## Jason Moran

List of Publications by Year in descending order

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#	Article	IF	CITATIONS
1	Methodological Characteristics and Future Directions for Plyometric Jump Training Research: A Scoping Review. Sports Medicine, 2018, 48, 1059-1081.	6.5	109
2	A meta-analysis of maturation-related variation in adolescent boy athletes' adaptations to short-term resistance training. Journal of Sports Sciences, 2017, 35, 1041-1051.	2.0	78
3	Optimal Reactive Strength Index: Is It an Accurate Variable to Optimize Plyometric Training Effects on Measures of Physical Fitness in Young Soccer Players?. Journal of Strength and Conditioning Research, 2018, 32, 885-893.	2.1	76
4	Home-based exercise programmes improve physical fitness of healthy older adults: A PRISMA-compliant systematic review and meta-analysis with relevance for COVID-19. Ageing Research Reviews, 2021, 67, 101265.	10.9	69
5	Effects of Jumping Exercise on Muscular Power in Older Adults: A Meta-Analysis. Sports Medicine, 2018, 48, 2843-2857.	6.5	66
6	Influence of Maturation Stage on Agility Performance Gains After Plyometric Training: A Systematic Review and Meta-analysis. Journal of Strength and Conditioning Research, 2017, 31, 2609-2617.	2.1	65
7	Effects of plyometric training and creatine supplementation on maximal-intensity exercise and endurance in female soccer players. Journal of Science and Medicine in Sport, 2016, 19, 682-687.	1.3	63
8	A Meta-Analysis of Resistance Training in Female Youth: Its Effect on Muscular Strength, and Shortcomings in the Literature. Sports Medicine, 2018, 48, 1661-1671.	6.5	60
9	Methodological characteristics and future directions for plyometric jump training research: A scoping review update. Scandinavian Journal of Medicine and Science in Sports, 2020, 30, 983-997.	2.9	52
10	A Meta-Analysis of Plyometric Training in Female Youth: Its Efficacy and Shortcomings in the Literature. Journal of Strength and Conditioning Research, 2019, 33, 1996-2008.	2.1	47
11	Effects of Small-Sided Games vs. Conventional Endurance Training on Endurance Performance in Male Youth Soccer Players: A Meta-Analytical Comparison. Sports Medicine, 2019, 49, 731-742.	6.5	47
12	Effects of Plyometric Jump Training on Jump and Sprint Performance in Young Male Soccer Players: A Systematic Review and Meta-analysis. Sports Medicine, 2020, 50, 2125-2143.	6.5	47
13	Variation in Responses to Sprint Training in Male Youth Athletes: A Meta-analysis. International Journal of Sports Medicine, 2017, 38, 1-11.	1.7	42
14	Effect of a 16-Week Combined Strength and Plyometric Training Program Followed by a Detraining Period on Athletic Performance in Pubertal Volleyball Players. Journal of Strength and Conditioning Research, 2019, 33, 2117-2127.	2.1	41
15	Effects of different doses of high-speed resistance training on physical performance and quality of life in older women: a randomized controlled trial. Clinical Interventions in Aging, 2016, Volume 11, 1797-1804.	2.9	40
16	The effects of plyometric jump training on physical fitness attributes in basketball players: A meta-analysis. Journal of Sport and Health Science, 2022, 11, 656-670.	6.5	36
17	Maturation-Related Effect of Low-Dose Plyometric Training on Performance in Youth Hockey Players. Pediatric Exercise Science, 2017, 29, 194-202.	1.0	35
18	Non-local Acute Passive Stretching Effects on Range of Motion in Healthy Adults: A Systematic Review with Meta-analysis. Sports Medicine, 2021, 51, 945-959.	6.5	35

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19	Effects of Plyometric Training and Beta-Alanine Supplementation on Maximal-Intensity Exercise and Endurance in Female Soccer Players. Journal of Human Kinetics, 2017, 58, 99-109.	1.5	32
20	Effects of Plyometric Training on Physical Performance of Young Male Soccer Players: Potential Effects of Different Drop Jump Heights. Pediatric Exercise Science, 2019, 31, 306-313.	1.0	29
