0.2	5

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73	Eccentric contraction-induced muscle injury does not change walking economy in older adults. <i>Journal of Human Kinetics</i> , 2011, 27, 55-65.	0.7	5
74	Effect of acute normobaric hypoxia on the ventilatory threshold. <i>European Journal of Applied Physiology</i> , 2014, 114, 1555-1562.	1.2	5
75	Effect of eccentric exercise with reduced muscle glycogen on plasma interleukin-6 and neuromuscular responses of musculus quadriceps femoris. <i>Journal of Applied Physiology</i> , 2016, 121, 173-184.	1.2	5
76	Daily and Not Every-Other-Day Intake of Anthocyanin-Rich New Zealand Blackcurrant Extract Alters Substrate Oxidation during Moderate-Intensity Walking in Adult Males. <i>Journal of Dietary Supplements</i> , 2022, 19, 49-61.	1.4	5
77	Plasma uptake of selected phenolic acids following New Zealand blackcurrant extract supplementation in humans. <i>Journal of Dietary Supplements</i> , 2022, 19, 672-688.	1.4	5
78	No Effects of Different Doses of New Zealand Blackcurrant Extract on Cardiovascular Responses During Rest and Submaximal Exercise Across a Week in Trained Male Cyclists. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2021, 31, 66-72.	1.0	5
79	Anthocyanin-Rich Supplementation: Emerging Evidence of Strong Potential for Sport and Exercise Nutrition. <i>Frontiers in Nutrition</i> , 2022, 9, 864323.	1.6	5
80	Changes in force by repeated stretches of skeletal muscle in young and old female Sprague Dawley rats. <i>Aging Clinical and Experimental Research</i> , 2000, 12, 478-481.	1.4	4
81	Attenuation of stretch-induced histopathologic changes of skeletal muscles by quinacrine. <i>Muscle and Nerve</i> , 2003, 27, 65-71.	1.0	4
82	Effect of Level and Downhill Running on Breathing Efficiency. <i>Sports</i> , 2015, 3, 12-20.	0.7	4
83	Intake of New Zealand Blackcurrant Powder Affects Skin-Borne Volatile Organic Compounds in Middle-Aged and Older Adults. <i>Journal of Dietary Supplements</i> , 2022, 19, 603-620.	1.4	4
84	The Accumulative Effect of Concentric-Biased and Eccentric-Biased Exercise on Cardiorespiratory and Metabolic Responses to Subsequent Low-Intensity Exercise: A Preliminary Study. <i>Journal of Human Kinetics</i> , 2015, 49, 131-140.	0.7	4
85	Anthocyanin-Rich Blackcurrant Extract Preserves Gastrointestinal Barrier Permeability and Reduces Enterocyte Damage but Has No Effect on Microbial Translocation and Inflammation After Exertional Heat Stress. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2022, 32, 265-274.	1.0	4
86	Effect of New Zealand Blackcurrant Extract on Isometric Contraction-Induced Fatigue and Recovery: Potential Muscle-Fiber Specific Effects. <i>Sports</i> , 2020, 8, 135.	0.7	3
87	The Effects of Two Different Stretching Programs on Balance Control and Motor Neuron Excitability. <i>Journal of Education and Training Studies</i> , 2018, 6, 85.	0.1	3
88	Enhanced Walking-Induced Fat Oxidation by New Zealand Blackcurrant Extract Is Body Composition-Dependent in Recreationally Active Adult Females. <i>Nutrients</i> , 2022, 14, 1475.	1.7	3
89	The application of maximal heart rate predictive equations in hypoxic conditions. <i>European Journal of Applied Physiology</i> , 2015, 115, 277-284.	1.2	2
90	Effect of Four Weeks of $\beta$ -alanine Supplementation on Muscle Carnosine and Blood Serum Lactate during Exercise in Male Rats. <i>Journal of Dietary Supplements</i> , 2016, 13, 487-494.	1.4	2

