

David R Lubans

List of Publications by Citations

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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.

286 papers	13,072 citations	58 h-index	104 g-index
305 ext. papers	16,206 ext. citations	4.6 avg, IF	6.77 L-index

#	Paper	IF	Citations
286	Fundamental movement skills in children and adolescents: review of associated health benefits. <i>Sports Medicine</i> , 2010 , 40, 1019-35	10.6	744
285	Physical Activity for Cognitive and Mental Health in Youth: A Systematic Review of Mechanisms. <i>Pediatrics</i> , 2016 , 138,	7.4	423
284	The health benefits of muscular fitness for children and adolescents: a systematic review and meta-analysis. <i>Sports Medicine</i> , 2014 , 44, 1209-23	10.6	360
283	Correlates of Gross Motor Competence in Children and Adolescents: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2016 , 46, 1663-1688	10.6	284
282	A review of mediators of behavior in interventions to promote physical activity among children and adolescents. <i>Preventive Medicine</i> , 2008 , 47, 463-70	4.3	278
281	Supporting public health priorities: recommendations for physical education and physical activity promotion in schools. <i>Progress in Cardiovascular Diseases</i> , 2015 , 57, 368-74	8.5	275
280	Physical activity and physical self-concept in youth: systematic review and meta-analysis. <i>Sports Medicine</i> , 2014 , 44, 1589-601	10.6	270
279	How many steps/day are enough? for children and adolescents. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2011 , 8, 78	8.4	259
278	Role of Physical Activity and Sedentary Behavior in the Mental Health of Preschoolers, Children and Adolescents: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2019 , 49, 1383-1410	10.6	247
277	A systematic review and meta-analysis of interventions designed to increase moderate-to-vigorous physical activity in school physical education lessons. <i>Preventive Medicine</i> , 2013 , 56, 152-61	4.3	241
276	A systematic review and meta-analysis of social cognitive theory-based physical activity and/or nutrition behavior change interventions for cancer survivors. <i>Journal of Cancer Survivorship</i> , 2015 , 9, 305-38	5.1	236
275	Fundamental movement skill interventions in youth: a systematic review and meta-analysis. <i>Pediatrics</i> , 2013 , 132, e1361-83	7.4	216
274	Global participation in sport and leisure-time physical activities: A systematic review and meta-analysis. <i>Preventive Medicine</i> , 2017 , 95, 14-25	4.3	208
273	Domain-Specific Physical Activity and Mental Health: A Meta-analysis. <i>American Journal of Preventive Medicine</i> , 2017 , 52, 653-666	6.1	204
272	The relationship between active travel to school and health-related fitness in children and adolescents: a systematic review. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2011 , 8, 5	8.4	194
271	Objectively measured sedentary behaviour and health and development in children and adolescents: systematic review and meta-analysis. <i>Obesity Reviews</i> , 2016 , 17, 330-44	10.6	185
270	Self-determined motivation and physical activity in children and adolescents: a systematic review and meta-analysis. <i>Preventive Medicine</i> , 2014 , 67, 270-9	4.3	180

269	High-intensity interval training for improving health-related fitness in adolescents: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2015 , 49, 1253-61	10.3	173
268	A systematic review of the validity and reliability of sedentary behaviour measures used with children and adolescents. <i>Obesity Reviews</i> , 2011 , 12, 781-99	10.6	172
267	The health indicators associated with screen-based sedentary behavior among adolescent girls: a systematic review. <i>Journal of Adolescent Health</i> , 2013 , 52, 382-92	5.8	168
266	Do school-based interventions focusing on physical activity, fitness, or fundamental movement skill competency produce a sustained impact in these outcomes in children and adolescents? A systematic review of follow-up studies. <i>Sports Medicine</i> , 2014 , 44, 67-79	10.6	157
