

Jason Moran

List of Publications by Year in Descending Order

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

72
papers

877
citations

18
h-index

26
g-index

82
ext. papers

1,248
ext. citations

3.9
avg, IF

4.77
L-index

#	Paper	IF	Citations
72	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	3.7	1
71	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	3.2	5
70	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> , 2021 , 1-8	3.6	
69	Parkour-Based Activities in the Athletic Development of Youth Basketball Players. <i>Frontiers in Physiology</i> , 2021 , 12, 771368	4.6	
68	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	3.7	2
67	Effects of Plyometric Jump Training on Electromyographic Activity and Its Relationship to Strength and Jump Performance in Healthy Trained and Untrained Populations: A Systematic Review of Randomized Controlled Trials. <i>Journal of Strength and Conditioning Research</i> , 2021 , 35, 2053-2065	3.2	2
66	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	3.6	5
65	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> , 2021 ,	8.2	3
64	Psychosocial barriers and facilitators for a successful return to work following injury within firefighters. <i>International Archives of Occupational and Environmental Health</i> , 2021 , 1	3.2	0
63	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	12	14
62	Neuromuscular Training and Motor Control in Youth Athletes: A Meta-Analysis. <i>Perceptual and Motor Skills</i> , 2021 , 128, 1975-1997	2.2	1
61	Effects of Maturation on Physical Fitness Adaptations to Plyometric Jump Training in Youth Females. <i>Journal of Strength and Conditioning Research</i> , 2021 , 35, 2870-2877	3.2	4
60	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	3.2	3
59	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	3.2	7
58	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	1.8	4
57	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	10.6	6
56	Effects of Vertically and Horizontally Orientated Plyometric Training on Physical Performance: A Meta-analytical Comparison. <i>Sports Medicine</i> , 2021 , 51, 65-79	10.6	8

55	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,	4.6	4
54	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	10.6	11
53	Different Interset Rest Intervals During the Nordic Hamstrings Exercise in Young Male Athletes. <i>Journal of Athletic Training</i> , 2021 , 56, 952-959	4	2
52	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,	2.4	3
51	Play more, enjoy more, keep playing; rugby is a simple game. <i>International Journal of Sports Science and Coaching</i> , 2021 , 16, 636-645	1.8	3
50	Effects of Plyometric Jump Training on Physical Fitness in Amateur and Professional Volleyball: A Meta-Analysis. <i>Frontiers in Physiology</i> , 2021 , 12, 636140	4.6	8
49	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	3.2	1
48	Non-local acute stretching effects on strength performance in healthy young adults. <i>European Journal of Applied Physiology</i> , 2021 , 121, 1517-1529	3.4	1
47	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	3.2	2
46	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	3.1	0
45	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	4.6	25
44	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	1.3	2
43	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 , 1-7	3.5	5
42	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	0.5	1
41	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	2.7	6
40	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	10.6	10
39	The effects of plyometric jump training on physical fitness attributes in basketball players: A meta-analysis. <i>Journal of Sport and Health Science</i> , 2020 ,	8.2	8
38	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	1.3	5

37	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	3.2	4
36	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 ⁹	3.6	9
35	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	10.6	16
34	Aging and Recovery After Resistance-Exercise-Induced Muscle Damage: Current Evidence and Implications for Future Research. <i>Journal of Aging and Physical Activity</i> , 2020 , 29, 544-551	1.6	2
33	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	3.2	20
32	Kinematic and Neuromuscular Measures of Intensity During Plyometric Jumps. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 3395-3402	3.2	13
31	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	3.5	12
30	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	3.4	7
29	Muscle Fatigability After Hex-Bar Deadlift Exercise Performed With Fast or Slow Tempo. <i>International Journal of Sports Physiology and Performance</i> , 2020 , 16, 117-123	3.5	
28	High-Speed Bodyweight Resistance Training Improves Functional Performance Through Maximal Velocity in Older Females. <i>Journal of Aging and Physical Activity</i> , 2020 , 29, 659-669	1.6	2
27	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	3.2	29
26	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	10.6	25
25	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	2	13
24	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	2.7	6
23	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,	0.6	3
22	Eccentric Resistance Training in Youth: Perspectives for Long-Term Athletic Development. <i>Journal of Functional Morphology and Kinesiology</i> , 2019 , 4,	2.4	4
21	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	3.2	18
20	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> , 2019 , 1-22	3.5	11

19	Methodological Characteristics and Future Directions for Plyometric Jump Training Research: A Scoping Review. <i>Sports Medicine</i> , 2018 , 48, 1059-1081	10.6	74
18	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	10.6	42
17	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	3.2	45
16	Maturation-Related Differences in Adaptations to Resistance Training in Young Male Swimmers. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 139-149	3.2	14
15	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	4.4	18
14	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	4.6	20
13	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	2.7	9
12	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	0.5	1
11	Effects of pseudoephedrine on parameters affecting exercise performance: a meta-analysis. <i>Sports Medicine - Open</i> , 2018 , 4, 44	6.1	4
10	Effects of Jumping Exercise on Muscular Power in Older Adults: A Meta-Analysis. <i>Sports Medicine</i> , 2018 , 48, 2843-2857	10.6	40
9	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	3.2	43
8	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	2.6	19
7	Variation in Responses to Sprint Training in Male Youth Athletes: A Meta-analysis. <i>International Journal of Sports Medicine</i> , 2017 , 38, 1-11	3.6	26
6	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	3.6	54
5	Maturation-Related Effect of Low-Dose Plyometric Training on Performance in Youth Hockey Players. <i>Pediatric Exercise Science</i> , 2017 , 29, 194-202	2	27
4	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, 682-7	4.4	38
3	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 , 11, 1797-1804	4	34
2	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> , 174795412110114	1.8	0

- 1 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*, 174795412110311 1.8 6