Matthew Weston

List of Publications by Year
in descending order

Source: https://exaly.com/author-pdf/6955961/publications.pdf

Version: 2024-02-01

86 papers	4,461 citations	101535 36 h-index	110368 64 g-index
89 all docs	89 docs citations	89 times ranked	4013 citing authors

#	Article	IF	Citations
1	To Measure Peak Velocity in Soccer, Let the Players Sprint. Journal of Strength and Conditioning Research, 2022, 36, 273-276.	2.1	18
2	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.	2.0	9
3	The neuromuscular, physiological, endocrine and perceptual responses to different training session orders in international female netball players. European Journal of Sport Science, 2022, 22, 314-325.	2.7	1
4	Reference values for performance test outcomes relevant to English female soccer players. Science and Medicine in Football, 2022, 6, 589-596.	2.0	5
5	Acute physiological and perceptual responses to a netball specific training session in professional female netball players. PLoS ONE, 2022, 17, e0263772.	2.5	1
6	Distribution of External Load During Acquisition Training Sessions and Match Play of a Professional Soccer Team. Journal of Strength and Conditioning Research, 2021, 35, 3453-3458.	2.1	33
7	Monitoring Practices of Training Load and Biological Maturity in UK Soccer Academies. International Journal of Sports Physiology and Performance, 2021, 16, 395-406.	2.3	34
8	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.	1.3	3
9	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.	1.8	8
10	Using Focus Groups and Interviews to Inform the Design of a Workplace Exercise Programme. Journal of Occupational and Environmental Medicine, 2021, 63, e63-e74.	1.7	6
11	The between-week reliability of neuromuscular, endocrine, and mood markers in soccer players and the repeatability of the movement demands during small-sided games. Journal of Sports Medicine and Physical Fitness, 2021, , .	0.7	1
12	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.	1.3	10
13	High-intensity endurance capacity assessment as a tool for talent identification in elite youth female soccer. Journal of Sports Sciences, 2020, 38, 1313-1319.	2.0	15
14	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.	2.9	6
15	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.	6.5	2
16	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.	2.0	52
17	Differential Ratings of Perceived Match and Training Exertion in Girlsâ€™ Soccer. International Journal of Sports Physiology and Performance, 2020, 15, 1315-1323.	2.3	11
18	Systematic Reductions in Differential Ratings of Perceived Exertion Across a 2-Week Repeated-Sprint-Training Intervention That Improved Soccer Playersâ€™ High-Speed-Running Abilities. International Journal of Sports Physiology and Performance, 2020, 15, 1414-1421.	2.3	4

#	Article	IF	Citations
19	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.	2.9	41
20	Repeated high-speed running in elite female soccer players during international competition. Science and Medicine in Football, 2019, 3, 150-156.	2.0	16
21	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.	2.0	10
22	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.	2.9	49
23	Neuromuscular, physiological and perceptual responses to an elite netball tournament. Journal of Sports Sciences, 2019, 37, 2169-2174.	2.0	14
24	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.	2.0	10
25	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.	6.5	22
26	High-Intensity Interval Training: A Potential Exercise Countermeasure During Human Spaceflight. Frontiers in Physiology, 2019, 10, 581.	2.8	17
27	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.	2.0	25
28	Differential training loads and individual fitness responses to pre-season in professional rugby union players. Journal of Sports Sciences, 2018, 36, 2438-2446.	2.0	18
29	Neuromuscular, Biochemical, Endocrine, and Mood Responses to Small-Sided Games' Training in Professional Soccer. Journal of Strength and Conditioning Research, 2018, 32, 2569-2576.	2.1	26
30	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.	2.0	66
31	The Relationships Between Internal and External Measures of Training Load and Intensity in Team Sports: A Meta-Analysis. Sports Medicine, 2018, 48, 641-658.	6.5	239
32	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.	2.3	10
33	Hamstring injury prevention in soccer: Before or after training?. Scandinavian Journal of Medicine and Science in Sports, 2018, 28, 658-666.	2.9	61
34	Short- and long-term reliability of leg extensor power measurement in middle-aged and older adults. Journal of Sports Sciences, 2018, 36, 970-977.	2.0	24
35	The Influence of Playing Position and Contextual Factors on Soccer Playersâ€™ Match Differential Ratings of Perceived Exertion: A Preliminary Investigation. Sports, 2018, 6, 13.	1.7	36
36	Development of an Exergame to Deliver a Sustained Dose of High-Intensity Training: Formative Pilot Randomized Trial. JMIR Serious Games, 2018, 6, e4.	3.1	16

#	Article	IF	Citations
37	A detailed quantification of differential ratings of perceived exertion during team-sport training. Journal of Science and Medicine in Sport, 2017, 20, 290-295.	1.3	82
38	Match Physical Performance of Elite Female Soccer Players During International Competition. Journal of Strength and Conditioning Research, 2017, 31, 2379-2387.	2.1	110
39	Influence of Physical Maturity Status on Sprinting Speed Among Youth Soccer Players. Journal of Strength and Conditioning Research, 2017, 31, 1795-1801.	2.1	17
40	Relationships Between Internal and External Match-Load Indicators in Soccer Match Officials. International Journal of Sports Physiology and Performance, 2017, 12, 922-927.	2.3	36
41	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.	2.5	54
42	Repeated Sprints: An Independent Not Dependent Variable. International Journal of Sports Physiology and Performance, 2016, 11, 693-696.	2.3	24
43	The Sensitivity of Differential Ratings of Perceived Exertion as Measures of Internal Load. International Journal of Sports Physiology and Performance, 2016, 11, 404-406.	2.3	46
44	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.	2.3	37
45	Variability of physical performance and player match loads in professional rugby union. Journal of Science and Medicine in Sport, 2016, 19, 493-497.	1.3	79
46	Magnitude-based inference and its application in user research. International Journal of Human Computer Studies, 2016, 88, 38-50.	5.6	13
47	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, 474-478.	2.1	24
48	High-intensity interval training (HIT) for effective and time-efficient pre-surgical exercise interventions. Perioperative Medicine (London, England), 2016, 5, 2.	1.5	48
49	The influence of soccer match play on physiological and physical performance measures in soccer referees and assistant referees. Journal of Sports Sciences, 2016, 34, 557-563.	2.0	37
50	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.	2.8	21
51	Isolated Core Training Improves Sprint Performance in National-Level Junior Swimmers. International Journal of Sports Physiology and Performance, 2015, 10, 204-210.	2.3	66
52	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, 332-338.	2.3	37
53	Match performances of soccer referees: the role of sports science. Movement and Sports Sciences - Science Et Motricite, 2015, , 113-117.	0.3	11
54	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, 1469-1481.	6.5	604