21	Sequencing Effects of Plyometric Training Applied Before or After Regular Soccer Training on Measures of Physical Fitness in Young Players. Journal of Strength and Conditioning Research, 2020, 34, 1959-1966.	2.1	29
22	Effects of Plyometric Jump Training on Physical Fitness in Amateur and Professional Volleyball: A Meta-Analysis. Frontiers in Physiology, 2021, 12, 636140.	2.8	28
23	Inter-individual Variability in Responses to 7 Weeks of Plyometric Jump Training in Male Youth Soccer Players. Frontiers in Physiology, 2018, 9, 1156.	2.8	27
24	Effects of Complex Training on Sprint, Jump, and Change of Direction Ability of Soccer Players: A Systematic Review and Meta-Analysis. Frontiers in Psychology, 2020, 11, 627869.	2.1	27
25	Effects of Resistance Training on Change-of-Direction Speed in Youth and Young Physically Active and Athletic Adults: A Systematic Review with Meta-Analysis. Sports Medicine, 2020, 50, 1483-1499.	6.5	27
26	Maturation-related adaptations in running speed in response to sprint training in youth soccer players. Journal of Science and Medicine in Sport, 2018, 21, 538-542.	1.3	23
27	Effects of Vertically and Horizontally Orientated Plyometric Training on Physical Performance: A Meta-analytical Comparison. Sports Medicine, 2021, 51, 65-79.	6.5	23
28	Plyometric Training Improves Not Only Measures of Linear Speed, Power, and Change-of-Direction Speed But Also Repeated Sprint Ability in Young Female Handball Players. Journal of Strength and Conditioning Research, 2021, 35, 2230-2235.	2.1	21
29	Effects of jump training on physical fitness and athletic performance in endurance runners: A meta-analysis. Journal of Sports Sciences, 2021, 39, 2030-2050.	2.0	21
30	Kinematic and Neuromuscular Measures of Intensity During Plyometric Jumps. Journal of Strength and Conditioning Research, 2020, 34, 3395-3402.	2.1	20
31	Maturation-Related Differences in Adaptations to Resistance Training in Young Male Swimmers. Journal of Strength and Conditioning Research, 2018, 32, 139-149.	2.1	19
32	Effects of an Eccentric Hamstrings Training on Components of Physical Performance in Young Female Handball Players. International Journal of Sports Physiology and Performance, 2020, 15, 91-97.	2.3	18
33	Effects of Bilateral and Unilateral Resistance Training on Horizontally Orientated Movement Performance: A Systematic Review and Meta-analysis. Sports Medicine, 2021, 51, 225-242.	6.5	18
34	Effects of Equal Volume But Different Plyometric Jump Training Intensities on Components of Physical Fitness in Physically Active Young Males. Journal of Strength and Conditioning Research, 2021, 35, 1916-1923.	2.1	18
35	The Increased Effectiveness of Loaded Versus Unloaded Plyometric Jump Training in Improving Muscle Power, Speed, Change of Direction, and Kicking-Distance Performance in Prepubertal Male Soccer Players. International Journal of Sports Physiology and Performance, 2020, 15, 189-195.	2.3	17
36	The effects of plyometric jump training on lower-limb stiffness in healthy individuals: A meta-analytical comparison. Journal of Sport and Health Science, 2023, 12, 236-245.	6.5	16

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37	Influence of Maturation Status on Eccentric Hamstring Strength Improvements in Youth Male Soccer Players After the Nordic Hamstring Exercise. International Journal of Sports Physiology and Performance, 2020, 15, 990-996.	2.3	16
38	Effects of Progressed and Nonprogressed Volume-Based Overload Plyometric Training on Components of Physical Fitness and Body Composition Variables in Youth Male Basketball Players. Journal of Strength and Conditioning Research, 2021, 35, 1642-1649.	2.1	14
39	Effects of Maturation on Physical Fitness Adaptations to Plyometric Drop Jump Training in Male Youth Soccer Players. Journal of Strength and Conditioning Research, 2020, 34, 2760-2768.	2.1	14
40	Effects of jump exercises with and without stretch-shortening cycle actions on components of physical fitness in prepubertal male soccer players. Sport Sciences for Health, 2020, 16, 297-304.	1.3	13
