

# Jason Moran

## List of Publications by Year in descending order

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Version: 2024-02-01

82  
papers

1,719  
citations

304602

22  
h-index

360920

35  
g-index

82  
all docs

82  
docs citations

82  
times ranked

1088  
citing authors

#	ARTICLE	IF	CITATIONS
1	Methodological Characteristics and Future Directions for Plyometric Jump Training Research: A Scoping Review. <i>Sports Medicine</i> , 2018, 48, 1059-1081.	3.1	109
2	A meta-analysis of maturation-related variation in adolescent boy athletes' adaptations to short-term resistance training. <i>Journal of Sports Sciences</i> , 2017, 35, 1041-1051.	1.0	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?. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 885-893.	1.0	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. <i>Ageing Research Reviews</i> , 2021, 67, 101265.	5.0	69
5	Effects of Jumping Exercise on Muscular Power in Older Adults: A Meta-Analysis. <i>Sports Medicine</i> , 2018, 48, 2843-2857.	3.1	66
6	Influence of Maturation Stage on Agility Performance Gains After Plyometric Training: A Systematic Review and Meta-analysis. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 2609-2617.	1.0	65
7	Effects of plyometric training and creatine supplementation on maximal-intensity exercise and endurance in female soccer players. <i>Journal of Science and Medicine in Sport</i> , 2016, 19, 682-687.	0.6	63
8	A Meta-Analysis of Resistance Training in Female Youth: Its Effect on Muscular Strength, and Shortcomings in the Literature. <i>Sports Medicine</i> , 2018, 48, 1661-1671.	3.1	60
9	Methodological characteristics and future directions for plyometric jump training research: A scoping review update. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020, 30, 983-997.	1.3	52
10	A Meta-Analysis of Plyometric Training in Female Youth: Its Efficacy and Shortcomings in the Literature. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 1996-2008.	1.0	47
11	Effects of Small-Sided Games vs. Conventional Endurance Training on Endurance Performance in Male Youth Soccer Players: A Meta-Analytical Comparison. <i>Sports Medicine</i> , 2019, 49, 731-742.	3.1	47
12	Effects of Plyometric Jump Training on Jump and Sprint Performance in Young Male Soccer Players: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2020, 50, 2125-2143.	3.1	47
13	Variation in Responses to Sprint Training in Male Youth Athletes: A Meta-analysis. <i>International Journal of Sports Medicine</i> , 2017, 38, 1-11.	0.8	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. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 2117-2127.	1.0	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. <i>Clinical Interventions in Aging</i> , 2016, Volume 11, 1797-1804.	1.3	40
16	The effects of plyometric jump training on physical fitness attributes in basketball players: A meta-analysis. <i>Journal of Sport and Health Science</i> , 2022, 11, 656-670.	3.3	36
17	Maturation-Related Effect of Low-Dose Plyometric Training on Performance in Youth Hockey Players. <i>Pediatric Exercise Science</i> , 2017, 29, 194-202.	0.5	35
18	Non-local Acute Passive Stretching Effects on Range of Motion in Healthy Adults: A Systematic Review with Meta-analysis. <i>Sports Medicine</i> , 2021, 51, 945-959.	3.1	35

