

# Jonathon J S Weakley

## List of Publications by Year in descending order

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Version: 2024-02-01

63  
papers

1,714  
citations

236612

25  
h-index

344852

36  
g-index

63  
all docs

63  
docs citations

63  
times ranked

900  
citing authors

#	ARTICLE	IF	CITATIONS
1	Velocity-Based Training: From Theory to Application. <i>Strength and Conditioning Journal</i> , 2021, 43, 31-49.	0.7	148
2	Reliability and validity of different methods of estimating the one-repetition maximum during the free-weight prone bench pull exercise. <i>Journal of Sports Sciences</i> , 2019, 37, 2205-2212.	1.0	65
3	Between-Days Reliability and Sensitivity of Common Fatigue Measures in Rugby Players. <i>International Journal of Sports Physiology and Performance</i> , 2016, 11, 581-586.	1.1	62
4	Visual Feedback Attenuates Mean Concentric Barbell Velocity Loss and Improves Motivation, Competitiveness, and Perceived Workload in Male Adolescent Athletes. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 2420-2425.	1.0	62
5	The Validity and Reliability of Commercially Available Resistance Training Monitoring Devices: A Systematic Review. <i>Sports Medicine</i> , 2021, 51, 443-502.	3.1	58
6	Application of velocity loss thresholds during free-weight resistance training: Responses and reproducibility of perceptual, metabolic, and neuromuscular outcomes. <i>Journal of Sports Sciences</i> , 2020, 38, 477-485.	1.0	49
7	Bigger, stronger, faster, fitter: the differences in physical qualities of school and academy rugby union players. <i>Journal of Sports Sciences</i> , 2018, 36, 2399-2404.	1.0	46
8	Show Me, Tell Me, Encourage Me: The Effect of Different Forms of Feedback on Resistance Training Performance. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 3157-3163.	1.0	46
9	The effects of traditional, superset, and tri-set resistance training structures on perceived intensity and physiological responses. <i>European Journal of Applied Physiology</i> , 2017, 117, 1877-1889.	1.2	45
10	The effect of physical contact on changes in fatigue markers following rugby union field-based training. <i>European Journal of Sport Science</i> , 2017, 17, 647-655.	1.4	42
11	Assessment of the load-velocity profile in the free-weight prone bench pull exercise through different velocity variables and regression models. <i>PLoS ONE</i> , 2019, 14, e0212085.	1.1	42
12	The Effects of 10%, 20%, and 30% Velocity Loss Thresholds on Kinetic, Kinematic, and Repetition Characteristics During the Barbell Back Squat. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 180-188.	1.1	42
13	The Effects of Augmented Feedback on Sprint, Jump, and Strength Adaptations in Rugby Union Players After a 4-Week Training Program. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 1205-1211.	1.1	39
14	Superior Changes in Jump, Sprint, and Change-of-Direction Performance but Not Maximal Strength Following 6 Weeks of Velocity-Based Training Compared With 1-Repetition-Maximum Percentage-Based Training. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 232-242.	1.1	38
15	The Validity and Reliability of Wearable Microtechnology for Intermittent Team Sports: A Systematic Review. <i>Sports Medicine</i> , 2021, 51, 549-565.	3.1	38
16	Strength and Conditioning Practices in Adolescent Rugby Players: Relationship With Changes in Physical Qualities. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 2361-2369.	1.0	37
17	Physical Demands of Representative Match-Play in Adolescent Rugby Union. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 1290-1296.	1.0	36
18	The Effect of Body Mass on the 30-15 Intermittent Fitness Test in Rugby Union Players. <i>International Journal of Sports Physiology and Performance</i> , 2016, 11, 400-403.	1.1	34

