

Helmi Chaabene

List of Publications by Year in descending order

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Version: 2024-02-01

110
papers

2,972
citations

201575

27
h-index

223716

46
g-index

110
all docs

110
docs citations

110
times ranked

1946
citing authors

#	ARTICLE	IF	CITATIONS
1	Physical and Physiological Profiles of Taekwondo Athletes. <i>Sports Medicine</i> , 2014, 44, 713-733.	3.1	205
2	Test-Retest Reliability, Criterion-Related Validity, and Minimal Detectable Change of the Illinois Agility Test in Male Team Sport Athletes. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 2752-2759.	1.0	123
3	Physical and Physiological Profile of Elite Karate Athletes. <i>Sports Medicine</i> , 2012, 42, 829-843.	3.1	118
4	Amateur Boxing: Physical and Physiological Attributes. <i>Sports Medicine</i> , 2015, 45, 337-352.	3.1	118
5	Methodological Characteristics and Future Directions for Plyometric Jump Training Research: A Scoping Review. <i>Sports Medicine</i> , 2018, 48, 1059-1081.	3.1	109
6	Change of Direction Speed: Toward a Strength Training Approach with Accentuated Eccentric Muscle Actions. <i>Sports Medicine</i> , 2018, 48, 1773-1779.	3.1	90
7	Validity and Reliability of New Agility Test among Elite and Subelite under 14-Soccer Players. <i>PLoS ONE</i> , 2014, 9, e95773.	1.1	82
8	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
9	Physical and Physiological Attributes of Wrestlers: An Update. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 1411-1442.	1.0	72
10	Physical and Physiological Profile of Elite Karate Athletes. <i>Sports Medicine</i> , 2012, 42, 829-843.	3.1	67
11	Timeâ€Motion Analysis and Physiological Responses to Karate Official Combat Sessions: Is There a Difference Between Winners and Defeated Karatekas?. <i>International Journal of Sports Physiology and Performance</i> , 2014, 9, 302-308.	1.1	65
12	Acute Effects of Static Stretching on Muscle Strength and Power: An Attempt to Clarify Previous Caveats. <i>Frontiers in Physiology</i> , 2019, 10, 1468.	1.3	65
13	Time to Differentiate Postactivation â€Potentiationâ€ from â€Performance Enhancementâ€ in the Strength and Conditioning Community. <i>Sports Medicine</i> , 2020, 50, 1559-1565.	3.1	64
14	Agility in Young Athletes: Is It a Different Ability From Speed and Power?. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 727-735.	1.0	62
15	Tests for the Assessment of Sport-Specific Performance in Olympic Combat Sports: A Systematic Review With Practical Recommendations. <i>Frontiers in Physiology</i> , 2018, 9, 386.	1.3	54
16	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
17	Kickboxing review: anthropometric, psychophysiological and activity profiles and injury epidemiology. <i>Biology of Sport</i> , 2017, 2, 185-196.	1.7	47
18	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

#	ARTICLE	IF	CITATIONS
19	Time-motion, tactical and technical analysis in top-level karatekas according to gender, match outcome and weight categories. <i>Journal of Sports Sciences</i> , 2015, 33, 841-849.	1.0	46
20	Effects of Plyometric Training on Physical Fitness in Prepuberal Soccer Athletes. <i>International Journal of Sports Medicine</i> , 2017, 38, 370-377.	0.8	46
21	Effects of Different Plyometric Training Frequencies on Components of Physical Fitness in Amateur Female Soccer Players. <i>Frontiers in Physiology</i> , 2018, 9, 934.	1.3	45
22	Postural Adaptations in Preadolescent Karate Athletes Due to a One Week Karate Training Camp. <i>Journal of Human Kinetics</i> , 2013, 38, 45-52.	0.7	43
23	Effects of High-Velocity Resistance Training on Athletic Performance in Prepuberal Male Soccer Athletes. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 3290-3297.	1.0	42
24	The Effect of Plyometric Training Volume on Athletic Performance in Prepubertal Male Soccer Players. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, 1205-1211.	1.1	41
25	Validity and Reliability of a New Test of Planned Agility in Elite Taekwondo Athletes. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 2542-2547.	1.0	41
26	Performance Aspects and Physiological Responses in Male Amateur Boxing Competitions: A Brief Review. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 1132-1141.	1.0	39
27	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
28	Short-Term Plyometric Jump Training Improves Repeated-Sprint Ability in Prepuberal Male Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 3241-3249.	1.0	32
29	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
30	Effects of Different Plyometric Training Frequencies on Measures of Athletic Performance in Prepuberal Male Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1609-1617.	1.0	28
31	Effects of Combined Surfaces vs. Single-Surface Plyometric Training on Soccer Players' Physical Fitness. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 2644-2653.	1.0	28
32	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
33	Reliability and Construct Validity of the Karate-Specific Aerobic Test. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 3454-3460.	1.0	27
34	Validity and Reliability of a New Karate-Specific Aerobic Field Test for Karatekas. <i>International Journal of Sports Physiology and Performance</i> , 2014, 9, 953-958.	1.1	27
35	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
36	Effects of Plyometric Training on Components of Physical Fitness in Prepuberal Male Soccer Athletes: The Role of Surface Instability. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 3295-3304.	1.0	26

