

# Matthew Weston

## List of Publications by Year in Descending Order

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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.

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	Acute physiological and perceptual responses to a netball specific training session in professional female netball players.. <i>PLoS ONE</i> , <b>2022</b> , 17, e0263772	3.7	0
84	Inter-methodological quantification of the target change for performance test outcomes relevant to elite female soccer players.. <i>Science and Medicine in Football</i> , <b>2022</b> , 6, 248-261	2.7	2
83	Using Focus Groups and Interviews to Inform the Design of a Workplace Exercise Programme: An Example From a High-Intensity Interval Training Intervention. <i>Journal of Occupational and Environmental Medicine</i> , <b>2021</b> , 63, e63-e74	2	2
82	Initial fitness, maturity status, and total training explain small and inconsistent proportions of the variance in physical development of adolescent footballers across one season. <i>Research in Sports Medicine</i> , <b>2021</b> , 1-12	3.8	1
81	Monitoring Practices of Training Load and Biological Maturity in UK Soccer Academies. <i>International Journal of Sports Physiology and Performance</i> , <b>2021</b> , 16, 395-406	3.5	14
80	Brief Exercise at Work (BE@Work): A Mixed-Methods Pilot Trial of a Workplace High-Intensity Interval Training Intervention. <i>Frontiers in Sports and Active Living</i> , <b>2021</b> , 3, 699608	2.3	1
79	The neuromuscular, physiological, endocrine and perceptual responses to different training session orders in international female netball players. <i>European Journal of Sport Science</i> , <b>2021</b> , 1-12	3.9	1
78	A survey of talent identification and development processes in the youth academies of professional soccer clubs from around the world. <i>Journal of Sports Sciences</i> , <b>2020</b> , 38, 1269-1278	3.6	22
77	Differential Ratings of Perceived Match and Training Exertion in GirlsSSoccer. <i>International Journal of Sports Physiology and Performance</i> , <b>2020</b> , 1-9	3.5	5
76	Systematic Reductions in Differential Ratings of Perceived Exertion Across a 2-Week Repeated-Sprint-Training Intervention That Improved Soccer PlayersSHigh-Speed-Running Abilities. <i>International Journal of Sports Physiology and Performance</i> , <b>2020</b> , 15, 1414-1421	3.5	2
75	No association between perceived exertion and session duration with hamstring injury occurrence in professional football. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2020</b> , 30, 523-530	4.6	6
74	Variability in the Study Quality Appraisals Reported in Systematic Reviews on the Acute:Chronic Workload Ratio and Injury Risk. <i>Sports Medicine</i> , <b>2020</b> , 50, 2065-2067	10.6	2
73	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. <i>Journal of Science and Medicine in Sport</i> , <b>2020</b> , 23, 134-138	4.4	2
72	High-intensity endurance capacity assessment as a tool for talent identification in elite youth female soccer. <i>Journal of Sports Sciences</i> , <b>2020</b> , 38, 1313-1319	3.6	9
71	The effects of same-session combined exercise training on cardiorespiratory and functional fitness in older adults: a systematic review and meta-analysis. <i>Aging Clinical and Experimental Research</i> , <b>2019</b> , 31, 1701-1717	4.8	21
70	Neuromuscular, physiological and perceptual responses to an elite netball tournament. <i>Journal of Sports Sciences</i> , <b>2019</b> , 37, 2169-2174	3.6	8
69	A novel approach to assessing validity in sports performance research: integrating expert practitioner opinion into the statistical analysis. <i>Science and Medicine in Football</i> , <b>2019</b> , 3, 333-338	2.7	5