265	A systematic review of studies using pedometers to promote physical activity among youth. <i>Preventive Medicine</i> , 2009 , 48, 307-15	4.3	148
264	Smart-phone obesity prevention trial for adolescent boys in low-income communities: the ATLAS RCT. <i>Pediatrics</i> , 2014 , 134, e723-31	7.4	147
263	A reverse pathway? Actual and perceived skill proficiency and physical activity. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 898-904	1.2	146
262	Social cognitive theories used to explain physical activity behavior in adolescents: a systematic review and meta-analysis. <i>Preventive Medicine</i> , 2013 , 56, 245-53	4.3	140
261	Development of Foundational Movement Skills: A Conceptual Model for Physical Activity Across the Lifespan. <i>Sports Medicine</i> , 2018 , 48, 1533-1540	10.6	135
260	The impact of nutrition education with and without a school garden on knowledge, vegetable intake and preferences and quality of school life among primary-school students. <i>Public Health Nutrition</i> , 2010 , 13, 1931-40	3.3	129
259	Fundamental Movement Skills: An Important Focus. <i>Journal of Teaching in Physical Education</i> , 2016 , 35, 219-225	2.2	126
258	The 'Healthy Dads, Healthy Kids' randomized controlled trial: efficacy of a healthy lifestyle program for overweight fathers and their children. <i>International Journal of Obesity</i> , 2011 , 35, 436-47	5.5	126
257	A systematic review and meta-analysis of moderate-to-vigorous physical activity levels in elementary school physical education lessons. <i>Preventive Medicine</i> , 2016 , 86, 34-54	4.3	116
256	The 'Healthy Dads, Healthy Kids' community randomized controlled trial: a community-based healthy lifestyle program for fathers and their children. <i>Preventive Medicine</i> , 2014 , 61, 90-9	4.3	108
255	12-month outcomes and process evaluation of the SHED-IT RCT: an internet-based weight loss program targeting men. <i>Obesity</i> , 2011 , 19, 142-51	8	107
254	The SHED-IT randomized controlled trial: evaluation of an Internet-based weight-loss program for men. <i>Obesity</i> , 2009 , 17, 2025-32	8	107
253	The theory of expanded, extended, and enhanced opportunities for youth physical activity promotion. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2016 , 13, 120	8.4	103
252	Preventing Obesity Among Adolescent Girls: One-Year Outcomes of the Nutrition and Enjoyable Activity for Teen Girls (NEAT Girls) Cluster Randomized Controlled Trial. <i>JAMA Pediatrics</i> , 2012 , 166, 821-7		100

251	Maternal and paternal parenting practices and their influence on children's adiposity, screen-time, diet and physical activity. <i>Appetite</i> , 2014 , 79, 149-57	4.5	96
250	A systematic review and meta-analysis of moderate-to-vigorous physical activity levels in secondary school physical education lessons. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2017 , 14, 52	8.4	90
249	Review: A systematic review of the impact of physical activity programmes on social and emotional well-being in at-risk youth. <i>Child and Adolescent Mental Health</i> , 2012 , 17, 2-13	2.2	89
248	Physical activity and skills intervention: SCORES cluster randomized controlled trial. <i>Medicine and Science in Sports and Exercise</i> , 2015 , 47, 765-74	1.2	86
247	High-Intensity Interval Training for Cognitive and Mental Health in Adolescents. <i>Medicine and Science in Sports and Exercise</i> , 2016 , 48, 1985-93	1.2	82
246	Effects of professional development on the quality of teaching: Results from a randomised controlled trial of Quality Teaching Rounds. <i>Teaching and Teacher Education</i> , 2017 , 68, 99-113	2.9	78
245	Effects of integrating pedometers, parental materials, and E-mail support within an extracurricular school sport intervention. <i>Journal of Adolescent Health</i> , 2009 , 44, 176-183	5.8	77
