James Steele

List of Publications by Citations

129 papers	2,007 citations	22 h-index	39 g-index
174 ext. papers	2,499 ext. citations	3.8 avg, IF	5.6 L-index

#	Paper	IF	Citations
129	Is There Any Practical Application of Meta-Analytical Results in Strength Training?. *Frontiers in Physiology*, **2017**, 8, 1	4.6	189
128	Clarity in reporting terminology and definitions of set endpoints in resistance training. *Muscle and Nerve*, **2017**, 56, 368-374	3.4	113
127	Evidence-Based Resistance Training Recommendations. *Medicina Sportiva*, **2011**, 15, 147-162		81
126	A higher effort-based paradigm in physical activity and exercise for public health: making the case for a greater emphasis on resistance training. *BMC Public Health*, **2017**, 17, 300	4.1	66
125	A reappraisal of the deconditioning hypothesis in low back pain: review of evidence from a triumvirate of research methods on specific lumbar extensor deconditioning. *Current Medical Research and Opinion*, **2014**, 30, 865-911	2.5	65
124	High- and Low-Load Resistance Training: Interpretation and Practical Application of Current Research Findings. *Sports Medicine*, **2017**, 47, 393-400	10.6	64
123	Is interval training the magic bullet for fat loss? A systematic review and meta-analysis comparing moderate-intensity continuous training with high-intensity interval training (HIIT). *British Journal of Sports Medicine*, **2019**, 53, 655-664	10.3	60
122	A Review of the Acute Effects and Long-Term Adaptations of Single- and Multi-Joint Exercises during Resistance Training. *Sports Medicine*, **2017**, 47, 843-855	10.6	58
121	A minimal dose approach to resistance training for the older adult; the prophylactic for aging. *Experimental Gerontology*, **2017**, 99, 80-86	4.5	55
120	Heavier and lighter load resistance training to momentary failure produce similar increases in strength with differing degrees of discomfort. *Muscle and Nerve*, **2017**, 56, 797-803	3.4	50
119	Intensity; in-ten-si-ty; noun. 1. Often used ambiguously within resistance training. 2. Is it time to drop the term altogether?. *British Journal of Sports Medicine*, **2014**, 48, 1586-8	10.3	50
118	There are no no-responders to low or high resistance training volumes among older women. *Experimental Gerontology*, **2017**, 99, 18-26	4.5	48
117	A randomized controlled trial of limited range of motion lumbar extension exercise in chronic low back pain. *Spine*, **2013**, 38, 1245-52	3.3	38
116	The effects of adding single-joint exercises to a multi-joint exercise resistance training program on upper body muscle strength and size in trained men. *Applied Physiology, Nutrition and Metabolism*, **2015**, 40, 822-6	3	37
115	A review of the specificity of exercises designed for conditioning the lumbar extensors. *British Journal of Sports Medicine*, **2015**, 49, 291-7	10.3	34
114	A mixed-studies systematic review and meta-analysis of school-based interventions to promote physical activity and/or reduce sedentary time in children. *Journal of Sport and Health Science*, **2020**, 9, 3-17	8.2	34
113	A review of the clinical value of isolated lumbar extension resistance training for chronic low back pain. *PM and R*, **2015**, 7, 169-87	2.2	33

112	The effects of exercise referral schemes in the United Kingdom in those with cardiovascular, mental health, and musculoskeletal disorders: a preliminary systematic review. *BMC Public Health*, **2018**, 18, 949	4.1	33
111	Lumbar kinematic variability during gait in chronic low back pain and associations with pain, disability and isolated lumbar extension strength. *Clinical Biomechanics*, **2014**, 29, 1131-8	2.2	27
110	Differentiation between perceived effort and discomfort during resistance training in older adults:Reliability of trainee ratings of effort and discomfort,and reliability and validity of trainer ratings of trainee effort. *Journal of Trainology*, **2016**, 6, 1-8	1.2	27
109	The Effects of 6 Months of Progressive High Effort Resistance Training Methods upon Strength, Body Composition, Function, and Wellbeing of Elderly Adults. *BioMed Research International*, **2017**, 2017, 2541090	3	26