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37	Evaluating the physical and basic gymnastics skills assessment for talent identification in men's artistic gymnastics proposed by the International Gymnastics. <i>Biology of Sport</i> , 2018, 35, 383-392.	1.7	26
38	Effectiveness and time-course adaptation of resistance training vs. plyometric training in prepubertal soccer players. <i>Journal of Sport and Health Science</i> , 2020, 9, 620-627.	3.3	24
39	Effects of Mental Imagery on Muscular Strength in Healthy and Patient Participants: A Systematic Review. <i>Journal of Sports Science and Medicine</i> , 2016, 15, 434-450.	0.7	24
40	100-m Breaststroke Swimming Performance in Youth Swimmers: The Predictive Value of Anthropometrics. <i>Pediatric Exercise Science</i> , 2018, 30, 393-401.	0.5	23
41	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
42	Kinetic analysis of push-up exercises: a systematic review with practical recommendations. <i>Sports Biomechanics</i> , 2018, 21, 1-40.	0.8	22
43	Non-local Muscle Fatigue Effects on Muscle Strength, Power, and Endurance in Healthy Individuals: A Systematic Review with Meta-analysis. <i>Sports Medicine</i> , 2021, 51, 1893-1907.	3.1	22
44	Physiological responses to karate specific activities. <i>Science and Sports</i> , 2015, 30, 179-187.	0.2	21
45	The Activity Profile of Elite Low-Kick Kickboxing Competition. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, 182-189.	1.1	21
46	Cold Water Immersion Enhanced Athletes' Wellness and 10-m Short Sprint Performance 24-h After a Simulated Mixed Martial Arts Combat. <i>Frontiers in Physiology</i> , 2018, 9, 1542.	1.3	21
47	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
48	Kinematic and Kinetic Analysis of Two Gymnastics Acrobatic Series to Performing the Backward Stretched Somersault. <i>Journal of Human Kinetics</i> , 2013, 37, 17-26.	0.7	19
49	Reliability and Validity of a 20-s Alternative to the Wingate Anaerobic Test in Team Sport Male Athletes. <i>PLoS ONE</i> , 2014, 9, e114444.	1.1	19
50	Hormonal responses to striking combat sports competition: a systematic review and meta-analysis. <i>Biology of Sport</i> , 2018, 35, 121-136.	1.7	19
51	Effects of Drop Height on Jump Performance in Male and Female Elite Adolescent Handball Players. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 674-680.	1.1	19
52	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
53	Effects of strength training on physical fitness and sport-specific performance in recreational, sub-elite, and elite rowers: A systematic review with meta-analysis. <i>Journal of Sports Sciences</i> , 2020, 38, 1186-1195.	1.0	18
54	The effects of plyometric jump training on jump and sport-specific performances in prepubertal female swimmers. <i>Journal of Exercise Science and Fitness</i> , 2021, 19, 25-31.	0.8	18

