

Professor Ken Kazunori Nosaka

Recent Publications (Past 5 years)

Book Chapters

- **Nosaka, K.** Exercise-induced muscle damage and delayed onset muscle soreness. p. 179-192. In *Strength and Conditioning: Biological Principles and Practical Applications* (Eds. Cardinale, M., Newton, R., Nosaka, K.) Wiley-Blackwell, Chichester, UK (ISBN 978-0-470-01918-4) 2011.
- **Nosaka, K.** Muscle damage and adaptation induced by lengthening contractions. p. 415-435, In *Advances in Neuromuscular Physiology of Motor Skills and muscle Fatigue* (Ed. Shinohara, M.) Research Signpost. Kerala, India. (ISBN: 978-81-308-0365-4) 2009.
- **Nosaka, K.** Muscle soreness, muscle damage and repeated bout effect. p.59-76. In *Muscle Damage and Repair* (Ed. Tiidus, P.M.) Human Kinetics, Champaign, IL, USA (ISBN 0136058672) 2008.

Refereed Journal Articles

1. Chen, H-L., **Nosaka, K.**, and Chen, T.C. Two maximal isometric contractions attenuate the magnitude of eccentric exercise-induced muscle damage. *Applied Physiology, Nutrition and Metabolism* in press
2. Chen, H-L., **Nosaka, K.**, and Chen, T.C. Muscle damage protection by low-intensity eccentric contractions remains for 2 weeks but not 3 weeks. *European Journal of Applied Physiology* 112: 555-565, 2012.
3. Jubeau, M., Muthalib, M., Millet, G., Maffiuletti, N.A., and **Nosaka, K.** Comparison in muscle damage between maximal voluntary and electrically evoked isometric contractions of the elbow flexors. *European Journal of Applied Physiology* 112: 429-438, 2012.
4. Millet, G., Muthalib, M., Jubeau, M., Laursen, P., and **Nosaka, K.** Severe hypoxia affects exercise performance independently of afferent feedback and peripheral fatigue. *Journal of Applied Physiology* in press
5. Mohamad, N. I., Cronin, J., **Nosaka, K.** The effect of aerobic exercise during the intersit rest periods on the kinematics and kinetics of high and low velocity resistance loading schemes for hypertrophic adaptation. *Journal of Strength and Conditioning Research* 26: 73-79, 2012.
6. Mohamad, N. I., Cronin, J., **Nosaka, K.** Difference in kinematics and kinetics between high and low velocity resistance training equated by volume: Implications for hypertrophy training. *Journal of Strength and Conditioning Research* 26: 269-275, 2012.
7. Muthalib M, Ferrari M, Quaresima V, **Nosaka K.** [Frontal cortex activation during electrical muscle stimulation as revealed by functional near-infrared spectroscopy.](#) *Advances of Experimental Medical Biology* 737:45-49, 2012.
8. Aldayel, A., Muthalib, M., Jubeau, M., McGuigan, M.R., and **Nosaka, K.** Muscle oxygenation of the vastus lateralis during alternating and pulsed current electrical stimulation. *European Journal of Applied Physiology* 111: 779-87, 2011.