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19	Effects of Plyometric Training and Beta-Alanine Supplementation on Maximal-Intensity Exercise and Endurance in Female Soccer Players. <i>Journal of Human Kinetics</i> , 2017, 58, 99-109.	0.7	32
20	Effects of Plyometric Training on Physical Performance of Young Male Soccer Players: Potential Effects of Different Drop Jump Heights. <i>Pediatric Exercise Science</i> , 2019, 31, 306-313.	0.5	29
21	Sequencing Effects of Plyometric Training Applied Before or After Regular Soccer Training on Measures of Physical Fitness in Young Players. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1959-1966.	1.0	29
22	Effects of Plyometric Jump Training on Physical Fitness in Amateur and Professional Volleyball: A Meta-Analysis. <i>Frontiers in Physiology</i> , 2021, 12, 636140.	1.3	28
23	Inter-individual Variability in Responses to 7 Weeks of Plyometric Jump Training in Male Youth Soccer Players. <i>Frontiers in Physiology</i> , 2018, 9, 1156.	1.3	27
24	Effects of Complex Training on Sprint, Jump, and Change of Direction Ability of Soccer Players: A Systematic Review and Meta-Analysis. <i>Frontiers in Psychology</i> , 2020, 11, 627869.	1.1	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. <i>Sports Medicine</i> , 2020, 50, 1483-1499.	3.1	27
26	Maturation-related adaptations in running speed in response to sprint training in youth soccer players. <i>Journal of Science and Medicine in Sport</i> , 2018, 21, 538-542.	0.6	23
27	Effects of Vertically and Horizontally Orientated Plyometric Training on Physical Performance: A Meta-analytical Comparison. <i>Sports Medicine</i> , 2021, 51, 65-79.	3.1	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. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 2230-2235.	1.0	21
29	Effects of jump training on physical fitness and athletic performance in endurance runners: A meta-analysis. <i>Journal of Sports Sciences</i> , 2021, 39, 2030-2050.	1.0	21
30	Kinematic and Neuromuscular Measures of Intensity During Plyometric Jumps. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 3395-3402.	1.0	20
31	Maturation-Related Differences in Adaptations to Resistance Training in Young Male Swimmers. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 139-149.	1.0	19
32	Effects of an Eccentric Hamstrings Training on Components of Physical Performance in Young Female Handball Players. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 91-97.	1.1	18
33	Effects of Bilateral and Unilateral Resistance Training on Horizontally Orientated Movement Performance: A Systematic Review and Meta-analysis. <i>Sports Medicine</i> , 2021, 51, 225-242.	3.1	18
34	Effects of Equal Volume But Different Plyometric Jump Training Intensities on Components of Physical Fitness in Physically Active Young Males. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 1916-1923.	1.0	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. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 189-195.	1.1	17
36	The effects of plyometric jump training on lower-limb stiffness in healthy individuals: A meta-analytical comparison. <i>Journal of Sport and Health Science</i> , 2023, 12, 236-245.	3.3	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. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 990-996.	1.1	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. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 1642-1649.	1.0	14
39	Effects of Maturation on Physical Fitness Adaptations to Plyometric Drop Jump Training in Male Youth Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 2760-2768.	1.0	14
40	Effects of jump exercises with and without stretch-shortening cycle actions on components of physical fitness in prepubertal male soccer players. <i>Sport Sciences for Health</i> , 2020, 16, 297-304.	0.4	13
41	Maturity timing and performance in a youth national basketball team: Do early-maturing players dominate?. <i>International Journal of Sports Science and Coaching</i> , 2021, 16, 722-730.	0.7	13
42	Effects of Maturation on Physical Fitness Adaptations to Plyometric Jump Training in Youth Females. <i>Journal of Strength and Conditioning Research</i> , 2019, Publish Ahead of Print, 2870-2877.	1.0	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. <i>Journal of Sports Sciences</i> , 2020, 38, 2525-2531.	1.0	12
44	Non-local acute stretching effects on strength performance in healthy young adults. <i>European Journal of Applied Physiology</i> , 2021, 121, 1517-1529.	1.2	11
45	Programming Plyometric-Jump Training in Soccer: A Review. <i>Sports</i> , 2022, 10, 94.	0.7	11
46	Eccentric Resistance Training in Youth: Perspectives for Long-Term Athletic Development. <i>Journal of Functional Morphology and Kinesiology</i> , 2019, 4, 70.	1.1	10
47	Effects of Plyometric Jump Training on Vertical Jump Height of Volleyball Players: A Systematic Review with Meta-Analysis of Randomized-Controlled Trial. <i>Journal of Sports Science and Medicine</i> , 2020, 19, 489-499.	0.7	10
48	Training Load, Maturity Timing and Future National Team Selection in National Youth Basketball Players. <i>Journal of Functional Morphology and Kinesiology</i> , 2022, 7, 21.	1.1	10
49	Effect of Plyometric Jump Training on Skeletal Muscle Hypertrophy in Healthy Individuals: A Systematic Review With Multilevel Meta-Analysis. <i>Frontiers in Physiology</i> , 0, 13, .	1.3	10
50	Eccentric Resistance Training in Youth: A Survey of Perceptions and Current Practices by Strength and Conditioning Coaches. <i>Journal of Functional Morphology and Kinesiology</i> , 2021, 6, 21.	1.1	9
51	Can discreet performance banding, as compared to bio-banding, discriminate technical skills in male adolescent soccer players? A preliminary investigation. <i>International Journal of Sports Science and Coaching</i> , 2022, 17, 325-333.	0.7	9
52	Effects of Plyometric Training on Neuromuscular Performance in Youth Basketball Players: A Pilot Study on the Influence of Drill Randomization. <i>Journal of Sports Science and Medicine</i> , 2018, 17, 372-378.	0.7	9
53	The Effects of Plyometric Jump Training on Jumping and Swimming Performances in Prepubertal Male Swimmers. <i>Journal of Sports Science and Medicine</i> , 2019, 18, 805-811.	0.7	9
54	Effects of pseudoephedrine on parameters affecting exercise performance: a meta-analysis. <i>Sports Medicine - Open</i> , 2018, 4, 44.	1.3	8