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55	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
56	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
57	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
58	Taekwondo Anaerobic Intermittent Kick Test: Discriminant Validity and an Update with the Gold-Standard Wingate Test. <i>Journal of Human Kinetics</i> , 2020, 71, 229-242.	0.7	17
59	Evaluation of the Illinois Change of Direction Test in Youth Elite Soccer Players of Different Age. <i>Journal of Human Kinetics</i> , 2017, 58, 215-224.	0.7	16
60	Key somatic variables associated with, and differences between the 4 swimming strokes. <i>Journal of Sports Sciences</i> , 2020, 38, 787-794.	1.0	16
61	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
62	THE INFLUENCE OF KARATE PRACTICE LEVEL AND SEX ON PHYSIOLOGICAL AND PERCEPTUAL RESPONSES IN THREE MODERN KARATE TRAINING MODALITIES. <i>Biology of Sport</i> , 2014, 31, 201-207.	1.7	15
63	Effects of a Judo Training on Functional Fitness, Anthropometric, and Psychological Variables in Old Novice Practitioners. <i>Journal of Aging and Physical Activity</i> , 2019, 27, 831-842.	0.5	15
64	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
65	Physiological Responses and Performance Analysis Difference between Official and Simulated Karate Combat Conditions. <i>Asian Journal of Sports Medicine</i> , 2014, 5, 21-9.	0.1	14
66	Effects of Neuromuscular Fatigue on Eccentric Strength and Electromechanical Delay of the Knee Flexors: The Role of Training Status. <i>Frontiers in Physiology</i> , 2019, 10, 782.	1.3	13
67	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
68	Allometric associations between body size, shape, and 100-m butterfly speed performance. <i>Journal of Sports Medicine and Physical Fitness</i> , 2018, 58, 630-637.	0.4	12
69	Cardio-Respiratory Endurance Responses Following a Simulated 3 Å— 3 Minutes Amateur Boxing Contest in Elite Level Boxers. <i>Sports</i> , 2018, 6, 119.	0.7	12
70	Test-retest reliability and criterion validity of a new Taekwondo Anaerobic Intermittent Kick Test. <i>Journal of Sports Medicine and Physical Fitness</i> , 2019, 59, 230-237.	0.4	12
71	The Effects of Combined Balance and Complex Training Versus Complex Training Only on Measures of Physical Fitness in Young Female Handball Players. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 1439-1446.	1.1	11
72	A Needs Analysis of Karate Kumite With Recommendations for Performance Testing and Training. <i>Strength and Conditioning Journal</i> , 2019, 41, 35-46.	0.7	10

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73	RELATIVE AND ABSOLUTE RELIABILITY OF KARATE SPECIFIC AEROBIC TEST (KSAT) IN EXPERIENCED MALE ATHLETES. <i>Biology of Sport</i> , 2012, 29, 211-215.	1.7	10
74	Physiological Responses and Performance Analysis Difference between Official and Simulated Karate Combat Conditions. <i>Asian Journal of Sports Medicine</i> , 2013, 5, .	0.1	10
75	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
76	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
77	Acute Effects of Aerobic Exercise on Muscle Strength and Power in Trained Male Individuals: A Systematic Review with Meta-analysis. <i>Sports Medicine</i> , 2022, 52, 1385-1398.	3.1	9
78	Effect of Three Technical Arms Swings on The Elevation of the Center of Mass During a Standing Back Somersault. <i>Journal of Human Kinetics</i> , 2014, 40, 37-48.	0.7	8
79	Acute effects of different balance exercise types on selected measures of physical fitness in youth female volleyball players. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2021, 13, 29.	0.7	8
80	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
81	Test-retest reliability and circadian performance variability of a 15-s Wingate Anaerobic Test. <i>Biological Rhythm Research</i> , 2012, 43, 413-421.	0.4	7
82	Seasonal Changes in Anthropometry, Body Composition, and Physical Fitness and the Relationships with Sporting Success in Young Sub-Elite Judo Athletes: An Exploratory Study. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 7169.	1.2	7
83	Technicalâ€œtactical analysis of small combat games in male kickboxers: effects of varied number of opponents and area size. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2021, 13, 158.	0.7	7
84	Criterion Related Validity of Karate Specific Aerobic Test (KSAT). <i>Asian Journal of Sports Medicine</i> , 2015, 6, e23807.	0.1	6
85	Are Early or Late Maturers Likely to Be Fitter in the General Population?. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 497.	1.2	6
86	Validity and Reliability of a Snatch Pull Test to Model the Force-Velocity Relationship in Male Elite Weightlifters. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 2808-2815.	1.0	6
87	Physiological stress and performance analysis to karate combat. <i>Journal of Sports Medicine and Physical Fitness</i> , 2016, 56, 1125-1131.	0.4	6
88	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
89	Validity and Reliability of a New Test of Change of Direction in Fencing Athletes. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 4545.	1.2	5
90	Karate Kumite: How to optimize Performance. , 0, , .		5