68	Effects of Workplace-Based Physical Activity Interventions on Cardiorespiratory Fitness: A Systematic Review and Meta-Analysis of Controlled Trials. <i>Sports Medicine</i> , <b>2019</b> , 49, 1255-1274	10.6	15
67	High-Intensity Interval Training: A Potential Exercise Countermeasure During Human Spaceflight. <i>Frontiers in Physiology</i> , <b>2019</b> , 10, 581	4.6	10
66	The effect of 12 weeks of combined upper- and lower-body high-intensity interval training on muscular and cardiorespiratory fitness in older adults. <i>Aging Clinical and Experimental Research</i> , <b>2019</b> , 31, 661-671	4.8	24
65	Repeated high-speed running in elite female soccer players during international competition. <i>Science and Medicine in Football</i> , <b>2019</b> , 3, 150-156	2.7	10
64	Using differential ratings of perceived exertion to assess agreement between coach and player perceptions of soccer training intensity: An exploratory investigation. <i>Journal of Sports Sciences</i> , <b>2019</b> , 37, 2783-2788	3.6	6
63	Distribution of External Load During Acquisition Training Sessions and Match Play of a Professional Soccer Team. <i>Journal of Strength and Conditioning Research</i> , <b>2019</b> ,	3.2	20
62	To Measure Peak Velocity in Soccer, Let the Players Sprint. <i>Journal of Strength and Conditioning Research</i> , <b>2019</b> , 36,	3.2	7
61	The reliability of a modified 505 test and change-of-direction deficit time in elite youth football players. <i>Science and Medicine in Football</i> , <b>2019</b> , 3, 157-162	2.7	13
60	Differential training loads and individual fitness responses to pre-season in professional rugby union players. <i>Journal of Sports Sciences</i> , <b>2018</b> , 36, 2438-2446	3.6	11
59	Neuromuscular, Biochemical, Endocrine, and Mood Responses to Small-Sided Games Training in Professional Soccer. <i>Journal of Strength and Conditioning Research</i> , <b>2018</b> , 32, 2569-2576	3.2	12
58	Training load monitoring in elite English soccer: a comparison of practices and perceptions between coaches and practitioners. <i>Science and Medicine in Football</i> , <b>2018</b> , 2, 216-224	2.7	40
57	The Relationships Between Internal and External Measures of Training Load and Intensity in Team Sports: A Meta-Analysis. <i>Sports Medicine</i> , <b>2018</b> , 48, 641-658	10.6	147
56	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. <i>International Journal of Sports Physiology and Performance</i> , <b>2018</b> , 13, 940-946	3.5	8
55	Hamstring injury prevention in soccer: Before or after training?. <i>Scandinavian Journal of Medicine and Science in Sports</i> , <b>2018</b> , 28, 658-666	4.6	43
54	Short- and long-term reliability of leg extensor power measurement in middle-aged and older adults. <i>Journal of Sports Sciences</i> , <b>2018</b> , 36, 970-977	3.6	17
53	The Influence of Playing Position and Contextual Factors on Soccer Players Match Differential Ratings of Perceived Exertion: A Preliminary Investigation. <i>Sports</i> , <b>2018</b> , 6,	3	22
52	Development of an Exergame to Deliver a Sustained Dose of High-Intensity Training: Formative Pilot Randomized Trial. <i>JMIR Serious Games</i> , <b>2018</b> , 6, e4	3.4	8
51	A detailed quantification of differential ratings of perceived exertion during team-sport training. <i>Journal of Science and Medicine in Sport</i> , <b>2017</b> , 20, 290-295	4.4	61