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91	Three Weeks Daily Intake of Matcha Green Tea Powder Affects Substrate Oxidation during Moderate-Intensity Exercise in Females. <i>Journal of Dietary Supplements</i> , 2021, 18, 566-576.	1.4	2
92	Effect of Intake Duration of Anthocyanin-Rich New Zealand Blackcurrant Extract on Cardiovascular Responses and Femoral Artery Diameter during Sustained Submaximal Isometric Contraction. <i>Journal of Dietary Supplements</i> , 2023, 20, 15-27.	1.4	2
93	Effect of Caffeine on Fatigue During Submaximal Isometric Contractions at Different Knee Angles. <i>Medicina Sportiva</i> , 2011, 15, 194-200.	0.3	2
94	Force deficits by stretches of activated muscles with constant or increasing velocity. <i>Medicine and Science in Sports and Exercise</i> , 2002, 34, 667-672.	0.2	2
95	The metabolic equivalents of one-mile walking by older adults; implications for health promotion. <i>Health Promotion Perspectives</i> , 2017, 7, 216-222.	0.8	2
96	Effect of New Zealand Blackcurrant Extract on Force Steadiness of the Quadriceps Femoris Muscle during Sustained Submaximal Isometric Contraction. <i>Journal of Functional Morphology and Kinesiology</i> , 2022, 7, 44.	1.1	2
97	CurraNZ blackcurrant improves cycling performance and recovery in trained endurance athletes. <i>Journal of the International Society of Sports Nutrition</i> , 2014, 11, P14.	1.7	1
98	New Zealand Sujon blackcurrant lowers lactate accumulation during cycling in triathletes. <i>Journal of the International Society of Sports Nutrition</i> , 2014, 11, .	1.7	1
99	Effect of New Zealand Sujon blackcurrant on resting cardiovascular function in triathletes. <i>Journal of the International Society of Sports Nutrition</i> , 2014, 11, .	1.7	1
100	Muscle Carnosine Concentration with the Co-Ingestion of Carbohydrate with Î²-alanine in Male Rats. <i>Journal of Dietary Supplements</i> , 2017, 14, 373-379.	1.4	1
101	Cardiorespiratory and metabolic responses after exercise-induced muscle damage: the influence of lowered glycogen. <i>Journal of Sports Medicine and Physical Fitness</i> , 2018, 58, 332-340.	0.4	1
102	Force During Stretches of Rat Skeletal Muscles after Hypertonia at Short and Long Lengths. <i>Archives of Physiology and Biochemistry</i> , 2000, 108, 391-397.	1.0	0
103	Effect of Contraction History on Torque Deficits by Stretches of Active Rat Skeletal Muscles. <i>Applied Physiology, Nutrition, and Metabolism</i> , 2002, 27, 323-335.	1.7	0
104	Effect of New Zealand Sujon blackcurrant on cardiovascular responses during cycling in triathletes. <i>Journal of the International Society of Sports Nutrition</i> , 2014, 11, P11.	1.7	0
105	Effects Of New Zealand Blackcurrant On Cardiovascular Function At Rest In Cyclists. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 242-243.	0.2	0
106	No Adverse Effects of Matcha Green Tea Powder on Metabolic and Physiological Responses during Running. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 929.	0.2	0
107	The "Journal of Functional Morphology and Kinesiology" Journal Club Series: Highlights on Recent Papers in Exercise and Nutrition for Health. <i>Journal of Functional Morphology and Kinesiology</i> , 2017, 2, 22.	1.1	0
108	Effect of New Zealand Blackcurrant Extract on Substrate Oxidation and Cycling Performance in Normobaric Hypoxia. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 720.	0.2	0

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109	New Zealand Blackcurrant Extract Increases Circulating Hsp32 And Hsp90± But Doesnâ€™T Affect Circulating Hsp72. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 91-91.	0.2	0
110	Effect Of New Zealand Blackcurrant Extract On Recovery From Exercise Induced Muscle Damage Following Half Marathon Running. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 90-90.	0.2	0
111	Response to letter to the editor: On the climbing performance enhancing effects of New Zealand blackcurrant extract. <i>European Journal of Applied Physiology</i> , 2020, 120, 1473-1474.	1.2	0
112	LENGTH-DEPENDENT FATIGUE IN RAT PLANTAR FLEXOR MUSCLES AFTER RESISTANCE TRAINING. <i>Medicine and Science in Sports and Exercise</i> , 2001, 33, S262.	0.2	0
113	FORCE DEFICITS OF RAT PLANTAR FLEXOR MUSCLES AFTER ANKLE ROTATIONS WITH CONSTANT VELOCITY OR ACCELERATION. <i>Medicine and Science in Sports and Exercise</i> , 2001, 33, S296.	0.2	0
114	Streptomycin Attenuated Histopathologic Changes Following Stretches of Activated Rat Skeletal Muscles. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, S340.	0.2	0
115	New Zealand Blackcurrant Extract Modulates Peripheral Blood Mononuclear Cell Response To Exertional Heat Stress. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 970-971.	0.2	0
116	Intake Duration of Anthocyanin-Rich New Zealand Blackcurrant Extract Affects Cardiovascular Responses during Moderate-Intensity Walking But Not at Rest. <i>Journal of Dietary Supplements</i> , 2021, , 1-16.	1.4	0