9. Chapman, D., Newton, M., McGuigan, M., and **Nosaka, K.** Effect of a slow velocity eccentric exercise on muscle damage induced by fast velocity eccentric exercise. *Journal of Strength and Conditioning Research* 25: 211-219, 2011.
10. Chan, R., Newton, M., and **Nosaka, K.** Effects of set-repetition configuration in eccentric exercise on muscle damage and the repeated bout effect. *European Journal of Applied Physiology* accepted for publication on 10 November 2011
11. Charro, M.A., Aoki, M.S., **Nosaka, K.**, Foschini, D., Figueira, J.A., Bacurau, R.F.P. Comparison between multiple sets and half-pyramid resistance exercise bouts for muscle damage profile. *European Journal of Sport Sciences* in press (available on line 21 Oct 2011)
12. Chen, C-H., **Nosaka, K.**, Chen, H-L., Lin, M-J., Tseng, K-W., and Chen T.C. Effects of flexibility training on eccentric exercise-induced muscle damage. *Medicine and Sciences in Sports and Exercise* 43: 491-500, 2011.
13. Chen, T.C., Lin, K.Y., Chen H.L., Lin, M.J., and **Nosaka, K.** Comparison in eccentric exercise-induced muscle damage among four limb muscles. *European Journal of Applied Physiology* 111: 211-223, 2011.
14. Dascombe B.J., Laursen, P.B., **Nosaka K.**, and Polglaze T. No effect of upper body compression garments in elite flat-water kayakers. *European Journal of Sport Sciences* in press (available on line 01 Nov 2011)
15. Fourchet, F., Millet, G., Tomazin, K., Guex, K., **Nosaka, K.**, Edouard, P., Degache, F., and Millet, G. Effects of a 5-hour hilly running on ankle plantar and dorsal flexor force and fatigability. *European Journal of Applied Physiology* 2011 Nov 16. [Epub ahead of print]
16. Khamwong, P., **Nosaka, K.**, Pirunsan, U., Vicenzino, B., and Paungmali, A. Prophylactic effect of hot pack on symptoms of eccentric exercise-induced muscle damage of wrist extensors. *European Journal of Sport Sciences* in press (available on line 17 Nov 2011)
17. Lau, W.Y., and **Nosaka, K.** Effect of vibration treatment on symptoms associated with eccentric exercise-induced muscle damage. *American Journal of Physical Medicine & Rehabilitation* 90: 648-657, 2011
18. Mario A. Charro, M.A., Aoki, M.S., **Nosaka, K.**, Foschini, D., Figueira, J.A., Bacurau, R.F.P. Comparison between multiple sets and half-pyramid resistance exercise bouts for muscle damage profile. *European Journal of Sport Sciences* in press
19. Mohamad, N.I., **Nosaka, K.**, Cronin, J. Maximizing hypertrophy: Possible contribution of stretching in the interest rest period. *Strength and Conditioning Journal* 33: 81-87, 2011.
20. Mohamad, N.I., Cronin, J., **Nosaka, K.** Brief review: Maximizing hypertrophic adaptation – Possible contributions of aerobic exercise in the interest rest period *Strength and Conditioning Journal* Publish Ahead of Print: 10.1519/SSC.1510b1013e3182308969
21. Murray, L.M., **Nosaka, K.**, and Thickbroom, G.T. Interventional repetitive I-wave transcranial magnetic stimulation (TMS): the dimension of stimulation duration. *Brain Stimulation* 4: 261-265, 2011.
22. Muthalib, M., Lee, H., Millet, G.Y., Ferrari, M., and **Nosaka, K.** The repeated bout effect : influence on biceps brachii oxygenation and myoelectrical activity. *Journal of Applied Physiology* 110:1390-9, 2011.
23. **Nosaka, K.**, Aoki, M.S. Repeated bout effect: Research update and future perspective. *Brazilian Journal of Biomechanics* 5 (1): 5-15, 2011.
24. **Nosaka, K.**, Aldayel, A., Jubeau, M., and Chen, T.C. Muscle damage induced by

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25. Siegel, R., Maté, J., Watson, G., **Nosaka, K.**, and Laursen, P.B. The influence of ice slurry ingestion on sustained maximal voluntary contraction following exercise-induced hyperthermia *European Journal of Applied Physiology* 111: 2517-2524, 2011.
 26. Siegel, R., Maté, J., Watson, G., **Nosaka, K.**, and Laursen, P.B. Pre-cooling with ice slurry ingestion leads to similar run times to exhaustion in the heat as cold water immersion. *Journal of Sports Sciences* in press
 27. Takizawa, K., Soma, T., **Nosaka, K.**, Ishikawa, T., and Ishii, K. Effect of warm-up exercise on delayed onset muscle soreness. *European Journal of Sport Sciences* in press ([available on line 22 Aug 2011](#))
 28. Abbiss, C., Burnett, A., **Nosaka, K.**, Green, J., Foster, J., and Laursen, P. Effect of hot versus cold climates on power output, muscle activation and perceived fatigue during a dynamic 100-km cycling trial. *Journal of Sport Sciences* 28:117-125, 2010.
 29. Aldayel, A., Jubeau, M., McGuigan, M.R., and **Nosaka, K.** Less indication of muscle damage in the second than initial electrical muscle stimulation bout consisting of isometric contractions of the knee extensors. *European Journal of Applied Physiology* 108:709–717, 2010.
 30. Aldayel, A., Jubeau, M., McGuigan, M.R., and **Nosaka, K.** Comparison between alternating and pulsed current electrical muscle stimulation for acute muscle and systemic responses. *Journal of Applied Physiology* 109: 735-744, 2010.
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 32. Brughelli, M., Cronin, J., and **Nosaka, K.** Muscle architecture and optimum angle of the knee flexors and extensors: A comparison between cyclists and Australian Rules football players. *Journal of Strength and Conditioning Research* 24: 717-721, 2010.
 33. Brughelli, M., Cronin, J., Mendiguchia, J., Kinsella, D., and **Nosaka, K.** Contralateral leg deficits in kinetics and kinematic variables during running in Australian Rules football players with previous hamstring injuries. *Journal of Strength and Conditioning Research* 24: 840-845, 2010.
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 35. Chen, T.C., Chen, H-L., Lin, M-J., Wu, C-J., and **Nosaka, K.** Potent protective effect conferred by four bouts of low intensity eccentric exercise. *Medicine and Science in Sports and Exercise* 42: 1004-1012, 2010.
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 39. Khamwong, P., **Nosaka, K.**, Pirunsan, U., and Paungmali, A. Reliability of muscle function and sensory perception measurements of the wrist extensors. *Physiotherapy Theory and Practice* 26: 408-415, 2010.

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47. Peiffer, J.J., Abbiss, C.R., **Nosaka, K.**, Wall, B., Watson, G., and Laursen, P.B. Effect of a 5 min cold water immersion recovery on exercise performance in the heat. *British Journal of Sports Medicine* 44: 461-465, 2010.
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