41	Maturity timing and performance in a youth national basketball team: Do early-maturing players dominate?. International Journal of Sports Science and Coaching, 2021, 16, 722-730.	1.4	13
42	Effects of Maturation on Physical Fitness Adaptations to Plyometric Jump Training in Youth Females. Journal of Strength and Conditioning Research, 2019, Publish Ahead of Print, 2870-2877.	2.1	12
43	Variable long-term developmental trajectories of short sprint speed and jumping height in English Premier League academy soccer players: An applied case study. Journal of Sports Sciences, 2020, 38, 2525-2531.	2.0	12
44	Non-local acute stretching effects on strength performance in healthy young adults. European Journal of Applied Physiology, 2021, 121, 1517-1529.	2.5	11
45	Programming Plyometric-Jump Training in Soccer: A Review. Sports, 2022, 10, 94.	1.7	11
46	Eccentric Resistance Training in Youth: Perspectives for Long-Term Athletic Development. Journal of Functional Morphology and Kinesiology, 2019, 4, 70.	2.4	10
47	Effects of Plyometric Jump Training on Vertical Jump Height of Volleyball Players: A Systematic Review with Meta-Analysis of Randomized-Controlled Trial. Journal of Sports Science and Medicine, 2020, 19, 489-499.	1.6	10
48	Training Load, Maturity Timing and Future National Team Selection in National Youth Basketball Players. Journal of Functional Morphology and Kinesiology, 2022, 7, 21.	2.4	10
49	Effect of Plyometric Jump Training on Skeletal Muscle Hypertrophy in Healthy Individuals: A Systematic Review With Multilevel Meta-Analysis. Frontiers in Physiology, 0, 13, .	2.8	10
50	Eccentric Resistance Training in Youth: A Survey of Perceptions and Current Practices by Strength and Conditioning Coaches. Journal of Functional Morphology and Kinesiology, 2021, 6, 21.	2.4	9
51	Can discreet performance banding, as compared to bio-banding, discriminate technical skills in male adolescent soccer players? A preliminary investigation. International Journal of Sports Science and Coaching, 2022, 17, 325-333.	1.4	9
52	Effects of Plyometric Training on Neuromuscular Performance in Youth Basketball Players: A Pilot Study on the Influence of Drill Randomization. Journal of Sports Science and Medicine, 2018, 17, 372-378.	1.6	9
53	The Effects of Plyometric Jump Training on Jumping and Swimming Performances in Prepubertal Male Swimmers. Journal of Sports Science and Medicine, 2019, 18, 805-811.	1.6	9
54	Effects of pseudoephedrine on parameters affecting exercise performance: a meta-analysis. Sports Medicine - Open, 2018, 4, 44.	3.1	8

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55	Effect of Plyometric Training and Biological Maturation on Jump and Change of Direction Ability in Female Youth. Journal of Strength and Conditioning Research, 2021, 35, 2690-2697.	2.1	8
56	Effects of an integrative neuromuscular training protocol vs. FIFA 11+ on sprint, change of direction performance and inter-limb asymmetries in young soccer players. International Journal of Sports Science and Coaching, 2022, 17, 54-62.	1.4	8
57	Effects of Plyometric Jump Training on Electromyographic Activity and Its Relationship to Strength and Jump Performance in Healthy Trained and Untrained Populations. Journal of Strength and Conditioning Research, 2021, Publish Ahead of Print, 2053-2065.	2.1	8
58	Who is meeting the strengthening physical activity guidelines by definition: A cross-sectional study of 253 423 English adults?. PLoS ONE, 2022, 17, e0267277.	2.5	8
59	Internal and External Training Load in Under-19 versus Professional Soccer Players during the In-Season Period. International Journal of Environmental Research and Public Health, 2021, 18, 558.	2.6	7
60	Effect of Flywheel versus Traditional Resistance Training on Change of Direction Performance in Male Athletes: A Systematic Review with Meta-Analysis. International Journal of Environmental Research and Public Health, 2022, 19, 7061.	2.6	6