50	Match Physical Performance of Elite Female Soccer Players During International Competition. <i>Journal of Strength and Conditioning Research</i> , <b>2017</b> , 31, 2379-2387	3.2	66
49	Influence of Physical Maturity Status on Sprinting Speed Among Youth Soccer Players. <i>Journal of Strength and Conditioning Research</i> , <b>2017</b> , 31, 1795-1801	3.2	13
48	Relationships Between Internal and External Match-Load Indicators in Soccer Match Officials. <i>International Journal of Sports Physiology and Performance</i> , <b>2017</b> , 12, 922-927	3.5	14
47	The Sensitivity of Differential Ratings of Perceived Exertion as Measures of Internal Load. <i>International Journal of Sports Physiology and Performance</i> , <b>2016</b> , 11, 404-6	3.5	26
46	Two Weeks of Repeated-Sprint Training in Soccer: To Turn or Not to Turn?. <i>International Journal of Sports Physiology and Performance</i> , <b>2016</b> , 11, 998-1004	3.5	19
45	Variability of physical performance and player match loads in professional rugby union. <i>Journal of Science and Medicine in Sport</i> , <b>2016</b> , 19, 493-7	4.4	63
44	Magnitude-based inference and its application in user research. <i>International Journal of Human Computer Studies</i> , <b>2016</b> , 88, 38-50	4.6	12
43	Real-time measurement of pelvis and trunk kinematics during treadmill locomotion using a low-cost depth-sensing camera: A concurrent validity study. <i>Journal of Biomechanics</i> , <b>2016</b> , 49, 474-8	2.9	16
42	High-intensity interval training (HIT) for effective and time-efficient pre-surgical exercise interventions. <i>Perioperative Medicine (London, England)</i> , <b>2016</b> , 5, 2	2.8	33
41	The influence of soccer match play on physiological and physical performance measures in soccer referees and assistant referees. <i>Journal of Sports Sciences</i> , <b>2016</b> , 34, 557-63	3.6	27
40	Patients Awaiting Surgical Repair for Large Abdominal Aortic Aneurysms Can Exercise at Moderate to Hard Intensities with a Low Risk of Adverse Events. <i>Frontiers in Physiology</i> , <b>2016</b> , 7, 684	4.6	16
39	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. <i>PLoS ONE</i> , <b>2016</b> , 11, e0159116	3.7	41
38	Repeated Sprints: An Independent Not Dependent Variable. <i>International Journal of Sports Physiology and Performance</i> , <b>2016</b> , 11, 693-6	3.5	16
37	Effectiveness of High-Intensity Interval Training (HIT) and Continuous Endurance Training for VO2max Improvements: A Systematic Review and Meta-Analysis of Controlled Trials. <i>Sports Medicine</i> , <b>2015</b> , 45, 1469-81	10.6	415
36	The effects of repeated-sprint training on field-based fitness measures: a meta-analysis of controlled and non-controlled trials. <i>Sports Medicine</i> , <b>2015</b> , 45, 881-91	10.6	50
35	The application of differential ratings of perceived exertion to Australian Football League matches. <i>Journal of Science and Medicine in Sport</i> , <b>2015</b> , 18, 704-8	4.4	87
34	Isolated core training improves sprint performance in national-level junior swimmers. <i>International Journal of Sports Physiology and Performance</i> , <b>2015</b> , 10, 204-10	3.5	45
33	The effect of low-volume sprint interval training on the development and subsequent maintenance of aerobic fitness in soccer players. <i>International Journal of Sports Physiology and Performance</i> , <b>2015</b> , 10, 332-8	3.5	24

