

Christopher M. Beaven

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.

48

papers

1,151

citations

18

h-index

33

g-index

55

ext. papers

1,373

ext. citations

3.5

avg, IF

4.58

L-index

#	Paper	IF	Citations
48	Effectiveness of post-match recovery strategies in rugby players. <i>British Journal of Sports Medicine</i> , 2006 , 40, 260-3	10.3	204
47	Effects of caffeine and carbohydrate mouth rinses on repeated sprint performance. <i>Applied Physiology, Nutrition and Metabolism</i> , 2013 , 38, 633-7	3	89
46	Effects of a short-term pre-season training programme on the body composition and anaerobic performance of professional rugby union players. <i>Journal of Sports Sciences</i> , 2010 , 28, 679-86	3.6	73
45	Changes in strength, power, and steroid hormones during a professional rugby union competition. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 1583-92	3.2	66
44	Improving strength and power in trained athletes with 3 weeks of occlusion training. <i>International Journal of Sports Physiology and Performance</i> , 2014 , 9, 166-72	3.5	65
43	The relationship between changes in interstitial creatine kinase and game-related impacts in rugby union. <i>British Journal of Sports Medicine</i> , 2008 , 42, 198-201	10.3	64
42	Salivary testosterone and cortisol responses in professional rugby players after four resistance exercise protocols. <i>Journal of Strength and Conditioning Research</i> , 2008 , 22, 426-32	3.2	61
41	Morning based strength training improves afternoon physical performance in rugby union players. <i>Journal of Science and Medicine in Sport</i> , 2014 , 17, 317-21	4.4	47
40	Significant strength gains observed in rugby players after specific resistance exercise protocols based on individual salivary testosterone responses. <i>Journal of Strength and Conditioning Research</i> , 2008 , 22, 419-25	3.2	46
39	Intermittent lower-limb occlusion enhances recovery after strenuous exercise. <i>Applied Physiology, Nutrition and Metabolism</i> , 2012 , 37, 1132-9	3	36
38	Dose effect of caffeine on testosterone and cortisol responses to resistance exercise. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2008 , 18, 131-41	4.4	36
37	A comparison of blue light and caffeine effects on cognitive function and alertness in humans. <i>PLoS ONE</i> , 2013 , 8, e76707	3.7	36
36	From pillow to podium: a review on understanding sleep for elite athletes. <i>Nature and Science of Sleep</i> , 2018 , 10, 243-253	3.6	32
35	Three weeks of eccentric training combined with overspeed exercises enhances power and running speed performance gains in trained athletes. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 1280-6	3.2	31
34	Acute caffeine ingestion with increase of voluntarily chosen resistance-training load after limited sleep. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2012 , 22, 157-64	4.4	26
33	Acute salivary hormone responses to complex exercise bouts. <i>Journal of Strength and Conditioning Research</i> , 2011 , 25, 1072-8	3.2	21
32	The MARS for squat, countermovement, and standing long jump performance analyses: are measures reproducible?. <i>Journal of Strength and Conditioning Research</i> , 2014 , 28, 1849-57	3.2	19