244	Methodological considerations and impact of school-based interventions on objectively measured physical activity in adolescents: a systematic review and meta-analysis. <i>Obesity Reviews</i> , 2017 , 18, 476-490	10.6	74
243	Findings From the EASY Minds Cluster Randomized Controlled Trial: Evaluation of a Physical Activity Integration Program for Mathematics in Primary Schools. <i>Journal of Physical Activity and Health</i> , 2016 , 13, 198-206	2.5	74
242	Cardiorespiratory Fitness in Youth: An Important Marker of Health: A Scientific Statement From the American Heart Association. <i>Circulation</i> , 2020 , 142, e101-e118	16.7	74
241	Systematic review and meta-analysis of linear and undulating periodized resistance training programs on muscular strength. <i>Journal of Strength and Conditioning Research</i> , 2015 , 29, 1113-25	3.2	73
240	A systematic review and meta-analysis of cognitive and behavioral interventions to improve sleep health in adults without sleep disorders. <i>Sleep Medicine Reviews</i> , 2018 , 40, 160-169	10.2	73
239	Fundamental movement skills and physical activity among children living in low-income communities: a cross-sectional study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2014 , 11, 49	8.4	71
238	Resistance training to improve power and sports performance in adolescent athletes: a systematic review and meta-analysis. <i>Journal of Science and Medicine in Sport</i> , 2012 , 15, 532-40	4.4	71
237	Engaging men in weight loss: Experiences of men who participated in the male only SHED-IT pilot study. <i>Obesity Research and Clinical Practice</i> , 2011 , 5, e169-266	5.4	71
236	Targeted Health Behavior Interventions Promoting Physical Activity: A Conceptual Model. <i>Exercise and Sport Sciences Reviews</i> , 2016 , 44, 71-80	6.7	70
235	Framework for the design and delivery of organized physical activity sessions for children and adolescents: rationale and description of the 'SAAFE' teaching principles. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2017 , 14, 24	8.4	65
234	Children's intake of fruit and selected energy-dense nutrient-poor foods is associated with fathers' intake. <i>Journal of the American Dietetic Association</i> , 2011 , 111, 1039-44		62

233	The Nutrition and Enjoyable Activity for Teen Girls (NEAT girls) randomized controlled trial for adolescent girls from disadvantaged secondary schools: rationale, study protocol, and baseline results. <i>BMC Public Health</i> , 2010 , 10, 652	4.1	61
232	The nutrition and enjoyable activity for teen girls study: a cluster randomized controlled trial. <i>American Journal of Preventive Medicine</i> , 2013 , 45, 313-7	6.1	60
231	Outcomes and process evaluation of a programme integrating physical activity into the primary school mathematics curriculum: The EASY Minds pilot randomised controlled trial. <i>Journal of Science and Medicine in Sport</i> , 2015 , 18, 656-61	4.4	59
230	The Physical Activity 4 Everyone Cluster Randomized Trial: 2-Year Outcomes of a School Physical Activity Intervention Among Adolescents. <i>American Journal of Preventive Medicine</i> , 2016 , 51, 195-205	6.1	59
229	Improving the fitness and physical activity levels of primary school children: results of the Fit-4-Fun group randomized controlled trial. <i>Preventive Medicine</i> , 2013 , 56, 12-9	4.3	59
228	A cluster randomized controlled trial of strategies to increase adolescents' physical activity and motivation in physical education: results of the Motivating Active Learning in Physical Education (MALP) trial. <i>Preventive Medicine</i> , 2013 , 57, 696-702	4.3	57
227	Randomized controlled trial of the Physical Activity Leaders (PALs) program for adolescent boys from disadvantaged secondary schools. <i>Preventive Medicine</i> , 2011 , 52, 239-46	4.3	57
226	Evaluation of an extra-curricular school sport programme promoting lifestyle and lifetime activity for adolescents. <i>Journal of Sports Sciences</i> , 2008 , 26, 519-29	3.6	57
