Helmi Chaabene

List of Publications by Year
in descending order

Source: https://exaly.com/author-pdf/1347176/publications.pdf

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	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.	3.3	16
2	Validity and Reliability of a Snatch Pull Test to Model the Force-Velocity Relationship in Male Elite Weightlifters. Journal of Strength and Conditioning Research, 2022, 36, 2808-2815.	1.0	6
3	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.	3.3	36
4	The Increased Effectiveness of Resistance Training on Unstable vs. Stable Surfaces on Selected Measures of Physical Performance in Young Male Soccer Players. Journal of Strength and Conditioning Research, 2022, 36, 888-894.	1.0	5
5	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.	1.0	2
6	Effects of Individualized Versus Traditional Power Training on Strength, Power, Jump Performances, and Body Composition in Young Male Nordic Athletes. International Journal of Sports Physiology and Performance, 2022, 17, 541-548.	1.1	2
7	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, , .	0.4	2
8	Maximal isokinetic elbow and knee flexorâ€“extensor strength measures in combat sports athletes: the role of movement velocity and limb side. BMC Sports Science, Medicine and Rehabilitation, 2022, 14, 40.	0.7	5
9	Editorial: Adaptations to Advanced Resistance Training Strategies in Youth and Adult Athletes. Frontiers in Physiology, 2022, 13, 888118.	1.3	0
10	Acute Effects of Aerobic Exercise on Muscle Strength and Power in Trained Male Individuals: A Systematic Review with Meta-analysis. Sports Medicine, 2022, 52, 1385-1398.	3.1	9
11	Change of Direction Speed in Youth Male Soccer Players: The Predictive Value of Anthropometrics and Biological Maturity. Pediatric Exercise Science, 2022, , 1-7.	0.5	2
12	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.	1.2	6
13	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.	1.0	14
14	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.	1.0	21
15	Discerning excellence from mediocrity in swimming: New insights using Bayesian quantile regression. European Journal of Sport Science, 2021, 21, 1083-1091.	1.4	3
16	The effects of plyometric jump training on jump and sport-specific performances in prepubertal female swimmers. Journal of Exercise Science and Fitness, 2021, 19, 25-31.	0.8	18
17	Effects of Bilateral and Unilateral Resistance Training on Horizontally Orientated Movement Performance: A Systematic Review and Meta-analysis. Sports Medicine, 2021, 51, 225-242.	3.1	18
18	Effects of Vertically and Horizontally Orientated Plyometric Training on Physical Performance: A Meta-analytical Comparison. Sports Medicine, 2021, 51, 65-79.	3.1	23

#	Article	IF	Citations
19	Are Early or Late Maturers Likely to Be Fitter in the General Population?. International Journal of Environmental Research and Public Health, 2021, 18, 497.	1.2	6
20	Effects of Plyometric Jump Training on Physical Fitness in Amateur and Professional Volleyball: A Meta-Analysis. Frontiers in Physiology, 2021, 12, 636140.	1.3	28
21	Acute effects of different balance exercise types on selected measures of physical fitness in youth female volleyball players. BMC Sports Science, Medicine and Rehabilitation, 2021, 13, 29.	0.7	8
22	Non-local Muscle Fatigue Effects on Muscle Strength, Power, and Endurance in Healthy Individuals: A Systematic Review with Meta-analysis. Sports Medicine, 2021, 51, 1893-1907.	3.1	22
23	Predictive Validity of the Snatch Pull Force-Velocity Profile to Determine the Snatch One Repetition-Maximum in Male and Female Elite Weightlifters. Journal of Functional Morphology and Kinesiology, 2021, 6, 35.	1.1	1
24	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.	1.0	8
25	The Reliability and Sensitivity of Change of Direction Deficit and Its Association with Linear Sprint Speed in Prepubertal Male Soccer Players. Journal of Functional Morphology and Kinesiology, 2021, 6, 41.	1.1	4
26	Concurrent validity of barbell force measured from video-based barbell kinematics during the snatch in male elite weightlifters. PLoS ONE, 2021, 16, e0254705.	1.1	1
27	Neuromuscular Training and Motor Control in Youth Athletes: A Meta-Analysis. Perceptual and Motor Skills, 2021, 128, 1975-1997.	0.6	4
28	Inter-Limb Jump Asymmetries and Their Association with Sport-Specific Performance in Young Male and Female Swimmers. International Journal of Environmental Research and Public Health, 2021, 18, 7324.	1.2	3
29	The Effects of Combined Balance and Complex Training Versus Complex Training Only on Measures of Physical Fitness in Young Female Handball Players. International Journal of Sports Physiology and Performance, 2021, 16, 1439-1446.	1.1	11
30	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.	1.0	18
31	Effects of body mass-based resistance training on measures of physical fitness and musculotendinous injury incidence and burden in U16 male soccer players. Research in Sports Medicine, 2021, , 1-14.	0.7	1
32	Technicalâ€“tactical analysis of small combat games in male kickboxers: effects of varied number of opponents and area size. BMC Sports Science, Medicine and Rehabilitation, 2021, 13, 158.	0.7	7
33	Effectiveness and time-course adaptation of resistance training vs. plyometric training in prepubertal soccer players. Journal of Sport and Health Science, 2020, 9, 620-627.	3.3	24
34	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.	1.0	29
35	Effects of Different Plyometric Training Frequencies on Measures of Athletic Performance in Prepuberal Male Soccer Players. Journal of Strength and Conditioning Research, 2020, 34, 1609-1617.	1.0	28
36	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.	1.1	17

