Matthew Weston

List of Publications by Citations

85 papers	3,117 citations	29 h-index	53 g-index
89 ext. papers	3,749 ext. citations	3.8 avg, IF	5.75 L-index

#	Paper	IF	Citations
85	Effectiveness of High-Intensity Interval Training (HIT) and Continuous Endurance Training for VO2max Improvements: A Systematic Review and Meta-Analysis of Controlled Trials. *Sports Medicine*, **2015**, 45, 1469-81	10.6	415
84	Effects of low-volume high-intensity interval training (HIT) on fitness in adults: a meta-analysis of controlled and non-controlled trials. *Sports Medicine*, **2014**, 44, 1005-17	10.6	223
83	The Relationships Between Internal and External Measures of Training Load and Intensity in Team Sports: A Meta-Analysis. *Sports Medicine*, **2018**, 48, 641-658	10.6	147
82	Applied physiology of female soccer: an update. *Sports Medicine*, **2014**, 44, 1225-40	10.6	125
81	Relationship between endurance field tests and match performance in young soccer players. *Journal of Strength and Conditioning Research*, **2010**, 24, 3227-33	3.2	109
80	Motion analysis of match-play in elite U12 to U16 age-group soccer players. *Journal of Sports Sciences*, **2010**, 28, 1391-7	3.6	93
79	Decision-making skills and deliberate practice in elite association football referees. *Journal of Sports Sciences*, **2007**, 25, 65-78	3.6	92
78	Science and medicine applied to soccer refereeing: an update. *Sports Medicine*, **2012**, 42, 615-31	10.6	88
77	The application of differential ratings of perceived exertion to Australian Football League matches. *Journal of Science and Medicine in Sport*, **2015**, 18, 704-8	4.4	87
76	Analysis of physical match performance in English Premier League soccer referees with particular reference to first half and player work rates. *Journal of Science and Medicine in Sport*, **2007**, 10, 390-7	4.4	83
75	Errors in judging "offside" in association football: test of the optical error versus the perceptual flash-lag hypothesis. *Journal of Sports Sciences*, **2006**, 24, 521-8	3.6	80
74	Match Physical Performance of Elite Female Soccer Players During International Competition. *Journal of Strength and Conditioning Research*, **2017**, 31, 2379-2387	3.2	66
73	Variability of physical performance and player match loads in professional rugby union. *Journal of Science and Medicine in Sport*, **2016**, 19, 493-7	4.4	63
72	The impact of specific high-intensity training sessions on football refereesSfitness levels. *American Journal of Sports Medicine*, **2004**, 32, 54S-61S	6.8	63
71	A detailed quantification of differential ratings of perceived exertion during team-sport training. *Journal of Science and Medicine in Sport*, **2017**, 20, 290-295	4.4	61
70	Intensities of exercise during match-play in FA Premier League referees and players. *Journal of Sports Sciences*, **2011**, 29, 527-32	3.6	58
69	Evaluating intervention fidelity: an example from a high-intensity interval training study. *PLoS ONE*, **2015**, 10, e0125166	3.7	54