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19	Validity of Daily and Weekly Self-Reported Training Load Measures in Adolescent Athletes. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 1121-1126.	1.0	31
20	Testing methods and physical qualities of male age grade rugby union players: A systematic review. <i>PLoS ONE</i> , 2020, 15, e0233796.	1.1	30
21	Real-time quantitative performance feedback during strength exercise improves motivation, competitiveness, mood, and performance. <i>Proceedings of the Human Factors and Ergonomics Society</i> , 2017, 61, 1546-1550.	0.2	29
22	Organized Chaos in Late Specialization Team Sports: Weekly Training Loads of Elite Adolescent Rugby Union Players. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 1316-1323.	1.0	29
23	The Influence of Resistance Training Experience on the Between-Day Reliability of Commonly Used Strength Measures in Male Youth Athletes. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 2005-2010.	1.0	28
24	The Influence of Training Age on the Annual Development of Physical Qualities Within Academy Rugby League Players. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 2110-2118.	1.0	28
25	Movement and physical demands of school and university rugby union match-play in England. <i>BMJ Open Sport and Exercise Medicine</i> , 2017, 2, e000147.	1.4	28
26	Applied Sport Science for Male Age-Grade Rugby Union in England. <i>Sports Medicine - Open</i> , 2020, 6, 14.	1.3	28
27	The organised chaos of English adolescent rugby union: Influence of weekly match frequency on the variability of match and training loads. <i>European Journal of Sport Science</i> , 2018, 18, 341-348.	1.4	25
28	Between-Day Reliability and Usefulness of a Fitness Testing Battery in Youth Sport Athletes: Reference Data for Practitioners. <i>Measurement in Physical Education and Exercise Science</i> , 2018, 22, 11-18.	1.3	25
29	Criterion Validity, and Interunit and Between-Day Reliability of the FLEX for Measuring Barbell Velocity During Commonly Used Resistance Training Exercises. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1519-1524.	1.0	25
30	Changes in Adductor Strength After Competition in Academy Rugby Union Players. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 344-350.	1.0	24
31	Bench Press 1-Repetition Maximum Estimation Through the Individualized Load-“Velocity Relationship: Comparison of Different Regression Models and Minimal Velocity Thresholds. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 1074-1081.	1.1	24
32	A Systematic Review on Fitness Testing in Adult Male Basketball Players: Tests Adopted, Characteristics Reported and Recommendations for Practice. <i>Sports Medicine</i> , 2022, 52, 1491-1532.	3.1	24
33	Criterion Validity of Force and Power Outputs for a Commonly Used Flywheel Resistance Training Device and Bluetooth App. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 1180-1184.	1.0	23
34	Influence of countermovement depth on the countermovement jump-€derived reactive strength index modified. <i>European Journal of Sport Science</i> , 2021, 21, 1606-1616.	1.4	23
35	The physical characteristics of match-play in English schoolboy and academy rugby union. <i>Journal of Sports Sciences</i> , 2018, 36, 645-650.	1.0	21
36	The inter-device reliability of global navigation satellite systems during team sport movement across multiple days. <i>Journal of Science and Medicine in Sport</i> , 2022, 25, 340-344.	0.6	21