32	Match performances of soccer referees: the role of sports science. <i>Movement and Sports Sciences - Science Et Motricite</i> , <b>2015</b> , 113-117	0.5	11
31	Evaluating intervention fidelity: an example from a high-intensity interval training study. <i>PLoS ONE</i> , <b>2015</b> , 10, e0125166	3.7	54
30	Effects of low-volume high-intensity interval training (HIT) on fitness in adults: a meta-analysis of controlled and non-controlled trials. <i>Sports Medicine</i> , <b>2014</b> , 44, 1005-17	10.6	223
29	Applied physiology of female soccer: an update. <i>Sports Medicine</i> , <b>2014</b> , 44, 1225-40	10.6	125
28	High-intensity interval exercise training before abdominal aortic aneurysm repair (HIT-AAA): protocol for a randomised controlled feasibility trial. <i>BMJ Open</i> , <b>2014</b> , 4, e004094	3	20
27	Gait retraining and incidence of medial tibial stress syndrome in army recruits. <i>Medicine and Science in Sports and Exercise</i> , <b>2014</b> , 46, 1684-92	1.2	23
26	Repeated Acceleration Ability (RAA): A New Concept with Reference to Top-Level Field and Assistant Soccer Referees. <i>Asian Journal of Sports Medicine</i> , <b>2014</b> , 5, 63-6	1.4	16
25	Re-examination of the post half-time reduction in soccer work-rate. <i>Journal of Science and Medicine in Sport</i> , <b>2013</b> , 16, 250-4	4.4	31
24	The effect of isolated core training on selected measures of golf swing performance. <i>Medicine and Science in Sports and Exercise</i> , <b>2013</b> , 45, 2292-7	1.2	8
23	The effect of a short practical warm-up protocol on repeated sprint performance. <i>Journal of Strength and Conditioning Research</i> , <b>2013</b> , 27, 2034-8	3.2	27
22	Difficulties in Determining the Dose-Response Nature of Competitive Soccer Matches. <i>Journal of Athletic Enhancement</i> , <b>2013</b> , 02,		19
21	Science and medicine applied to soccer refereeing: an update. <i>Sports Medicine</i> , <b>2012</b> , 42, 615-31	10.6	88
20	Within-Season Variation of Fitness in Elite Youth Female Soccer Players. <i>Journal of Athletic Enhancement</i> , <b>2012</b> , 01,		11
19	The interchangeability of global positioning system and semiautomated video-based performance data during elite soccer match play. <i>Journal of Strength and Conditioning Research</i> , <b>2011</b> , 25, 2334-6	3.2	27
18	Applicability of a change of direction ability field test in soccer assistant referees. <i>Journal of Strength and Conditioning Research</i> , <b>2011</b> , 25, 860-6	3.2	15
17	Changes in a top-level soccer referees' training, match activities, and physiology over an 8-year period: a case study. <i>International Journal of Sports Physiology and Performance</i> , <b>2011</b> , 6, 281-6	3.5	20
16	Reduction in physical match performance at the start of the second half in elite soccer. <i>International Journal of Sports Physiology and Performance</i> , <b>2011</b> , 6, 174-82	3.5	38
15	Intensities of exercise during match-play in FA Premier League referees and players. <i>Journal of Sports Sciences</i> , <b>2011</b> , 29, 527-32	3.6	58

14	Variability of soccer referees' match performances. <i>International Journal of Sports Medicine</i> , <b>2011</b> , 32, 190-4	3.6	35
13	Relationship between endurance field tests and match performance in young soccer players. <i>Journal of Strength and Conditioning Research</i> , <b>2010</b> , 24, 3227-33	3.2	109
12	Motion analysis of match-play in elite U12 to U16 age-group soccer players. <i>Journal of Sports Sciences</i> , <b>2010</b> , 28, 1391-7	3.6	93
11	Ageing and physical match performance in English Premier League soccer referees. <i>Journal of Science and Medicine in Sport</i> , <b>2010</b> , 13, 96-100	4.4	50
10	Relationships among field-test measures and physical match performance in elite-standard soccer referees. <i>Journal of Sports Sciences</i> , <b>2009</b> , 27, 1177-84	3.6	50
9	Assessment of exercise capacity and respiratory muscle oxygenation in healthy children and children with congenital heart diseases. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2008</b> , 33, 434-40	3	7
8	Analysis of physical match performance in English Premier League soccer referees with particular reference to first half and player work rates. <i>Journal of Science and Medicine in Sport</i> , <b>2007</b> , 10, 390-7	4.4	83
7	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. <i>Journal of Sports Sciences</i> , <b>2007</b> , 25, 991-4	3.6	10
6	Decision-making skills and deliberate practice in elite association football referees. <i>Journal of Sports Sciences</i> , <b>2007</b> , 25, 65-78	3.6	92
5	The effect of match standard and referee experience on the objective and subjective match workload of English Premier League referees. <i>Journal of Science and Medicine in Sport</i> , <b>2006</b> , 9, 256-62	4.4	46
4	Errors in judging "offside" in association football: test of the optical error versus the perceptual flash-lag hypothesis. <i>Journal of Sports Sciences</i> , <b>2006</b> , 24, 521-8	3.6	80
3	Age-related effects on fitness performance in elite-level soccer referees. <i>Journal of Strength and Conditioning Research</i> , <b>2005</b> , 19, 785-90	3.2	24
2	The impact of specific high-intensity training sessions on football referees' fitness levels. <i>American Journal of Sports Medicine</i> , <b>2004</b> , 32, 54S-61S	6.8	63
1	Development of an Exergame to Deliver a Sustained Dose of High-Intensity Training: Formative Pilot Randomized Trial		1