68	The effects of repeated-sprint training on field-based fitness measures: a meta-analysis of controlled and non-controlled trials. *Sports Medicine*, **2015**, 45, 881-91	10.6	50
67	Relationships among field-test measures and physical match performance in elite-standard soccer referees. *Journal of Sports Sciences*, **2009**, 27, 1177-84	3.6	50
66	Ageing and physical match performance in English Premier League soccer referees. *Journal of Science and Medicine in Sport*, **2010**, 13, 96-100	4.4	50
65	The effect of match standard and referee experience on the objective and subjective match workload of English Premier League referees. *Journal of Science and Medicine in Sport*, **2006**, 9, 256-62	4.4	46
64	Isolated core training improves sprint performance in national-level junior swimmers. *International Journal of Sports Physiology and Performance*, **2015**, 10, 204-10	3.5	45
63	Hamstring injury prevention in soccer: Before or after training?. *Scandinavian Journal of Medicine and Science in Sports*, **2018**, 28, 658-666	4.6	43
62	Effect of Novel, School-Based High-Intensity Interval Training (HIT) on Cardiometabolic Health in Adolescents: Project FFAB (Fun Fast Activity Blasts) - An Exploratory Controlled Before-And-After Trial. *PLoS ONE*, **2016**, 11, e0159116	3.7	41
61	Training load monitoring in elite English soccer: a comparison of practices and perceptions between coaches and practitioners. *Science and Medicine in Football*, **2018**, 2, 216-224	2.7	40
60	Reduction in physical match performance at the start of the second half in elite soccer. *International Journal of Sports Physiology and Performance*, **2011**, 6, 174-82	3.5	38
59	Variability of soccer refereesSmatch performances. *International Journal of Sports Medicine*, **2011**, 32, 190-4	3.6	35
58	High-intensity interval training (HIT) for effective and time-efficient pre-surgical exercise interventions. *Perioperative Medicine (London, England)*, **2016**, 5, 2	2.8	33
57	Re-examination of the post half-time reduction in soccer work-rate. *Journal of Science and Medicine in Sport*, **2013**, 16, 250-4	4.4	31
56	The influence of soccer match play on physiological and physical performance measures in soccer referees and assistant referees. *Journal of Sports Sciences*, **2016**, 34, 557-63	3.6	27
55	The effect of a short practical warm-up protocol on repeated sprint performance. *Journal of Strength and Conditioning Research*, **2013**, 27, 2034-8	3.2	27
54	The interchangeability of global positioning system and semiautomated video-based performance data during elite soccer match play. *Journal of Strength and Conditioning Research*, **2011**, 25, 2334-6	3.2	27
53	The Sensitivity of Differential Ratings of Perceived Exertion as Measures of Internal Load. *International Journal of Sports Physiology and Performance*, **2016**, 11, 404-6	3.5	26
52	The effect of 12 weeks of combined upper- and lower-body high-intensity interval training on muscular and cardiorespiratory fitness in older adults. *Aging Clinical and Experimental Research*, **2019**, 31, 661-671	4.8	24
51	The effect of low-volume sprint interval training on the development and subsequent maintenance of aerobic fitness in soccer players. *International Journal of Sports Physiology and Performance*, **2015**, 10, 332-8	3.5	24