108	Greater electromyographic responses do not imply greater motor unit recruitment and 'hypertrophic potential' cannot be inferred. *Journal of Strength and Conditioning Research*, **2017**, 31, e1-e4	3.2	24
107	The Minimum Effective Training Dose Required to Increase 1RM Strength in Resistance-Trained Men: A Systematic Review and Meta-Analysis. *Sports Medicine*, **2020**, 50, 751-765	10.6	22
106	Implementing a system-wide cancer prehabilitation programme: The journey of Greater Manchester's 'Prehab4cancer'. *European Journal of Surgical Oncology*, **2021**, 47, 524-532	3.6	22
105	Ability to predict repetitions to momentary failure is not perfectly accurate, though improves with resistance training experience. *PeerJ*, **2017**, 5, e4105	3.1	21
104	A comparison of low volume 'high-intensity-training' and high volume traditional resistance training methods on muscular performance, body composition, and subjective assessments of training. *Biology of Sport*, **2016**, 33, 241-9	4.3	21
103	Effect of exercise referral schemes upon health and well-being: initial observational insights using individual patient data meta-analysis from the National Referral Database. *Journal of Epidemiology and Community Health*, **2020**, 74, 32-41	5.1	20
102	Comparison of upper body strength gains between men and women after 10 weeks of resistance training. *PeerJ*, **2016**, 4, e1627	3.1	20
101	Associations between Trunk Extension Endurance and Isolated Lumbar Extension Strength in Both Asymptomatic Participants and Those with Chronic Low Back Pain. *Healthcare (Switzerland)*, **2016**, 4,	3.4	20
100	Can specific loading through exercise impart healing or regeneration of the intervertebral disc?. *Spine Journal*, **2015**, 15, 2117-21	4	19
99	The effects of pre-exhaustion, exercise order, and rest intervals in a full-body resistance training intervention. *Applied Physiology, Nutrition and Metabolism*, **2014**, 39, 1265-70	3	19
98	Fatigue and perceptual responses of heavier- and lighter-load isolated lumbar extension resistance exercise in males and females. *PeerJ*, **2018**, 6, e4523	3.1	19
97	Evidence for an Upper Threshold for Resistance Training Volume in Trained Women. *Medicine and Science in Sports and Exercise*, **2019**, 51, 515-522	1.2	18
96	A Randomized Controlled Trial of the Effects of Isolated Lumbar Extension Exercise on Lumbar Kinematic Pattern Variability During Gait in Chronic Low Back Pain. *PM and R*, **2016**, 8, 105-14	2.2	17
95	A comparison of volume-equated knee extensions to failure, or not to failure, upon rating of perceived exertion and strength adaptations. *Applied Physiology, Nutrition and Metabolism*, **2016**, 41, 168-74	3	17

94	Reduced Volume 'Daily Max' Training Compared to Higher Volume Periodized Training in Powerlifters Preparing for Competition-A Pilot Study. *Sports*, **2018**, 6,	3	16
93	The relationship between balance performance, lumbar extension strength, trunk extension endurance, and pain in participants with chronic low back pain, and those without. *Clinical Biomechanics*, **2018**, 53, 22-30	2.2	15
92	Strength Gains as a Result of Brief, Infrequent Resistance Exercise in Older Adults. *Hindawi Publishing Corporation*, **2014**, 2014, 731890	2	14
91	Posterior Thigh Foam Rolling Increases Knee Extension Fatigue and Passive Shoulder Range-of-Motion. *Journal of Strength and Conditioning Research*, **2019**, 33, 987-994	3.2	14
90	Questioning the Resistance/Aerobic Training Dichotomy: A commentary on physiological adaptations determined by effort rather than exercise modality. *Journal of Human Kinetics*, **2014**, 44, 137-42	2.6	13
89	What is (perception of) effort? Objective and subjective effort during attempted task performance		13
88	Acute effects of different resistance training loads on cardiac autonomic modulation in hypertensive postmenopausal women. *Journal of Translational Medicine*, **2018**, 16, 240	8.5	13
87	The effects of low-volume resistance training with and without advanced techniques in trained subjects. *Journal of Sports Medicine and Physical Fitness*, **2016**, 56, 249-58	1.4	13