#	Article	IF	Citations
37	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.	1.1	18
38	Short-Term Plyometric Jump Training Improves Repeated-Sprint Ability in Prepuberal Male Soccer Players. Journal of Strength and Conditioning Research, 2020, 34, 3241-3249.	1.0	32
39	Effects of Combined Surfaces vs. Single-Surface Plyometric Training on Soccer Players' Physical Fitness. Journal of Strength and Conditioning Research, 2020, 34, 2644-2653.	1.0	28
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.	0.4	13
41	Seasonal Changes in Anthropometry, Body Composition, and Physical Fitness and the Relationships with Sporting Success in Young Sub-Elite Judo Athletes: An Exploratory Study. International Journal of Environmental Research and Public Health, 2020, 17, 7169.	1.2	7
42	Time to Differentiate Postactivation â€œPotentiationâ€•from â€œPerformance Enhancementâ€•in the Strength and Conditioning Community. Sports Medicine, 2020, 50, 1559-1565.	3.1	64
43	Key somatic variables associated with, and differences between the 4 swimming strokes. Journal of Sports Sciences, 2020, 38, 787-794.	1.0	16
44	Effects of strength training on physical fitness and sport-specific performance in recreational, sub-elite, and elite rowers: A systematic review with meta-analysis. Journal of Sports Sciences, 2020, 38, 1186-1195.	1.0	18
45	Validity and Reliability of a New Test of Change of Direction in Fencing Athletes. International Journal of Environmental Research and Public Health, 2020, 17, 4545.	1.2	5
46	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.	1.3	52
47	The â€œJournal of Functional Morphology and Kinesiologyâ€•Journal Club Series: Resistance Training. Journal of Functional Morphology and Kinesiology, 2020, 5, 25.	1.1	0
48	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.	3.1	27
49	Seasonal Effects of Strength Endurance vs. Power Training in Young Female Soccer Athletes. Journal of Strength and Conditioning Research, 2020, Publish Ahead of Print, S90-S96.	1.0	4
50	Taekwondo Anaerobic Intermittent Kick Test: Discriminant Validity and an Update with the Gold-Standard Wingate Test. Journal of Human Kinetics, 2020, 71, 229-242.	0.7	17
51	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.	0.7	10
52	Test-retest reliability and criterion validity of a new Taekwondo Anaerobic Intermittent Kick Test. Journal of Sports Medicine and Physical Fitness, 2019, 59, 230-237.	0.4	12
53	Effects of Neuromuscular Fatigue on Eccentric Strength and Electromechanical Delay of the Knee Flexors: The Role of Training Status. Frontiers in Physiology, 2019, 10, 782.	1.3	13
54	Effects of a Judo Training on Functional Fitness, Anthropometric, and Psychological Variables in Old Novice Practitioners. Journal of Aging and Physical Activity, 2019, 27, 831-842.	0.5	15