50	Age-related effects on fitness performance in elite-level soccer referees. *Journal of Strength and Conditioning Research*, **2005**, 19, 785-90	3.2	24
49	Gait retraining and incidence of medial tibial stress syndrome in army recruits. *Medicine and Science in Sports and Exercise*, **2014**, 46, 1684-92	1.2	23
48	A survey of talent identification and development processes in the youth academies of professional soccer clubs from around the world. *Journal of Sports Sciences*, **2020**, 38, 1269-1278	3.6	22
47	The Influence of Playing Position and Contextual Factors on Soccer PlayersSMatch Differential Ratings of Perceived Exertion: A Preliminary Investigation. *Sports*, **2018**, 6,	3	22
46	The effects of same-session combined exercise training on cardiorespiratory and functional fitness in older adults: a systematic review and meta-analysis. *Aging Clinical and Experimental Research*, **2019**, 31, 1701-1717	4.8	21
45	High-intensity interval exercise training before abdominal aortic aneurysm repair (HIT-AAA): protocol for a randomised controlled feasibility trial. *BMJ Open*, **2014**, 4, e004094	3	20
44	Changes in a top-level soccer refereeSs training, match activities, and physiology over an 8-year period: a case study. *International Journal of Sports Physiology and Performance*, **2011**, 6, 281-6	3.5	20
43	Distribution of External Load During Acquisition Training Sessions and Match Play of a Professional Soccer Team. *Journal of Strength and Conditioning Research*, **2019**,	3.2	20
42	Two Weeks of Repeated-Sprint Training in Soccer: To Turn or Not to Turn?. *International Journal of Sports Physiology and Performance*, **2016**, 11, 998-1004	3.5	19
41	Difficulties in Determining the Dose-Response Nature of Competitive Soccer Matches. *Journal of Athletic Enhancement*, **2013**, 02,		19
40	Short- and long-term reliability of leg extensor power measurement in middle-aged and older adults. *Journal of Sports Sciences*, **2018**, 36, 970-977	3.6	17
39	Real-time measurement of pelvis and trunk kinematics during treadmill locomotion using a low-cost depth-sensing camera: A concurrent validity study. *Journal of Biomechanics*, **2016**, 49, 474-8	2.9	16
38	Patients Awaiting Surgical Repair for Large Abdominal Aortic Aneurysms Can Exercise at Moderate to Hard Intensities with a Low Risk of Adverse Events. *Frontiers in Physiology*, **2016**, 7, 684	4.6	16
37	Repeated Acceleration Ability (RAA): A New Concept with Reference to Top-Level Field and Assistant Soccer Referees. *Asian Journal of Sports Medicine*, **2014**, 5, 63-6	1.4	16
36	Repeated Sprints: An Independent Not Dependent Variable. *International Journal of Sports Physiology and Performance*, **2016**, 11, 693-6	3.5	16
35	Effects of Workplace-Based Physical Activity Interventions on Cardiorespiratory Fitness: A Systematic Review and Meta-Analysis of Controlled Trials. *Sports Medicine*, **2019**, 49, 1255-1274	10.6	15
34	Applicability of a change of direction ability field test in soccer assistant referees. *Journal of Strength and Conditioning Research*, **2011**, 25, 860-6	3.2	15
33	Relationships Between Internal and External Match-Load Indicators in Soccer Match Officials. *International Journal of Sports Physiology and Performance*, **2017**, 12, 922-927	3.5	14

32	Monitoring Practices of Training Load and Biological Maturity in UK Soccer Academies. *International Journal of Sports Physiology and Performance*, **2021**, 16, 395-406	3.5	14
31	Influence of Physical Maturity Status on Sprinting Speed Among Youth Soccer Players. *Journal of Strength and Conditioning Research*, **2017**, 31, 1795-1801	3.2	13
30	The reliability of a modified 505 test and change-of-direction deficit time in elite youth football players. *Science and Medicine in Football*, **2019**, 3, 157-162	2.7	13
29	Neuromuscular, Biochemical, Endocrine, and Mood Responses to Small-Sided GamesSTraining in Professional Soccer. *Journal of Strength and Conditioning Research*, **2018**, 32, 2569-2576	3.2	12
28	Magnitude-based inference and its application in user research. *International Journal of Human Computer Studies*, **2016**, 88, 38-50	4.6	12
27	Differential training loads and individual fitness responses to pre-season in professional rugby union players. *Journal of Sports Sciences*, **2018**, 36, 2438-2446	3.6	11
26	Match performances of soccer referees: the role of sports science. *Movement and Sports Sciences - Science Et Motricite*, **2015**, 113-117	0.5	11
25	Within-Season Variation of Fitness in Elite Youth Female Soccer Players. *Journal of Athletic Enhancement*, **2012**, 01,		11
24	High-Intensity Interval Training: A Potential Exercise Countermeasure During Human Spaceflight. *Frontiers in Physiology*, **2019**, 10, 581	4.6	10
23	Repeated high-speed running in elite female soccer players during international competition. *Science and Medicine in Football*, **2019**, 3, 150-156	2.7	10
22	Helsen, Gilis, and Weston (2006) do not err in questioning the optical error hypothesis as the only major account for explaining offside decision-making errors. *Journal of Sports Sciences*, **2007**, 25, 991-4	3.6	10
21	High-intensity endurance capacity assessment as a tool for talent identification in elite youth female soccer. *Journal of Sports Sciences*, **2020**, 38, 1313-1319	3.6	9
20	Neuromuscular, physiological and perceptual responses to an elite netball tournament. *Journal of Sports Sciences*, **2019**, 37, 2169-2174	3.6	8
19	The Quantification of Within-Week Session Intensity, Duration, and Intensity Distribution Across a Season in Australian Football Using the Session Rating of Perceived Exertion Method. *International Journal of Sports Physiology and Performance*, **2018**, 13, 940-946	3.5	8
18	The effect of isolated core training on selected measures of golf swing performance. *Medicine and Science in Sports and Exercise*, **2013**, 45, 2292-7	1.2	8
17	Development of an Exergame to Deliver a Sustained Dose of High-Intensity Training: Formative Pilot Randomized Trial. *JMIR Serious Games*, **2018**, 6, e4	3.4	8
16	Assessment of exercise capacity and respiratory muscle oxygenation in healthy children and children with congenital heart diseases. *Applied Physiology, Nutrition and Metabolism*, **2008**, 33, 434-40	3	7
15	To Measure Peak Velocity in Soccer, Let the Players Sprint. *Journal of Strength and Conditioning Research*, **2019**, 36,	3.2	7