31	Ultradian rhythmicity and induced changes in salivary testosterone. <i>European Journal of Applied Physiology</i> , 2010 , 110, 405-13	3.4	18
30	The Influence of Match-Day Napping in Elite Female Netball Athletes. <i>International Journal of Sports Physiology and Performance</i> , 2018 , 13, 1143-1148	3.5	17
29	Salivary testosterone is related to self-selected training load in elite female athletes. <i>Physiology and Behavior</i> , 2013 , 116-117, 8-12	3.5	17
28	Improvement of Elite Female Athletes' Physical Performance With a 3-Week Unexpected Disturbance Program. <i>Journal of Sport Rehabilitation</i> , 2018 , 27, 1-7	1.7	14
27	Training During the COVID-19 Lockdown: Knowledge, Beliefs, and Practices of 12,526 Athletes from 142 Countries and Six Continents. <i>Sports Medicine</i> , 2021 , 1	10.6	14
26	Match Demands, Anthropometric Characteristics, and Physical Qualities of Female Rugby Sevens Athletes: A Systematic Review. <i>Journal of Strength and Conditioning Research</i> , 2019 , 33, 3463-3474	3.2	12
25	Electrostimulation Enhancement of recovery during a rugby preseason. <i>International Journal of Sports Physiology and Performance</i> , 2013 , 8, 92-8	3.5	11
24	Physiological comparison of concentric and eccentric arm cycling in males and females. <i>PLoS ONE</i> , 2014 , 9, e112079	3.7	11
23	Effects of blue light and caffeine on mood. <i>Psychopharmacology</i> , 2014 , 231, 3677-83	4.7	10
22	Effects of Chronic Cold-Water Immersion in Elite Rugby Players. <i>International Journal of Sports Physiology and Performance</i> , 2019 , 14, 156-162	3.5	9
21	Eccentric Training Interventions and Team Sport Athletes. <i>Journal of Functional Morphology and Kinesiology</i> , 2019 , 4,	2.4	7
20	Reliability of Overground Running Measures from 2D Video Analyses in a Field Environment. <i>Sports</i> , 2018 , 7,	3	7
19	Lower-body compression garments worn following exercise improves perceived recovery but not subsequent performance in basketball athletes. <i>Journal of Sports Sciences</i> , 2020 , 38, 961-969	3.6	6
18	Lower-Limb Passive Heat Maintenance Combined With Pre-cooling Improves Repeated Sprint Ability. <i>Frontiers in Physiology</i> , 2018 , 9, 1064	4.6	5
17	The effects of running a 12-km race on neuromuscular performance measures in recreationally competitive runners. <i>Gait and Posture</i> , 2019 , 70, 341-346	2.6	4
16	Validity of a Tympanic Thermometer and Thermal Imaging Camera for Measuring Core and Skin Temperature during Exercise in the Heat. <i>Measurement in Physical Education and Exercise Science</i> , 2020 , 24, 49-55	1.9	4
15	Neck strength in Rugby Union players: a systematic review of the literature. <i>Physician and Sportsmedicine</i> , 2021 , 49, 392-409	2.4	4
14	The effect of carbohydrate and caffeine mouth rinsing on kicking performance in competitive Taekwondo athletes during Ramadan. <i>Journal of Sports Sciences</i> , 2020 , 38, 795-800	3.6	3

13	The Efficacy of Wrestling-Style Compression Suits to Improve Maximum Isometric Force and Movement Velocity in Well-Trained Male Rugby Athletes. <i>Frontiers in Physiology</i> , 2017 , 8, 874	4.6	3
12	Hamstrings injury incidence, risk factors, and prevention in Rugby Union players: a systematic review. <i>Physician and Sportsmedicine</i> , 2021 , 1-19	2.4	3
11	Physiological, kinematic, and electromyographic responses to kinesiology-type patella tape in elite cyclists. <i>Journal of Electromyography and Kinesiology</i> , 2019 , 44, 36-45	2.5	3
10	Development and validation of a sensitive immunoassay for the skeletal muscle isoform of creatine kinase. <i>Journal of Science and Medicine in Sport</i> , 2010 , 13, 117-9	4.4	2
9	Survey of Eccentric-Based Strength and Conditioning Practices in Sport. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 2769-2775	3.2	2
8	Body Mass Changes and Markers of Fitness, Health, and Well-Being over the First Semester of University in New Zealand Students. <i>Journal of Science in Sport and Exercise</i> , 2020 , 1	1	2
7	Resistance training in the heat improves strength in professional rugby athletes. <i>Science and Medicine in Football</i> , 2019 , 3, 198-204	2.7	2
6	Effectiveness of an Unexpected Disturbance Program in the Early Stage of Rehabilitation in Athletes With Unilateral Knee Ligament Injury. <i>Journal of Sport Rehabilitation</i> , 2020 , 30, 43-48	1.7	2
5	Biomechanical determinants of placekicking success in professional Rugby Union players. <i>Sports Biomechanics</i> , 2020 , 1-16	2.2	1
4	Eccentric Force-Velocity Characteristics during a Novel Squat Protocol in Trained Rugby Union Athletes-Pilot Study. <i>Journal of Functional Morphology and Kinesiology</i> , 2021 , 6,	2.4	1
3	The relationship between physiological and performance variables during a hot/humid international rugby sevens tournament. <i>European Journal of Sport Science</i> , 2021 , 1-9	3.9	1
2	Questionnaire-Derived Sleep Habits and Academic Achievement in First Year University Students.. <i>Clocks & Sleep</i> , 2021 , 4, 1-7	2.9	1
1	Sleep duration and physical performance during a 6-week military training course. <i>Journal of Sleep Research</i> , 2021 , 30, e13393	5.8	0