86	Acute fatigue, and perceptual responses to resistance exercise. *Muscle and Nerve*, **2017**, 56, E141-E146	3.4	12
85	A Comparison of the Effect of Kettlebell Swings and Isolated Lumbar Extension Training on Acute Torque Production of the Lumbar Extensors. *Journal of Strength and Conditioning Research*, **2016**, 30, 1189-95	3.2	12
84	Why intensity is not a bad word - Benefits and practical aspects of high effort resistance training to the older. *Clinical Nutrition*, **2017**, 36, 1454-1455	5.9	11
83	Comparisons of Resistance Training and "Cardio" Exercise Modalities as Countermeasures to Microgravity-Induced Physical Deconditioning: New Perspectives and Lessons Learned From Terrestrial Studies. *Frontiers in Physiology*, **2019**, 10, 1150	4.6	11
82	Programming and supervision of resistance training leads to positive effects on strength and body composition: results from two randomised trials of community fitness programmes. *BMC Public Health*, **2018**, 18, 420	4.1	11
81	Influence of Adding Single-Joint Exercise to a Multijoint Resistance Training Program in Untrained Young Women. *Journal of Strength and Conditioning Research*, **2020**, 34, 2214-2219	3.2	11
80	Using velocity loss for monitoring resistance training effort in a real-world setting. *Applied Physiology, Nutrition and Metabolism*, **2018**, 43, 833-837	3	10
79	Effect of resistance training set volume on upper body muscle hypertrophy: are more sets really better than less?. *Clinical Physiology and Functional Imaging*, **2018**, 38, 727-732	2.4	10
78	Reliability of meta-analyses to evaluate resistance training programmes. *Journal of Sports Sciences*, **2017**, 35, 1982-1984	3.6	10
77	The Effects of Breakdown Set Resistance Training on Muscular Performance and Body Composition in Young Men and Women. *Journal of Strength and Conditioning Research*, **2016**, 30, 1425-32	3.2	10

76	Does change in isolated lumbar extensor muscle function correlate with good clinical outcome? A secondary analysis of data on change in isolated lumbar extension strength, pain, and disability in chronic low back pain. *Disability and Rehabilitation*, **2019**, 41, 1287-1295	2.4	10
75	The strength-endurance continuum revisited:a critical commentary of the recommendation ofdifferent loading ranges for different muscular adaptations. *Journal of Trainology*, **2020**, 9, 1-8	1.2	9
74	The effects of muscle action, repetition duration, and loading strategies of a whole-body, progressive resistance training programme on muscular performance and body composition in trained males and females. *Applied Physiology, Nutrition and Metabolism*, **2016**, 41, 1064-1070	3	9
73	The role of volume-load in strength and absolute endurance adaptations in adolescent's performing high- or low-load resistance training. *Applied Physiology, Nutrition and Metabolism*, **2017** , 42, 193-201	3	9
72	Physiological and Perceptual Responses to Nordic Walking in a Natural Mountain Environment. *International Journal of Environmental Research and Public Health*, **2017**, 14,	4.6	9
71	High intensity interval training does not impair strength gains in response to resistance training in premenopausal women. *European Journal of Applied Physiology*, **2017**, 117, 1257-1265	3.4	8
70	The Effect of In-Season Traditional and Explosive Resistance Training Programs on Strength, Jump Height, and Speed in Recreational Soccer Players. *Research Quarterly for Exercise and Sport*, **2019**, 90, 95-102	1.9	8
69	Comment on: Volume for Muscle Hypertrophy and Health Outcomes: The Most Effective Variable in Resistance Training. *Sports Medicine*, **2018**, 48, 1281-1284	10.6	8
68	Effects of Exercise Modality During Additional "High-Intensity Interval Training" on Aerobic Fitness and Strength in Powerlifting and Strongman Athletes. *Journal of Strength and Conditioning Research*, **2018**, 32, 450-457	3.2	8
67	Are Exercise Referral Schemes Associated With an Increase in Physical Activity? Observational Findings Using Individual Patient Data Meta-Analysis From the National Referral Database. *Journal of Physical Activity and Health*, **2020**, 17, 621-631	2.5	8
