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Journal Information

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Classification History

Year	A+	A	B	C
2026		✓	✓	
2025		✓	✓	
2024		✓	✓	
2023		✓	✓	
2021/2022		✓	✓	
2020		✓	✓	
2019	✓	✓	✓	
2018		✓		

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Recent Articles

The Role of Liver and Muscle-derived Exerkines in Cognitive Resilience
2026-10-29
Authors: Nathan R. Kerr, W. David Arnold, R. Scott Rector et al.
DOI: 10.1249/jes.0000000000000403

Beyond Hill-Type Models: Aligning Experiments and Modeling to Understand Dynamic Muscle Function
2026-10-9
Authors: Caitlin Bemis, Ethan Wold, Tim van der Zee et al.
DOI: 10.1249/jes.0000000000000399

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2026-10-7
Authors: Bruce Rogers, Pablo R. Fleitas-Paniagua, Juan M. Murias
DOI: 10.1249/jes.0000000000000401

Exogenous Carbohydrate Metabolism Under Energy Deficit and Environmental Stress
2026-10-7
Authors: Lee M. Margolis, François Haman, John P O'Hara et al.
DOI: 10.1249/jes.0000000000000397

The stretch-shortening cycle effect: History-dependent muscle properties matter
2026-10-7
Authors: Daniel Hahn, Wolfgang Seiberl, Tobias Siebert
DOI: 10.1249/jes.0000000000000400

Mobility Continuum for Manual Wheelchair Use: From Rehabilitation to Para Sport
2026-10-7
Authors: Vicky L. Goosey-Tolfrey, Thomas Rietveld, Rowie J.F. Terpstra-Janssen et al.
DOI: 10.1249/jes.0000000000000398

Exercise for Atrial Fibrillation: Unmasking Comorbidities and Improving Treatment
2026-7-22 Vol. 54 Issue 4 Pages 195-204
Authors: Jenelle K. Dziano, Jonathan P. Ariyaratnam, Melissa E. Middeldorp et al.
DOI: 10.1249/jes.0000000000000391

Augmenting β2-Adrenergic Signaling During Exercise to Enhance Antitumor Immune Function
2026-7-7 Vol. 54 Issue 4 Pages 212-220
Authors: Timothy M. Kistner, Emmanuel Katsanis, Richard J. Simpson
DOI: 10.1249/jes.0000000000000395

Exercise and Sport Sciences Reviews: 2025 Paper of the Year
2026-7-3 Vol. 54 Issue 4 Pages 165-166
Authors: Lyndsey E. DuBose, Kerrie L. Moreau
DOI: 10.1249/jes.0000000000000396

Limb Disuse Trials in Humans: Key Insights on Study Design, Ethics, and Project Execution
2026-7-2 Vol. 54 Issue 4 Pages 167-182
Authors: Matt S. Stock, Kylie K. Harmon, Justin W. Andrushko et al.
DOI: 10.1249/jes.0000000000000392