225	Engaging Fathers to Increase Physical Activity in Girls: The "Dads And Daughters Exercising and Empowered" (DADEE) Randomized Controlled Trial. <i>Annals of Behavioral Medicine</i> , 2019 , 53, 39-52	4.5	57
224	Test-retest reliability of a battery of field-based health-related fitness measures for adolescents. <i>Journal of Sports Sciences</i> , 2011 , 29, 685-93	3.6	56
223	Mediators of behavior change in two tailored physical activity interventions for adolescent girls. <i>Psychology of Sport and Exercise</i> , 2008 , 9, 605-619	4.2	56
222	Improving health-related fitness in adolescents: the CrossFit Teens randomised controlled trial. <i>Journal of Sports Sciences</i> , 2016 , 34, 209-23	3.6	55
221	Reliability and validity of a single-item physical activity measure for adolescents. <i>Journal of Paediatrics and Child Health</i> , 2015 , 51, 787-93	1.3	55
220	Longitudinal associations between changes in screen-time and mental health outcomes in adolescents. <i>Mental Health and Physical Activity</i> , 2017 , 12, 124-131	5	54
219	'Physical Activity 4 Everyone' school-based intervention to prevent decline in adolescent physical activity levels: 12 month (mid-intervention) report on a cluster randomised trial. <i>British Journal of Sports Medicine</i> , 2016 , 50, 488-95	10.3	52
218	Assessing the sustained impact of a school-based obesity prevention program for adolescent boys: the ATLAS cluster randomized controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2016 , 13, 92	8.4	51
217	Comparability and feasibility of wrist- and hip-worn accelerometers in free-living adolescents. <i>Journal of Science and Medicine in Sport</i> , 2017 , 20, 1101-1106	4.4	50
216	The impact of a school garden and cooking program on boys' and girls' fruit and vegetable preferences, taste rating, and intake. <i>Health Education and Behavior</i> , 2012 , 39, 131-41	4.2	50

215	Mediators of Psychological Well-being in Adolescent Boys. <i>Journal of Adolescent Health</i> , 2016 , 58, 230-6	5.8	48
214	The Impact of Physical Activity on Brain Structure and Function in Youth: A Systematic Review. <i>Pediatrics</i> , 2019 , 144,	7.4	47
213	Factors associated with participation in resistance training: a systematic review. <i>British Journal of Sports Medicine</i> , 2017 , 51, 1466-1472	10.3	46
212	Social support from teachers mediates physical activity behavior change in children participating in the Fit-4-Fun intervention. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2013 , 10, 68	8.4	46
211	A hitchhiker's guide to assessing sedentary behaviour among young people: deciding what method to use. <i>Journal of Science and Medicine in Sport</i> , 2013 , 16, 28-35	4.4	45
210	Behavioral Correlates of Muscular Fitness in Children and Adolescents: A Systematic Review. <i>Sports Medicine</i> , 2019 , 49, 887-904	10.6	43
209	Preliminary efficacy and feasibility of embedding high intensity interval training into the school day: A pilot randomized controlled trial. <i>Preventive Medicine Reports</i> , 2015 , 2, 973-9	2.6	43
208	The importance of long-term follow-up in child and adolescent obesity prevention interventions. <i>Pediatric Obesity</i> , 2011 , 6, 178-81		43
207	Development, test-retest reliability, and construct validity of the resistance training skills battery. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 1373-80	3.2	42
206	Rationale and study protocol for the 'active teen leaders avoiding screen-time' (ATLAS) group randomized controlled trial: an obesity prevention intervention for adolescent boys from schools in low-income communities. <i>Contemporary Clinical Trials</i> , 2014 , 37, 106-19	2.3	42
205	Defining Physical Literacy for Application in Australia: A Modified Delphi Method. <i>Journal of Teaching in Physical Education</i> , 2019 , 38, 105-118	2.2	40
204	Development and implementation of a smartphone application to promote physical activity and reduce screen-time in adolescent boys. <i>Frontiers in Public Health</i> , 2014 , 2, 42	6	40