#	Article	IF	Citations
55	The Effects of Repeated-Sprint Training on Field-Based Fitness Measures: A Meta-Analysis of Controlled and Non-Controlled Trials. Sports Medicine, 2015, 45, 881-891.	6.5	71
56	The application of differential ratings of perceived exertion to Australian Football League matches. Journal of Science and Medicine in Sport, 2015, 18, 704-708.	1.3	103
57	Evaluating Intervention Fidelity: An Example from a High-Intensity Interval Training Study. PLoS ONE, 2015, 10, e0125166.	2.5	58
58	Gait Retraining and Incidence of Medial Tibial Stress Syndrome in Army Recruits. Medicine and Science in Sports and Exercise, 2014, 46, 1684-1692.	0.4	35
59	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, 1005-1017.	6.5	270
60	Applied Physiology of Female Soccer: An Update. Sports Medicine, 2014, 44, 1225-1240.	6.5	179
61	High-intensity interval exercise training before abdominal aortic aneurysm repair (HIT-AAA): protocol for a randomised controlled feasibility trial. BMJ Open, 2014, 4, e004094.	1.9	28
62	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.	0.3	17
63	Re-examination of the post half-time reduction in soccer work-rate. Journal of Science and Medicine in Sport, 2013, 16, 250-254.	1.3	39
64	The Effect of Isolated Core Training on Selected Measures of Golf Swing Performance. Medicine and Science in Sports and Exercise, 2013, 45, 2292-2297.	0.4	14
65	The Effect of a Short Practical Warm-up Protocol on Repeated Sprint Performance. Journal of Strength and Conditioning Research, 2013, 27, 2034-2038.	2.1	32
66	Difficulties in Determining the Dose-Response Nature of Competitive Soccer Matches. Journal of Athletic Enhancement, 2013, 02, .	0.2	29
67	Science and Medicine Applied to Soccer Refereeing. Sports Medicine, 2012, 42, 615-631.	6.5	129
68	Within-Season Variation of Fitness in Elite Youth Female Soccer Players. Journal of Athletic Enhancement, 2012, 01, .	0.2	12
69	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, 2334-2336.	2.1	36
70	Applicability of a Change of Direction Ability Field Test in Soccer Assistant Referees. Journal of Strength and Conditioning Research, 2011, 25, 860-866.	2.1	26
71	Changes in a Top-Level Soccer Refereeâ€™s Training, Match Activities, and Physiology Over an 8-Year Period: A Case Study. International Journal of Sports Physiology and Performance, 2011, 6, 281-286.	2.3	26
72	Reduction in Physical Match Performance at the Start of the Second Half in Elite Soccer. International Journal of Sports Physiology and Performance, 2011, 6, 174-182.	2.3	47

#	Article	IF	Citations
73	Intensities of exercise during match-play in FA Premier League referees and players. Journal of Sports Sciences, 2011, 29, 527-532.	2.0	83
74	Variability of Soccer Referees' Match Performances. International Journal of Sports Medicine, 2011, 32, 190-194.	1.7	50
75	Ageing and physical match performance in English Premier League soccer referees. Journal of Science and Medicine in Sport, 2010, 13, 96-100.	1.3	67
76	Relationship Between Endurance Field Tests and Match Performance in Young Soccer Players. Journal of Strength and Conditioning Research, 2010, 24, 3227-3233.	2.1	137
77	Motion analysis of match-play in elite U12 to U16 age-group soccer players. Journal of Sports Sciences, 2010, 28, 1391-1397.	2.0	121
78	Relationships among field-test measures and physical match performance in elite-standard soccer referees. Journal of Sports Sciences, 2009, 27, 1177-1184.	2.0	62
79	Assessment of exercise capacity and respiratory muscle oxygenation in healthy children and children with congenital heart diseases. Applied Physiology, Nutrition and Metabolism, 2008, 33, 434-440.	1.9	11
80	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, 991-994.	2.0	11
81	Decision-making skills and deliberate practice in elite association football referees. Journal of Sports Sciences, 2007, 25, 65-78.	2.0	122
82	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, 390-397.	1.3	105
83	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, 256-262.	1.3	60
84	Errors in judging â€œoffsideâ€•in association football: Test of the optical error versus the perceptual flash-lag hypothesis. Journal of Sports Sciences, 2006, 24, 521-528.	2.0	103
85	Age-Related Effects on Fitness Performance in Elite-Level Soccer Referees. Journal of Strength and Conditioning Research, 2005, 19, 785.	2.1	28
86	The Impact of Specific High-Intensity Training Sessions on Football Refereesâ€™ Fitness Levels. American Journal of Sports Medicine, 2004, 32, 54-61.	4.2	84