#	Article	IF	Citations
55	A Needs Analysis of Karate Kumite With Recommendations for Performance Testing and Training. Strength and Conditioning Journal, 2019, 41, 35-46.	0.7	10
56	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.	3.1	47
57	Acute Effects of Static Stretching on Muscle Strength and Power: An Attempt to Clarify Previous Caveats. Frontiers in Physiology, 2019, 10, 1468.	1.3	65
58	Effects of Drop Height on Jump Performance in Male and Female Elite Adolescent Handball Players. International Journal of Sports Physiology and Performance, 2019, 14, 674-680.	1.1	19
59	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.	0.7	9
60	Methodological Characteristics and Future Directions for Plyometric Jump Training Research: A Scoping Review. Sports Medicine, 2018, 48, 1059-1081.	3.1	109
61	Effect of Two Different Types of Olympic Rotation Order on Cardiovascular and Metabolic Variables in Menâ€™s Artistic Gymnastics. Journal of Human Kinetics, 2018, 61, 179-187.	0.7	3
62	Validity and Reliability of a New Test of Planned Agility in Elite Taekwondo Athletes. Journal of Strength and Conditioning Research, 2018, 32, 2542-2547.	1.0	41
63	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.	1.0	76
64	Change of Direction Speed: Toward a Strength Training Approach with Accentuated Eccentric Muscle Actions. Sports Medicine, 2018, 48, 1773-1779.	3.1	90
65	100-m Breaststroke Swimming Performance in Youth Swimmers: The Predictive Value of Anthropometrics. Pediatric Exercise Science, 2018, 30, 393-401.	0.5	23
66	Evaluating the physical and basic gymnastics skills assessment for talent identification in menâ€™s artistic gymnastics proposed by the International Gymnastics. Biology of Sport, 2018, 35, 383-392.	1.7	26
67	Cold Water Immersion Enhanced Athletesâ€™ Wellness and 10-m Short Sprint Performance 24-h After a Simulated Mixed Martial Arts Combat. Frontiers in Physiology, 2018, 9, 1542.	1.3	21
68	Kinetic analysis of push-up exercises: a systematic review with practical recommendations. Sports Biomechanics, 2018, 21, 1-40.	0.8	22
69	Allometric associations between body size, shape, and 100-m butterfly speed performance. Journal of Sports Medicine and Physical Fitness, 2018, 58, 630-637.	0.4	12
70	Cardio-Respiratory Endurance Responses Following a Simulated 3 Ã— 3 Minutes Amateur Boxing Contest in Elite Level Boxers. Sports, 2018, 6, 119.	0.7	12
71	Tests for the Assessment of Sport-Specific Performance in Olympic Combat Sports: A Systematic Review With Practical Recommendations. Frontiers in Physiology, 2018, 9, 386.	1.3	54
72	Effects of Different Plyometric Training Frequencies on Components of Physical Fitness in Amateur Female Soccer Players. Frontiers in Physiology, 2018, 9, 934.	1.3	45

#	Article	IF	Citations
73	Hormonal responses to striking combat sports competition: a systematic review and meta-analysis. Biology of Sport, 2018, 35, 121-136.	1.7	19
74	Validation of A New Judo-Specific Ergometer System in Male Elite and Sub-Elite Athletes. Journal of Sports Science and Medicine, 2018, 17, 465-474.	0.7	5
75	The Effect of Plyometric Training Volume on Athletic Performance in Prepubertal Male Soccer Players. International Journal of Sports Physiology and Performance, 2017, 12, 1205-1211.	1.1	41
76	Physical and Physiological Attributes of Wrestlers: An Update. Journal of Strength and Conditioning Research, 2017, 31, 1411-1442.	1.0	72
77	Performance Aspects and Physiological Responses in Male Amateur Boxing Competitions: A Brief Review. Journal of Strength and Conditioning Research, 2017, 31, 1132-1141.	1.0	39
78	Agility in Young Athletes: Is It a Different Ability From Speed and Power?. Journal of Strength and Conditioning Research, 2017, 31, 727-735.	1.0	62
79	Effects of Plyometric Training on Physical Fitness in Prepuberal Soccer Athletes. International Journal of Sports Medicine, 2017, 38, 370-377.	0.8	46
80	Effects of Plyometric Training on Components of Physical Fitness in Prepuberal Male Soccer Athletes: The Role of Surface Instability. Journal of Strength and Conditioning Research, 2017, 31, 3295-3304.	1.0	26
81	Kinematic analysis of postural control in gymnasts vs. athletes practicing different sports. Sport Sciences for Health, 2017, 13, 573-581.	0.4	4
82	Evaluation of the Illinois Change of Direction Test in Youth Elite Soccer Players of Different Age. Journal of Human Kinetics, 2017, 58, 215-224.	0.7	16
83	The Activity Profile of Elite Low-Kick Kickboxing Competition. International Journal of Sports Physiology and Performance, 2017, 12, 182-189.	1.1	21
84	Kickboxing review: anthropometric, psychophysiological and activity profiles and injury epidemiology. Biology of Sport, 2017, 2, 185-196.	1.7	47
85	Effects of High-Velocity Resistance Training on Athletic Performance in Prepuberal Male Soccer Athletes. Journal of Strength and Conditioning Research, 2016, 30, 3290-3297.	1.0	42
86	Effects of Mental Imagery on Muscular Strength in Healthy and Patient Participants: A Systematic Review. Journal of Sports Science and Medicine, 2016, 15, 434-450.	0.7	24
87	Physiological stress and performance analysis to karate combat. Journal of Sports Medicine and Physical Fitness, 2016, 56, 1125-1131.	0.4	6
88	Criterion Related Validity of Karate Specific Aerobic Test (KSAT). Asian Journal of Sports Medicine, 2015, 6, e23807.	0.1	6
89	Time-motion, tactical and technical analysis in top-level karatekas according to gender, match outcome and weight categories. Journal of Sports Sciences, 2015, 33, 841-849.	1.0	46
90	Physiological responses to karate specific activities. Science and Sports, 2015, 30, 179-187.	0.2	21