203	Community-based physical activity interventions for treatment of type 2 diabetes: a systematic review with meta-analysis. <i>Frontiers in Endocrinology</i> , 2013 , 4, 3	5.7	40
202	Exercise adherence and intervention effects of two school-based resistance training programs for adolescents. <i>Preventive Medicine</i> , 2010 , 50, 56-62	4.3	40
201	Men participating in a weight-loss intervention are able to implement key dietary messages, but not those relating to vegetables or alcohol: the Self-Help, Exercise and Diet using Internet Technology (SHED-IT) study. <i>Public Health Nutrition</i> , 2011 , 14, 168-75	3.3	40
200	Exploring changes in physical activity, sedentary behaviors and hypothesized mediators in the NEAT girls group randomized controlled trial. <i>Journal of Science and Medicine in Sport</i> , 2014 , 17, 39-46	4.4	39
199	Explaining dietary intake in adolescent girls from disadvantaged secondary schools. A test of Social Cognitive Theory. <i>Appetite</i> , 2012 , 58, 517-24	4.5	39
198	Intervention to reduce recreational screen-time in adolescents: Outcomes and mediators from the 'Switch-Off 4 Healthy Minds' (S4HM) cluster randomized controlled trial. <i>Preventive Medicine</i> , 2016 , 91, 50-57	4.3	38

197	Development and evaluation of social cognitive measures related to adolescent dietary behaviors. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2012 , 9, 36	8.4	37
196	A school-based randomized controlled trial to improve physical activity among Iranian high school girls. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2008 , 5, 18	8.4	36
195	An internet-supported school physical activity intervention in low socioeconomic status communities: results from the Activity and Motivation in Physical Education (AMPED) cluster randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2019 , 53, 341-347	10.3	36
194	Improvements in fundamental movement skill competency mediate the effect of the SCORES intervention on physical activity and cardiorespiratory fitness in children. <i>Journal of Sports Sciences</i> , 2015 , 33, 1908-18	3.6	35
193	Muscular fitness, body composition and physical self-perception in adolescents. <i>Journal of Science and Medicine in Sport</i> , 2011 , 14, 216-21	4.4	34
192	Physical activity behaviours in adolescence: current evidence and opportunities for intervention. <i>Lancet, The</i> , 2021 , 398, 429-442	4.0	34
191	Variety support and exercise adherence behavior: experimental and mediating effects. <i>Journal of Behavioral Medicine</i> , 2016 , 39, 214-24	3.6	33
190	Preventing obesity among Brazilian adolescent girls: Six-month outcomes of the Healthy Habits, Healthy Girls-Brazil school-based randomized controlled trial. <i>Preventive Medicine</i> , 2016 , 86, 77-83	4.3	33
189	Promoting physical activity among adolescent girls: the Girls in Sport group randomized trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2017 , 14, 81	8.4	33
188	Cost effectiveness of a multi-component school-based physical activity intervention targeting adolescents: the 'Physical Activity 4 Everyone' cluster randomized trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2016 , 13, 94	8.4	33
187	Associations between physical activity intensity and well-being in adolescents. <i>Preventive Medicine</i> , 2019 , 125, 55-61	4.3	32
186	Paternal Lifestyle-Related Parenting Practices Mediate Changes in Children's Dietary and Physical Activity Behaviors: Findings From the Healthy Dads, Healthy Kids Community Randomized Controlled Trial. <i>Journal of Physical Activity and Health</i> , 2015 , 12, 1327-35	2.5	32
185	Rationale and study protocol for the supporting children's outcomes using rewards, exercise and skills (SCORES) group randomized controlled trial: a physical activity and fundamental movement skills intervention for primary schools in low-income communities. <i>BMC Public Health</i> , 2012 , 12, 427	4.1	32
