Research outputs

Health Benefits of Montmorency Tart Cherry Juice Supplementation in Adults with Mild to Moderate Ulcerative Colitis: A Protocol for a Placebo Randomised Controlled Trial

Effects of peppermint oil (Mentha piperita L.) on cardiometabolic and other health related outcomes: a placebo randomized controlled trial

The Participation of Trans Women in Competitive Fencing and Implications on Fairness: A Physiological Perspective Narrative Review

Effects of a Home-Based Physical Activity Program on Blood Biomarkers and Health-Related Quality of Life Indices in Saudi Arabian Type 2 Diabetes Mellitus Patients: A Randomized Controlled Trial

Temporal demands of elite fencing

Observing Longitudinal Physical Activity and Sitting Patterns Throughout COVID-19 Restrictions Amongst UK Adults

Exercise improves depression through positive modulation of Brain-Derived Neurotrophic Factor (BDNF). A review based on 100 manuscripts over 20 years

Physiological demands and motion analysis of elite foil fencing

Variability in exercise tolerance and physiological responses to exercise prescribed relative to physiological thresholds and to maximum oxygen uptake
Judo as a way to reduce fear of falling in older adults: Yawara-chan Taiso

Effects of exercise on Obsessive-Compulsive Disorder symptoms: A systematic review and meta-analysis

Ultra-endurance Participation and Acute Kidney Injury: A Narrative Review

Maximal Fat Oxidation during Incremental Upper and Lower Body Exercise in Healthy Young Males

The efficacy of a tart cherry drink for the treatment of patellofemoral pain in recreationally active individuals; a placebo randomized control trial

Effects of Montmorency tart cherry and blueberry juice on cardiometabolic outcomes: a 3-arm placebo randomized controlled trial

Effects of a Home-Based Physical Activity Programme on Blood Biomarkers and Health-Related Quality of Life Indices in Saudi Arabian Type-2 Diabetes Mellitus Patients: Protocol for a Randomised Controlled Trial

Nutritional and Non-nutritional Strategies in Bodybuilding: Impact on Kidney Function

Perceptions, beliefs and behaviors of nutritional and supplementary practices in inflammatory bowel disease

Energy Matching of a High Intensity Exercise Protocol with a Low Intensity Exercise Protocol in Young People

Effects of Montmorency tart cherry and blueberry juice on cardiometabolic outcomes in healthy individuals: protocol for a 3-arm placebo randomized controlled trial

The Effects of Sprint vs. Resisted Sled-Based Training; An 8-Week in-Season Randomized Control Intervention in Elite Rugby League Players
Commonly used metabolic thresholds: agreement and occurrences among runners

Biological and methodological factors affecting VO2max response variability to endurance training and the influence of exercise intensity prescription

Active over Alcohol
Wills, W., Bottoms, L. & Leighton, D., 20 Jan 2021, University of Hertfordshire. 8 p.

A randomised controlled trial of energetic activity for depression in young people (READY): a multi-site feasibility trial protocol

Effects of Short-Term Continuous Montmorency Tart Cherry Juice Supplementation in Participants with Metabolic Syndrome

Physiology and fast marathons: an integrative approach

Montmorency tart cherry (Prunus cerasus L.) acts as a calorie restriction mimetic that increases intestinal fat and lifespan in Caenorhabditis elegans

Bases expert statement on the use of music for movement among people with Parkinson's

Effect of a Carbohydrate-Electrolyte Solution on Fluid Balance and Performance at a Thermoneutral Environment in International-Level Fencers

Affective and Enjoyment Responses to 12 weeks of High Intensity Interval Training and Moderate Continuous Training in Adults with Crohn's Disease: Enjoyment Responses to Exercise Training in Adults with Crohn's Disease

Effects of Montmorency Tart Cherry Supplementation on Cardio-Metabolic Markers in Metabolic Syndrome Participants: a pilot study

Physiological demands of standing and wheelchair fencing in able-bodied fencers

Gender specific ACL loading patterns during the fencing lunge: Implications for ACL injury risk
Sinclair, J. & Bottoms, L., 1 Feb 2019, In: Science and Sports. 34, 1, p. e31-e35

High-intensity interval training and moderate-intensity continuous training in adults with Crohn's disease: a pilot randomised controlled trial
The physiological demands of elite épée fencers during competition

The effects of Montmorency tart cherry juice supplementation and FATMAX exercise on fat oxidation rates and cardio-metabolic markers in healthy humans

Full gait cycle analysis of lower limb and trunk kinematics and muscle activations during walking in participants with and without ankle instability

Research Informed Epee Fencing Training and Performance Tips
Bottoms, L., Jun 2018

Effects of shoes on kinetics and kinematics of the squash forward lunge in male players

Dissecting the molecular pathways underpinning lifespan extension following exposure to Montmorency Tart Cherries.

Feasibility of high-intensity interval training and moderate-intensity continuous training in adults with inactive or mildly active Crohn's disease: Study protocol for a randomised controlled trial

Neck Cooling Improves Table Tennis Performance amongst National Level Young Players

Potential Muscle Imbalances in Club level Fencers

Manuscript Clarification Response
The Effect of Three Different Positions on Recovery during One Minute Running Intervals

The effect of carbohydrate mouth rinse on 30-minute arm cranking performance

The effect of carbohydrate mouth rinsing on fencing performance and cognitive function following a fatigue inducing simulated bout of fencing in national level foil fencers
Bottoms, L., 8 Mar 2016.

Influence of minimalist footwear on knee and ankle loads during the squash lunge

The BASES Expert Statement on Aerobic Training for Older and Clinical Groups using Arm Crank Ergometry
Bottoms, L., 1 Aug 2015, 2 p. bases.org.uk

Sex differences on the acute effects of caffeine on maximal strength and muscular endurance

The effects of carbohydrate and caffeine mouth rinsing on arm crank time-trial performance

Gender differences in patellofemoral load during the epee fencing lunge

The effects of caffeine on rugby passing accuracy while performing the Reactive Agility Test

The effect of arm training on thermoregulatory responses and calf volume during upper body exercise

The placebo and nocebo effects on peak minute power during incremental arm crank ergometry

Three-dimensional kinematic correlates of ball velocity during maximal instep soccer kicking in males

The effect of caffeine mouth rinse on self-paced cycling performance

The effect of different durations of carbohydrate mouth rinse on cycling performance

The effects of carbohydrate ingestion on 30 minute rowing time trial performance
Influence of surface on impact shock experienced during a fencing lunge  

The appropriateness of the helical axis technique and six available cardan sequences for the representation of 3-d lead leg kinematics during the fencing lunge  

Kinematic determinants of weapon velocity during the fencing lunge in experienced épée fencers  

The effect of caffeine ingestion on skill maintenance and fatigue in epee fencers  

The effects of carbohydrate ingestion on the badminton serve after fatiguing exercise  

The effects of an increasing versus constant crank rate on peak physiological responses during incremental arm crank ergometry  

Tibial shock measured during the fencing lunge: the influence of footwear  

Awards  
Health benefits of Montmorency tart cherry juice supplementation in adults with mild to moderate Ulcerative Colitis; a placebo randomized control trial.  
Bottoms, L. & Goh, S.  
1/09/23 → 1/09/24