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91	The Increased Effectiveness of Resistance Training on Unstable vs. Stable Surfaces on Selected Measures of Physical Performance in Young Male Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2022, 36, 888-894.	1.0	5
92	Validation of A New Judo-Specific Ergometer System in Male Elite and Sub-Elite Athletes. <i>Journal of Sports Science and Medicine</i> , 2018, 17, 465-474.	0.7	5
93	Maximal isokinetic elbow and knee flexor/extension strength measures in combat sports athletes: the role of movement velocity and limb side. <i>BMC Sports Science, Medicine and Rehabilitation</i> , 2022, 14, 40.	0.7	5
94	Kinematic analysis of postural control in gymnasts vs. athletes practicing different sports. <i>Sport Sciences for Health</i> , 2017, 13, 573-581.	0.4	4
95	The Reliability and Sensitivity of Change of Direction Deficit and Its Association with Linear Sprint Speed in Prepubertal Male Soccer Players. <i>Journal of Functional Morphology and Kinesiology</i> , 2021, 6, 41.	1.1	4
96	Neuromuscular Training and Motor Control in Youth Athletes: A Meta-Analysis. <i>Perceptual and Motor Skills</i> , 2021, 128, 1975-1997.	0.6	4
97	Seasonal Effects of Strength Endurance vs. Power Training in Young Female Soccer Athletes. <i>Journal of Strength and Conditioning Research</i> , 2020, Publish Ahead of Print, S90-S96.	1.0	4
98	The construct validity of session RPE during an intensive camp in young male Karate athletes. <i>Muscles, Ligaments and Tendons Journal</i> , 2014, 4, 121-6.	0.1	4
99	Effect of Two Different Types of Olympic Rotation Order on Cardiovascular and Metabolic Variables in Men's Artistic Gymnastics. <i>Journal of Human Kinetics</i> , 2018, 61, 179-187.	0.7	3
100	Discerning excellence from mediocrity in swimming: New insights using Bayesian quantile regression. <i>European Journal of Sport Science</i> , 2021, 21, 1083-1091.	1.4	3
101	Inter-Limb Jump Asymmetries and Their Association with Sport-Specific Performance in Young Male and Female Swimmers. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 7324.	1.2	3
102	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
103	Effects of Individualized Versus Traditional Power Training on Strength, Power, Jump Performances, and Body Composition in Young Male Nordic Athletes. <i>International Journal of Sports Physiology and Performance</i> , 2022, 17, 541-548.	1.1	2
104	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
105	Change of Direction Speed in Youth Male Soccer Players: The Predictive Value of Anthropometrics and Biological Maturity. <i>Pediatric Exercise Science</i> , 2022, , 1-7.	0.5	2
106	Predictive Validity of the Snatch Pull Force-Velocity Profile to Determine the Snatch One Repetition-Maximum in Male and Female Elite Weightlifters. <i>Journal of Functional Morphology and Kinesiology</i> , 2021, 6, 35.	1.1	1
107	Concurrent validity of barbell force measured from video-based barbell kinematics during the snatch in male elite weightlifters. <i>PLoS ONE</i> , 2021, 16, e0254705.	1.1	1
108	Effects of body mass-based resistance training on measures of physical fitness and musculotendinous injury incidence and burden in U16 male soccer players. <i>Research in Sports Medicine</i> , 2021, , 1-14.	0.7	1

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109	The "Journal of Functional Morphology and Kinesiology" Journal Club Series: Resistance Training. Journal of Functional Morphology and Kinesiology, 2020, 5, 25.	1.1	0
110	Editorial: Adaptations to Advanced Resistance Training Strategies in Youth and Adult Athletes. Frontiers in Physiology, 2022, 13, 888118.	1.3	0