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37	We know they train, but what do they do? Implications for coaches working with adolescent rugby union players. <i>International Journal of Sports Science and Coaching</i> , 2017, 12, 175-182.	0.7	20
38	To Jump or Cycle? Monitoring Neuromuscular Function in Rugby Union Players. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, 690-696.	1.1	20
39	Reliability of the velocity achieved during the last repetition of sets to failure and its association with the velocity of the 1-repetition maximum. <i>PeerJ</i> , 2020, 8, e8760.	0.9	18
40	The appropriateness of training exposures for match-play preparation in adolescent schoolboy and academy rugby union players. <i>Journal of Sports Sciences</i> , 2018, 36, 704-709.	1.0	17
41	The Physical Characteristics of Specific Phases of Play During Rugby Union Match Play. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 1331-1336.	1.1	17
42	Understanding the Relationship Between Coach and Athlete Perceptions of Training Intensity in Youth Sport. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 3239-3245.	1.0	16
43	The Applied Sports Science and Medicine of Netball: A Systematic Scoping Review. <i>Sports Medicine</i> , 2021, 51, 1715-1731.	3.1	16
44	The Effects of Superset Configuration on Kinetic, Kinematic, and Perceived Exertion in the Barbell Bench Press. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 65-72.	1.0	15
45	The Quality, Quantity, and Intraindividual Variability of Sleep Among Students and Student-Athletes. <i>Sports Health</i> , 2020, 12, 43-50.	1.3	15
46	Overtraining Syndrome Symptoms and Diagnosis in Athletes: Where Is the Research? A Systematic Review. <i>International Journal of Sports Physiology and Performance</i> , 2022, 17, 675-681.	1.1	15
47	Number of Repetitions Performed Before and After Reaching Velocity Loss Thresholds: First Repetition Versus Fastest Repetition Mean Velocity Versus Peak Velocity. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 950-957.	1.1	14
48	Putting the Squeeze on Compression Garments: Current Evidence and Recommendations for Future Research: A Systematic Scoping Review. <i>Sports Medicine</i> , 2022, 52, 1141-1160.	3.1	14
49	Presenting objective visual performance feedback over multiple sets of resistance exercise improves motivation, competitiveness, and performance. <i>Proceedings of the Human Factors and Ergonomics Society</i> , 2018, 62, 1306-1310.	0.2	13
50	Effect of Competition Frequency on Strength Performance of Powerlifting Athletes. <i>Journal of Strength and Conditioning Research</i> , 2020, 34, 1213-1219.	1.0	13
51	Jump Training in Rugby Union Players: Barbell or Hexagonal Bar?. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 754-761.	1.0	13
52	Influence of age and maturation status on sprint acceleration characteristics in junior Australian football. <i>Journal of Sports Sciences</i> , 2021, 39, 1585-1593.	1.0	13
53	Convergent Validity, Reliability, and Sensitivity of a Running Test to Monitor Neuromuscular Fatigue. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 1067-1073.	1.1	12
54	Structure of force variability during squats performed with an inertial flywheel device under stable versus unstable surfaces. <i>Human Movement Science</i> , 2019, 66, 497-503.	0.6	11

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55	A multidimensional approach to identifying the physical qualities of male English regional academy rugby union players; considerations of position, chronological age, relative age and maturation. <i>European Journal of Sport Science</i> , 2023, 23, 178-188.	1.4	10
56	“How Am I Going, Coach?” The Effect of Augmented Feedback During Small-Sided Games on Locomotor, Physiological, and Perceptual Responses. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 677-684.	1.1	8
57	Reliability and Validity of a Medicine Ball Contained Accelerometer for Measuring Upper-Body Neuromuscular Performance. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 1915-1918.	1.0	6
58	Maximum running intensities during English academy rugby union match-play. <i>Science and Medicine in Football</i> , 2019, 3, 43-49.	1.0	6
59	Sleep patterns of elite youth team-sport athletes prior to and during international competition. <i>Science and Medicine in Football</i> , 2020, 4, 15-21.	1.0	5
60	Velocity Loss Thresholds Reliably Control Kinetic and Kinematic Outputs during Free Weight Resistance Training. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 6509.	1.2	5
61	Comparison of the two most commonly used gold-standard velocity monitoring devices (GymAware) Tj ETQq1 1 0.784314 rgBT /Overlo of the Institution of Mechanical Engineers, Part P: <i>Journal of Sports Engineering and Technology</i> , 0, , 175433712110296.	0.4	4
62	The effects of travel on performance: a 13-year analysis of the National Rugby League (NRL) competition. <i>Science and Medicine in Football</i> , 2022, 6, 60-65.	1.0	2
63	Comparison of Countermovement Jump and Squat Jump Performance Between 627 State and Non-State Representative Junior Australian Football Players. <i>Journal of Strength and Conditioning Research</i> , 2023, 37, 641-645.	1.0	1