66	Resistance Training Performed to Failure or Not to Failure Results in Similar Total Volume, but With Different Fatigue and Discomfort Levels. *Journal of Strength and Conditioning Research*, **2021**, 35, 1372-1379	3.2	8
65	Six weeks of knee extensor isometric training improves soccer related skills in female soccer players. *Journal of Trainology*, **2017**, 6, 52-56	1.2	7
64	Men exhibit greater fatigue resistance than women in alternated bench press and leg press exercises. *Journal of Sports Medicine and Physical Fitness*, **2019**, 59, 238-245	1.4	7
63	Scientific rigour: a heavy or light load to carry?. *Sports Medicine*, **2014**, 44, 141-2	10.6	7
62	Steiger et al. 2011: relationships and specificity in CLBP rehabilitation through exercise. *European Spine Journal*, **2012**, 21, 1887; author reply 1888-9	2.7	7
61	Similar acute physiological responses from effort and duration matched leg press and recumbent cycling tasks. *PeerJ*, **2018**, 6, e4403	3.1	7
60	Effects of equal-volume resistance training with different training frequencies in muscle size and strength in trained men. *PeerJ*, **2018**, 6, e5020	3.1	7
59	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	10.6	7

58	The Impact of Coronavirus (COVID-19) Related Public-Health Measures on Training Behaviours of Individuals Previously Participating in Resistance Training: A Cross-Sectional Survey Study. *Sports Medicine*, **2021**, 51, 1561-1580	10.6	7
57	Does the addition of single joint exercises to a resistance training program improve changes in performance and anthropometric measures in untrained men?. *European Journal of Translational Myology*, **2018**, 28, 7827	2.1	7
56	Quadriceps foam rolling and rolling massage increases hip flexion and extension passive range-of-motion. *Journal of Bodywork and Movement Therapies*, **2019**, 23, 575-580	1.6	6
55	Effort, Discomfort, Group III/IV Afferents, Bioenergetics, and Motor Unit Recruitment. *Medicine and Science in Sports and Exercise*, **2018**, 50, 1718	1.2	6
54	Evidence of a Ceiling Effect for Training Volume in Muscle Hypertrophy and Strength in Trained Men - Less is More?. *International Journal of Sports Physiology and Performance*, **2020**, 15, 268-277	3.5	6
53	Lighter-Load Exercise Produces Greater Acute- and Prolonged-Fatigue in Exercised and Non-Exercised Limbs. *Research Quarterly for Exercise and Sport*, **2021**, 92, 369-379	1.9	5
52	Neither repetition duration nor number of muscle actions affect strength increases, body composition, muscle size, or fasted blood glucose in trained males and females. *Applied Physiology, Nutrition and Metabolism*, **2019**, 44, 200-207	3	5
51	The effects of set volume during isolated lumbar extension resistance training in recreationally trained males. *PeerJ*, **2015**, 3, e878	3.1	5
50	A low caffeine dose improves maximal strength, but not relative muscular endurance in either heavier-or lighter-loads, or perceptions of effort or discomfort at task failure in females. *PeerJ*, **2020**, 8, e9144	3.1	5
49	Heavier- and lighter-load isolated lumbar extension resistance training produce similar strength increases, but different perceptual responses, in healthy males and females. *PeerJ*, **2018**, 6, e6001	3.1	5
48	Effects of Adding Single Joint Exercises to a Resistance Training Programme in Trained Women. *Sports*, **2018**, 6,	3	5
47	Periodization for optimizing strength and hypertrophy; the forgotten variables. *Journal of Trainology*, **2018**, 7, 10-15	1.2	5
46	Comparison of single- and multi-joint lower body resistance training upon strength increases in recreationally active males and females: a within-participant unilateral training study. *European Journal of Translational Myology*, **2019**, 29, 8052	2.1	4
45	Does increasing an athletes□ strength improve sports performance? A critical review with suggestions to help answer this, and other, causal questions in sport science. *Journal of Trainology*, **2020**, 9, 20	1.2	4
44	Determining the reliability of a custom built seated stadiometry set-up for measuring spinal height in participants with chronic low back pain. *Applied Ergonomics*, **2016**, 53 Pt A, 203-8	4.2	4