14	Using differential ratings of perceived exertion to assess agreement between coach and player perceptions of soccer training intensity: An exploratory investigation. *Journal of Sports Sciences*, **2019**, 37, 2783-2788	3.6	6
13	No association between perceived exertion and session duration with hamstring injury occurrence in professional football. *Scandinavian Journal of Medicine and Science in Sports*, **2020**, 30, 523-530	4.6	6
12	A novel approach to assessing validity in sports performance research: integrating expert practitioner opinion into the statistical analysis. *Science and Medicine in Football*, **2019**, 3, 333-338	2.7	5
11	Differential Ratings of Perceived Match and Training Exertion in GirlsSSoccer. *International Journal of Sports Physiology and Performance*, **2020**, 1-9	3.5	5
10	Systematic Reductions in Differential Ratings of Perceived Exertion Across a 2-Week Repeated-Sprint-Training Intervention That Improved Soccer PlayersSHigh-Speed-Running Abilities. *International Journal of Sports Physiology and Performance*, **2020**, 15, 1414-1421	3.5	2
9	Using Focus Groups and Interviews to Inform the Design of a Workplace Exercise Programme: An Example From a High-Intensity Interval Training Intervention. *Journal of Occupational and Environmental Medicine*, **2021**, 63, e63-e74	2	2
8	Variability in the Study Quality Appraisals Reported in Systematic Reviews on the Acute:Chronic Workload Ratio and Injury Risk. *Sports Medicine*, **2020**, 50, 2065-2067	10.6	2
7	Inter-methodological quantification of the target change for performance test outcomes relevant to elite female soccer players.. *Science and Medicine in Football*, **2022**, 6, 248-261	2.7	2
6	Harmful association of sprinting with muscle injury occurrence in professional soccer match-play: A two-season, league wide exploratory investigation from the Qatar Stars League. *Journal of Science and Medicine in Sport*, **2020**, 23, 134-138	4.4	2
5	Development of an Exergame to Deliver a Sustained Dose of High-Intensity Training: Formative Pilot Randomized Trial		1
4	Initial fitness, maturity status, and total training explain small and inconsistent proportions of the variance in physical development of adolescent footballers across one season. *Research in Sports Medicine*, **2021**, 1-12	3.8	1
3	Brief Exercise at Work (BE@Work): A Mixed-Methods Pilot Trial of a Workplace High-Intensity Interval Training Intervention. *Frontiers in Sports and Active Living*, **2021**, 3, 699608	2.3	1
2	The neuromuscular, physiological, endocrine and perceptual responses to different training session orders in international female netball players. *European Journal of Sport Science*, **2021**, 1-12	3.9	1
1	Acute physiological and perceptual responses to a netball specific training session in professional female netball players.. *PLoS ONE*, **2022**, 17, e0263772	3.7	0