184	Exploring the mechanisms of physical activity and dietary behavior change in the program x intervention for adolescents. <i>Journal of Adolescent Health</i> , 2010 , 47, 83-91	5.8	32
183	Effects of a 'school-based' physical activity intervention on adiposity in adolescents from economically disadvantaged communities: secondary outcomes of the 'Physical Activity 4 Everyone' RCT. <i>International Journal of Obesity</i> , 2016 , 40, 1486-1493	5.5	32
182	The PLUNGE randomized controlled trial: evaluation of a games-based physical activity professional learning program in primary school physical education. <i>Preventive Medicine</i> , 2015 , 74, 1-8	4.3	31
181	The 'Healthy Dads, Healthy Kids' community effectiveness trial: study protocol of a community-based healthy lifestyle program for fathers and their children. <i>BMC Public Health</i> , 2011 , 11, 876	4.1	31
180	Movement-based Mathematics: Enjoyment and Engagement without Compromising Learning through the EASY Minds Program. <i>Eurasia Journal of Mathematics, Science and Technology Education</i> , 2017 , 13,	1.6	30

179	Review of High-Intensity Interval Training for Cognitive and Mental Health in Youth. <i>Medicine and Science in Sports and Exercise</i> , 2020 , 52, 2224-2234	1.2	30
178	Effects of different types of classroom physical activity breaks on children's on-task behaviour, academic achievement and cognition. <i>Acta Paediatrica, International Journal of Paediatrics</i> , 2020 , 109, 158-165	3.1	30
177	12 month changes in dietary intake of adolescent girls attending schools in low-income communities following the NEAT Girls cluster randomized controlled trial. <i>Appetite</i> , 2014 , 73, 147-55	4.5	29
176	A test of the theory of planned behavior to predict physical activity in an overweight/obese population sample of adolescents from Alberta, Canada. <i>Health Education and Behavior</i> , 2013 , 40, 415-25	4.2	29
175	A school-based intervention to promote physical activity among adolescent girls: rationale, design, and baseline data from the Girls in Sport group randomised controlled trial. <i>BMC Public Health</i> , 2011 , 11, 658	4.1	29
174	Can physical education and physical activity outcomes be developed simultaneously using a game-centered approach?. <i>European Physical Education Review</i> , 2016 , 22, 113-133	2.8	28
173	A cluster-randomized controlled trial of strategies to increase adolescents' physical activity and motivation during physical education lessons: the Motivating Active Learning in Physical Education (MALP) trial. <i>BMC Public Health</i> , 2012 , 12, 834	4.1	28
172	The effects of free weights and elastic tubing resistance training on physical self-perception in adolescents. <i>Psychology of Sport and Exercise</i> , 2010 , 11, 497-504	4.2	28
171	Validity and Reliability of Field-Based Measures for Assessing Movement Skill Competency in Lifelong Physical Activities: A Systematic Review. <i>Sports Medicine</i> , 2015 , 45, 1443-54	10.6	27
170	Implementing Resistance Training in Secondary Schools: A Cluster Randomized Controlled Trial. <i>Medicine and Science in Sports and Exercise</i> , 2018 , 50, 62-72	1.2	27
169	Results from Australia's 2014 Report Card on Physical Activity for Children and Youth. <i>Journal of Physical Activity and Health</i> , 2014 , 11 Suppl 1, S21-5	2.5	27
168	A test of the theory of planned behavior to explain physical activity in a large population sample of adolescents from Alberta, Canada. <i>Journal of Adolescent Health</i> , 2011 , 49, 547-9	5.8	27
167	Mediators of change following a senior school physical activity intervention. <i>Journal of Science and Medicine in Sport</i> , 2009 , 12, 134-40	4.4	27
166	Feasibility and Preliminary Efficacy of a Teacher-Facilitated High-Intensity Interval Training Intervention for Older Adolescents. <i>Pediatric Exercise Science</i> , 2019 , 31, 107-117	2	27
165	Physical Inactivity and Mental Health in Late Adolescence. <i>JAMA Psychiatry</i> , 2018 , 75, 543-544	14.5	26