43	Re: Willemink MJ, van Es HW, Helmhout PH, et al. The effects of dynamic isolated lumbar extensor training on lumbar multifidus functional cross-sectional area and functional status of patients with chronic non specific low back pain. Spine 2012;37: E16518. *Spine*, **2013**, 38, 1609-10	3.3	4
42	Primum non nocere: A commentary on avoidable injuries and safe resistance training techniques. *Journal of Trainology*, **2014**, 3, 31-34	1.2	4
41	Heart rate, energy expenditure, and affective responses from children participating in trampoline park sessions compared with traditional extra-curricular sports clubs. *Journal of Sports Medicine and Physical Fitness*, **2019**, 59, 1747-1755	1.4	4

40	The National Referral Database: An initial overview		4
39	Non-local muscle fatigue effects on muscle strength, power, and endurance in healthy individuals: A systematic review and meta-analysis		4
38	"Just One More Rep!" - Ability to Predict Proximity to Task Failure in Resistance Trained Persons. *Frontiers in Psychology*, **2020**, 11, 565416	3.4	4
37	Isolated Lumbar Extension Resistance Training Improves Strength, Pain, and Disability, but Not Spinal Height or Shrinkage ("Creep") in Participants with Chronic Low Back Pain. *Cartilage*, **2020**, 11, 160-168	3	4
36	Resistance Training Recommendations to Maximize Muscle Hypertrophy in an Athletic Population: Position Stand of the IUSCA **2021**, 1,		4
35	Accuracy in Predicting Repetitions to Task Failure in Resistance Exercise: A Scoping Review and Exploratory Meta-analysis. *Sports Medicine*, **2021**, 1	10.6	4
34	Variability in Strength, Pain, and Disability Changes in Response to an Isolated Lumbar Extension Resistance Training Intervention in Participants with Chronic Low Back Pain. *Healthcare (Switzerland)*, **2017**, 5,	3.4	3
33	A Comparison of Isolated Lumbar Extension Strength Between Healthy Asymptomatic Participants and Chronic Low Back Pain Participants Without Previous Lumbar Spine Surgery. *Spine*, **2018**, 43, E1232-E1237	3.3	3
32	Effects of Different Between Test Rest Intervals in Reproducibility of the 10-Repetition Maximum Load Test: A Pilot Study with Recreationally Resistance Trained Men. *International Journal of Exercise Science*, **2019**, 12, 932-940	1.3	3
31	Slow and Steady, or Hard and Fast? A Systematic Review and Meta-Analysis of Studies Comparing Body Composition Changes between Interval Training and Moderate Intensity Continuous Training. *Sports*, **2021**, 9,	3	3
30	Strengthening the Case for Cluster Set Resistance Training in Aged and Clinical Settings: Emerging Evidence, Proposed Benefits and Suggestions. *Sports Medicine*, **2021**, 51, 1335-1351	10.6	3
29	Single joint exercises do not provide benefits in performance and anthropometric changes in recreational bodybuilders. *European Journal of Sport Science*, **2020**, 20, 72-79	3.9	3
28	Physical activity and sedentary time in children and adolescents with asthma: A systematic review and meta-analysis. *Scandinavian Journal of Medicine and Science in Sports*, **2021**, 31, 1183-1195	4.6	3
27	Comparison of the effects of velocity-based vs. traditional resistance training methods on adaptations in strength, power, and sprint speed: A systematic review, meta-analysis, and quality of evidence appraisal.. *Journal of Sports Sciences*, **2022**, 1-15	3.6	3
26	An evolutionary hypothesis to explain the role of deconditioning in low back pain prevalence in humans. *Journal of Evolution and Health*, **2017**, 2,	0	2
25	The Slingshot can enhance volume-loads during performance of bench press using unaided maximal loads. *Journal of Trainology*, **2017**, 6, 47-51	1.2	2
24	Are changes in cardiorespiratory fitness resulting from physical activity interventions related to changes in executive function and academic performance in children and adolescents? A systematic review and meta-regression.		2
23	Kettlebell Training for Female Ballet Dancers: Effects on Lower Limb Power and Body Balance. *Journal of Human Kinetics*, **2020**, 74, 15-22	2.6	2