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55	Effect of Plyometric Training and Biological Maturation on Jump and Change of Direction Ability in Female Youth. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 2690-2697.	1.0	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. <i>International Journal of Sports Science and Coaching</i> , 2022, 17, 54-62.	0.7	8
57	Effects of Plyometric Jump Training on Electromyographic Activity and Its Relationship to Strength and Jump Performance in Healthy Trained and Untrained Populations. <i>Journal of Strength and Conditioning Research</i> , 2021, Publish Ahead of Print, 2053-2065.	1.0	8
58	Who is meeting the strengthening physical activity guidelines by definition: A cross-sectional study of 253 423 English adults?. <i>PLoS ONE</i> , 2022, 17, e0267277.	1.1	8
59	Internal and External Training Load in Under-19 versus Professional Soccer Players during the In-Season Period. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 558.	1.2	7
60	Effect of Flywheel versus Traditional Resistance Training on Change of Direction Performance in Male Athletes: A Systematic Review with Meta-Analysis. <i>International Journal of Environmental Research and Public Health</i> , 2022, 19, 7061.	1.2	6
61	Different Inter-set Rest Intervals During the Nordic Hamstrings Exercise in Young Male Athletes. <i>Journal of Athletic Training</i> , 2021, 56, 952-959.	0.9	5
62	Ageing and Recovery After Resistance-Exercise-Induced Muscle Damage: Current Evidence and Implications for Future Research. <i>Journal of Aging and Physical Activity</i> , 2021, 29, 544-551.	0.5	5
63	Effects of a neuromuscular training program on anterior cruciate ligament injury risk factors in youth female basketball players: a pilot study. <i>Gazzetta Medica Italiana Archivio Per Le Scienze Mediche</i> , 2019, 178, .	0.0	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. <i>International Archives of Occupational and Environmental Health</i> , 2021, 94, 1085-1095.	1.1	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. <i>PLoS ONE</i> , 2021, 16, e0248110.	1.1	4
66	Neuromuscular Training and Motor Control in Youth Athletes: A Meta-Analysis. <i>Perceptual and Motor Skills</i> , 2021, 128, 1975-1997.	0.6	4
67	High-Speed Bodyweight Resistance Training Improves Functional Performance Through Maximal Velocity in Older Females. <i>Journal of Aging and Physical Activity</i> , 2021, 29, 659-669.	0.5	4
68	Association of maximal voluntary isometric handgrip strength with age, gender and handedness in older people. <i>Revista Medica De Chile</i> , 2018, 146, 1429-1437.	0.1	3
69	The influence of maturation on the reliability of the Nordic hamstring exercise in male youth footballers. <i>Translational Sports Medicine</i> , 2020, 3, 148-153.	0.5	3
70	Play more, enjoy more, keep playing; rugby is a simple game. <i>International Journal of Sports Science and Coaching</i> , 2021, 16, 636-645.	0.7	3
71	Effects of Traditional Strength Training Versus Jump Training on Muscular Fitness among Physically Inactive and Sedentary Young Adults. <i>The Open Sports Sciences Journal</i> , 2020, 13, 12-19.	0.2	3
72	Psychosocial barriers and facilitators for a successful return to work following injury within firefighters. <i>International Archives of Occupational and Environmental Health</i> , 2022, 95, 331-339.	1.1	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. <i>Journal of Sports Sciences</i> , 2022, 40, 130-137.	1.0	2
74	The effects of repeated sprint training with vs. without change of direction on measures of physical fitness in youth male soccer players. <i>Journal of Sports Medicine and Physical Fitness</i> , 2022, , .	0.4	2
75	Isokinetic force-power profile of the shoulder joint in males participating in CrossFit training and competing at different levels. <i>PeerJ</i> , 2021, 9, e11643.	0.9	1
76	Parkour-Based Activities in the Athletic Development of Youth Basketball Players. <i>Frontiers in Physiology</i> , 2021, 12, 771368.	1.3	1
77	Warm-up effect on handgrip strength in sedentary and overweight women. <i>Revista Facultad De Medicina</i> , 2020, 68, .	0.0	1
78	Editorial: Factors Affecting Performance and Recovery in Team Sports: A Multidimensional Perspective. <i>Frontiers in Physiology</i> , 2022, 13, 877879.	1.3	1
79	Muscle Fatigability After Hex-Bar Deadlift Exercise Performed With Fast or Slow Tempo. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 117-123.	1.1	0
80	Editorial: Adaptations to Advanced Resistance Training Strategies in Youth and Adult Athletes. <i>Frontiers in Physiology</i> , 2022, 13, 888118.	1.3	0
81	Fast-Speed Compared With Slow-Speed Eccentric Muscle Actions Are Detrimental to Jump Performance in Elite Soccer Players In-Season. <i>International Journal of Sports Physiology and Performance</i> , 2022, , 1-7.	1.1	0
82	Do Acute Bouts of Resistance Training Influence the Psychometric Status and Affective State of Prepubertal Weightlifters?. <i>International Journal of Strength and Conditioning</i> , 2022, 2, .	0.2	0