164	Associations between sedentary behavior and self-esteem in adolescent girls from schools in low-income communities. <i>Mental Health and Physical Activity</i> , 2013 , 6, 30-35	5	26
163	Integrating smartphone technology, social support and the outdoor physical environment to improve fitness among adults at risk of, or diagnosed with, Type 2 Diabetes: Findings from the 'eCoFit' randomized controlled trial. <i>Preventive Medicine</i> , 2017 , 105, 404-411	4.3	26
162	Temporal and bidirectional associations between physical activity and sleep in primary school-aged children. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017 , 42, 238-242	3	26

161	Mediators of weight loss in the 'Healthy Dads, Healthy Kids' pilot study for overweight fathers. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2012 , 9, 45	8.4	26
160	Guidelines for the Selection of Physical Literacy Measures in Physical Education in Australia. <i>Journal of Teaching in Physical Education</i> , 2019 , 38, 119-125	2.2	25
159	A cluster randomised trial of a school-based intervention to prevent decline in adolescent physical activity levels: study protocol for the 'Physical Activity 4 Everyone' trial. <i>BMC Public Health</i> , 2013 , 13, 57	4.1	25
158	Exploring the mechanisms of weight loss in the SHED-IT intervention for overweight men: a mediation analysis. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2009 , 6, 76	8.4	25
157	Fathers' Perceptions of Rough-and-Tumble Play: Implications for Early Childhood Services. <i>Australasian Journal of Early Childhood</i> , 2011 , 36, 131-138	1	24
156	Exercise and nutrition routine improving cancer health (ENRICH): the protocol for a randomized efficacy trial of a nutrition and physical activity program for adult cancer survivors and carers. <i>BMC Public Health</i> , 2011 , 11, 236	4.1	24
155	Associations between fundamental movement skill competence, physical activity and psycho-social determinants in Hong Kong Chinese children. <i>Journal of Sports Sciences</i> , 2019 , 37, 229-236	3.6	23
154	Adolescents and school sport: the relationship between beliefs, social support and physical self-perception. <i>Physical Education and Sport Pedagogy</i> , 2011 , 16, 237-250	3.8	23
153	Effects of exercise on mental health outcomes in adolescents: Findings from the CrossFitTeens randomized controlled trial. <i>Psychology of Sport and Exercise</i> , 2016 , 26, 14-23	4.2	23
152	Results from Australia's 2018 Report Card on Physical Activity for Children and Youth. <i>Journal of Physical Activity and Health</i> , 2018 , 15, S315-S317	2.5	23
151	Identification and evaluation of risk of generalizability biases in pilot versus efficacy/effectiveness trials: a systematic review and meta-analysis. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2020 , 17, 19	8.4	22
150	Social, psychological and behavioural correlates of pedometer step counts in a sample of Australian adolescents. <i>Journal of Science and Medicine in Sport</i> , 2009 , 12, 141-7	4.4	22
149	Efficacy and feasibility of HIIT training for university students: The Uni-HIIT RCT. <i>Journal of Science and Medicine in Sport</i> , 2019 , 22, 596-601	4.4	22
148	Scaling-up an efficacious school-based physical activity intervention: Study protocol for the 'Internet-based Professional Learning to help teachers support Activity in Youth' (iPLAY) cluster randomized controlled trial and scale-up implementation evaluation. <i>BMC Public Health</i> , 2016 , 16, 873	4.1	21
147	Development and evaluation of social cognitive measures related to adolescent physical activity. <i>Journal of Physical Activity and Health</i> , 2013 , 10, 544-55	2.5	21
146	Description and evaluation of a social cognitive model of physical activity behaviour tailored for adolescent girls. <i>Health Education Research</i> , 2012 , 27, 115-28	1.8	21