61	Different Interset Rest Intervals During the Nordic Hamstrings Exercise in Young Male Athletes. Journal of Athletic Training, 2021, 56, 952-959.	1.8	5
62	Aging and Recovery After Resistance-Exercise-Induced Muscle Damage: Current Evidence and Implications for Future Research. Journal of Aging and Physical Activity, 2021, 29, 544-551.	1.0	5
63	Effects of a neuromuscular training program on anterior cruciate ligament injury risk factors in youth female basketball players: a pilot study. Gazzetta Medica Italiana Archivio Per Le Scienze Mediche, 2019, 178, .	0.1	5
64	Consensus on tasks to be included in a return to work assessment for a UK firefighter following an injury: an online Delphi study. International Archives of Occupational and Environmental Health, 2021, 94, 1085-1095.	2.3	4
65	The SIMAC study: A randomized controlled trial to compare the effects of resistance training and aerobic training on the fitness and body composition of Colombian adolescents. PLoS ONE, 2021, 16, e0248110.	2.5	4
66	Neuromuscular Training and Motor Control in Youth Athletes: A Meta-Analysis. Perceptual and Motor Skills, 2021, 128, 1975-1997.	1.3	4
67	High-Speed Bodyweight Resistance Training Improves Functional Performance Through Maximal Velocity in Older Females. Journal of Aging and Physical Activity, 2021, 29, 659-669.	1.0	4
68	Association of maximal voluntary isometric handgrip strength with age, gender and handedness in older people. Revista Medica De Chile, 2018, 146, 1429-1437.	0.2	3
69	The influence of maturation on the reliability of the Nordic hamstring exercise in male youth footballers. Translational Sports Medicine, 2020, 3, 148-153.	1.1	3
70	Play more, enjoy more, keep playing; rugby is a simple game. International Journal of Sports Science and Coaching, 2021, 16, 636-645.	1.4	3
71	Effects of Traditional Strength Training Versus Jump Training on Muscular Fitness among Physically Inactive and Sedentary Young Adults. The Open Sports Sciences Journal, 2020, 13, 12-19.	0.4	3
72	Psychosocial barriers and facilitators for a successful return to work following injury within firefighters. International Archives of Occupational and Environmental Health, 2022, 95, 331-339.	2.3	2

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73	Effects of plyometric jump training versus power training using free weights on measures of physical fitness in youth male soccer players. Journal of Sports Sciences, 2022, 40, 130-137.	2.0	2
74	The effects of repeated sprint training with vs. without change of direction on measures of physical fitness in youth male soccer players. Journal of Sports Medicine and Physical Fitness, 2022, , .	0.7	2
75	Isokinetic force-power profile of the shoulder joint in males participating in CrossFit training and competing at different levels. PeerJ, 2021, 9, e11643.	2.0	1
76	Parkour-Based Activities in the Athletic Development of Youth Basketball Players. Frontiers in Physiology, 2021, 12, 771368.	2.8	1
77	Warm-up effect on handgrip strength in sedentary and overweight women. Revista Facultad De Medicina, 2020, 68, .	0.2	1
78	Editorial: Factors Affecting Performance and Recovery in Team Sports: A Multidimensional Perspective. Frontiers in Physiology, 2022, 13, 877879.	2.8	1
79	Muscle Fatigability After Hex-Bar Deadlift Exercise Performed With Fast or Slow Tempo. International Journal of Sports Physiology and Performance, 2021, 16, 117-123.	2.3	0
80	Editorial: Adaptations to Advanced Resistance Training Strategies in Youth and Adult Athletes. Frontiers in Physiology, 2022, 13, 888118.	2.8	0
81	Fast-Speed Compared With Slow-Speed Eccentric Muscle Actions Are Detrimental to Jump Performance in Elite Soccer Players In-Season. International Journal of Sports Physiology and Performance, 2022, , 1-7.	2.3	0
82	Do Acute Bouts of Resistance Training Influence the Psychometric Status and Affective State of Prepubertal Weightlifters?. International Journal of Strength and Conditioning, 2022, 2, .	0.6	0