#	Article	IF	Citations
91	Amateur Boxing: Physical and Physiological Attributes. Sports Medicine, 2015, 45, 337-352.	3.1	118
92	Validity and Reliability of New Agility Test among Elite and Subelite under 14-Soccer Players. PLoS ONE, 2014, 9, e95773.	1.1	82
93	Reliability and Validity of a 20-s Alternative to the Wingate Anaerobic Test in Team Sport Male Athletes. PLoS ONE, 2014, 9, e114444.	1.1	19
94	THE INFLUENCE OF KARATE PRACTICE LEVEL AND SEX ON PHYSIOLOGICAL AND PERCEPTUAL RESPONSES IN THREE MODERN KARATE TRAINING MODALITIES. Biology of Sport, 2014, 31, 201-207.	1.7	15
95	Effect of Three Technical Arms Swings on The Elevation of the Center of Mass During a Standing Back Somersault. Journal of Human Kinetics, 2014, 40, 37-48.	0.7	8
96	Physical and Physiological Profiles of Taekwondo Athletes. Sports Medicine, 2014, 44, 713-733.	3.1	205
97	Timeâ€“Motion Analysis and Physiological Responses to Karate Official Combat Sessions: Is There a Difference Between Winners and Defeated Karatekas?. International Journal of Sports Physiology and Performance, 2014, 9, 302-308.	1.1	65
98	Validity and Reliability of a New Karate-Specific Aerobic Field Test for Karatekas. International Journal of Sports Physiology and Performance, 2014, 9, 953-958.	1.1	27
99	Physiological Responses and Performance Analysis Difference between Official and Simulated Karate Combat Conditions. Asian Journal of Sports Medicine, 2014, 5, 21-9.	0.1	14
100	The construct validity of session RPE during an intensive camp in young male Karate athletes. Muscles, Ligaments and Tendons Journal, 2014, 4, 121-6.	0.1	4
101	Test-Retest Reliability, Criterion-Related Validity, and Minimal Detectable Change of the Illinois Agility Test in Male Team Sport Athletes. Journal of Strength and Conditioning Research, 2013, 27, 2752-2759.	1.0	123
102	Kinematic and Kinetic Analysis of Two Gymnastics Acrobatic Series to Performing the Backward Stretched Somersault. Journal of Human Kinetics, 2013, 37, 17-26.	0.7	19
103	Postural Adaptations in Preadolescent Karate Athletes Due to a One Week Karate Training Camp. Journal of Human Kinetics, 2013, 38, 45-52.	0.7	43
104	Physiological Responses and Performance Analysis Difference between Official and Simulated Karate Combat Conditions. Asian Journal of Sports Medicine, 2013, 5, .	0.1	10
105	Reliability and Construct Validity of the Karate-Specific Aerobic Test. Journal of Strength and Conditioning Research, 2012, 26, 3454-3460.	1.0	27
106	Test-retest reliability and circadian performance variability of a 15-s Wingate Anaerobic Test. Biological Rhythm Research, 2012, 43, 413-421.	0.4	7
107	Physical and Physiological Profile of Elite Karate Athletes. Sports Medicine, 2012, 42, 829-843.	3.1	118
108	Physical and Physiological Profile of Elite Karate Athletes. Sports Medicine, 2012, 42, 829-843.	3.1	67

#	Article	IF	Citations
109	RELATIVE AND ABSOLUTE RELIABILITY OF KARATE SPECIFIC AEROBIC TEST (KSAT) IN EXPERIENCED MALE ATHLETES. Biology of Sport, 2012, 29, 211-215.	1.7	10
110	Karate Kumite: How to optimize Performance. , 0, , .		5