22	Delivery Approaches Within Exercise Referral Schemes: A Survey of Current Practice in England. *Journal of Physical Activity and Health*, **2021**, 18, 357-373	2.5	2
21	The National ReferAll Database: An Open Dataset of Exercise Referral Schemes Across the UK. *International Journal of Environmental Research and Public Health*, **2021**, 18,	4.6	2
20	A neck strengthening protocol in adolescent males and females for athletic injury prevention. *Journal of Trainology*, **2016**, 5, 13-17	1.2	2
19	Comparison of Isolated Lumbar Extension Strength in Competitive and Noncompetitive Powerlifters, and Recreationally Trained Men. *Journal of Strength and Conditioning Research*, **2021**, 35, 652-658	3.2	2
18	The Minimum Effective Training Dose Required for 1RM Strength in Powerlifters. *Frontiers in Sports and Active Living*, **2021**, 3, 713655	2.3	2
17	Long-term time-course of strength adaptation to minimal dose resistance training: Retrospective longitudinal growth modelling of a large cohort through training records		2
16	Dose-Response of 1, 3, and 5 Sets of Resistance Exercise on Strength, Local Muscular Endurance, and Hypertrophy. *Journal of Strength and Conditioning Research*, **2017**, 31, e5-e7	3.2	1
15	Surface electromyography and force production ofa novel strength training method suitable for microgravity. *Journal of Trainology*, **2016**, 5, 46-52	1.2	1
14	Phase Angle as an Indicator of Health and Fitness in Patients Entering an Exercise Referral Scheme. *Journal of the American Medical Directors Association*, **2018**, 19, 809-810	5.9	1
13	Evaluating the results of resistance training using ultrasound or flexed arm circumference: A case for keeping it simple?. *Journal of Clinical and Translational Research*, **2020**, 7, 61-65	1.1	1
12	Cycle ergometer training and resistance training similarly increase muscle strength in trained men. *Journal of Sports Sciences*, **2021**, 1-8	3.6	1
11	Time for a causal systems map of physical activity. *Bulletin of the World Health Organization*, **2020**, 98, 224-225	8.2	1
10	The effects of a 4-week mesocycle of barbell back squat or barbell hip thrust strength training upon isolated lumbar extension strength. *PeerJ*, **2019**, 7, e7337	3.1	1
9	Short-term supervised virtual training maintains intensity of effort and represents an efficacious alternative to traditional studio-based, supervised strength training.. *Physiology and Behavior*, **2022**, 249, 113748	3.5	1
8	Comparison of Power Training vs Traditional Strength Training on Physical Function in Older Adults: A Systematic Review and Meta-analysis.. *JAMA Network Open*, **2022**, 5, e2211623	10.4	1
7	Long-Term Time-Course of Strength Adaptation to Minimal Dose Resistance Training Through Retrospective Longitudinal Growth Modeling.. *Research Quarterly for Exercise and Sport*, **2022**, 1-18	1.9	1
6	"Lift Big-Get Big": The Impact of Images of Hyper-Muscular Bodies and Training Information. *Research Quarterly for Exercise and Sport*, **2021**, 92, 500-513	1.9	0
5	The effects of adding high-intensity of effort resistance training to routine care in persons with type II diabetes: an exploratory randomized parallel-group time-series study.. *Physiology and Behavior*, **2021**, 113677	3.5	0

4	Authors' Reply to Ribeiro et al.: "A Review of the Acute Effects and Long-Term Adaptations of Single- and Multi-Joint Exercises During Resistance Training". *Sports Medicine*, **2017**, 47, 795-798	10.6
3	Reply to "Discussion of 'The effects of pre-exhaustion, exercise order, and rest intervals in a full-body resistance training intervention'--Pre-exhaustion exercise and neuromuscular adaptations: an inefficient method?". *Applied Physiology, Nutrition and Metabolism*, **2015**, 40, 852-3	3
2	Regarding to the article 'effect of lumbar stabilization and dynamic lumbar strengthening exercises in patients with chronic low back pain'. *Annals of Rehabilitation Medicine*, **2014**, 38, 876-8	1.7
1	Where next for the design, delivery, and evaluation of community-based physical activity prescription? Emerging lessons from the United Kingdom. *Applied Physiology, Nutrition and Metabolism*, **2021**, 46, 1430-1434	3