145	A school-based intervention incorporating smartphone technology to improve health-related fitness among adolescents: rationale and study protocol for the NEAT and ATLAS 2.0 cluster randomised controlled trial and dissemination study. <i>BMJ Open</i> , 2016 , 6, e010448	3	21
144	An RCT to Facilitate Implementation of School Practices Known to Increase Physical Activity. <i>American Journal of Preventive Medicine</i> , 2017 , 53, 818-828	6.1	20

143	Recommendations for exercise in adolescents and adults with congenital heart disease. <i>Progress in Cardiovascular Diseases</i> , 2020 , 63, 350-366	8.5	20
142	Results From Australia's 2016 Report Card on Physical Activity for Children and Youth. <i>Journal of Physical Activity and Health</i> , 2016 , 13, S87-S94	2.5	20
141	Comparison of resistance training progression models on maximal strength in sub-elite adolescent rugby union players. <i>Journal of Science and Medicine in Sport</i> , 2016 , 19, 163-9	4.4	20
140	Potential moderators and mediators of intervention effects in an obesity prevention program for adolescent boys from disadvantaged schools. <i>Journal of Science and Medicine in Sport</i> , 2012 , 15, 519-25	4.4	20
139	Embodied learning in the classroom: Effects on primary school children's attention and foreign language vocabulary learning. <i>Psychology of Sport and Exercise</i> , 2019 , 43, 45-54	4.2	20
138	Promoting physical activity in children through family-based intervention: protocol of the "Active 1 + FUN" randomized controlled trial. <i>BMC Public Health</i> , 2019 , 19, 218	4.1	19
137	Australian children lack the basic movement skills to be active and healthy. <i>Health Promotion Journal of Australia</i> , 2013 , 24, 82-4	1.7	19
136	A systematic review of strength and conditioning programmes designed to improve fitness characteristics in golfers. <i>Journal of Sports Sciences</i> , 2011 , 29, 933-43	3.6	19
135	School-based interventions modestly increase physical activity and cardiorespiratory fitness but are least effective for youth who need them most: an individual participant pooled analysis of 20 controlled trials. <i>British Journal of Sports Medicine</i> , 2021 ,	10.3	19
134	Quality Teaching Rounds as a professional development intervention for enhancing the quality of teaching: Rationale and study protocol for a cluster randomised controlled trial. <i>International Journal of Educational Research</i> , 2015 , 74, 82-95	2.1	18
133	School-based obesity prevention interventions: practicalities and considerations. <i>Obesity Research and Clinical Practice</i> , 2014 , 8, e497-510	5.4	18
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13	Mediating Effects of the 'eCoFit' Physical Activity Intervention for Adults at Risk of, or Diagnosed with, Type 2 Diabetes. <i>International Journal of Behavioral Medicine</i> , 2019 , 26, 512-521	2.6	0
12	Feasibility and preliminary efficacy of a school-based health and well-being program for adolescent girls.. <i>Pilot and Feasibility Studies</i> , 2022 , 8, 15	1.9	0
11	Scale-up of the Physical Activity 4 Everyone (PA4E1) intervention in secondary schools: 24-month implementation and cost outcomes from a cluster randomised controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2021 , 18, 137	8.4	0
10	Aerobic and Muscular Fitness Associations with Adolescent Cognitive Control. <i>Medicine and Science in Sports and Exercise</i> , 2019 , 51, 548-548	1.2	0
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3	Count- versus MAD-based accelerometry-assessed movement behaviors and associations with child adiposity and fitness. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021 , 31, 2322-2332	4.6	0
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1	Impact of Embedding High-Intensity Interval Training in Schools and Sports Training on Children and Adolescent Cardiometabolic Health and Health-Related Fitness: Systematic Review and Meta-Analysis. <i>Journal of Teaching in Physical Education</i> , 2022 , 1-13	2.2	0