

# Amanda C Benson

## List of Publications by Citations

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54  
papers

1,007  
citations

15  
h-index

30  
g-index

64  
ext. papers

1,291  
ext. citations

3.2  
avg, IF

4.57  
L-index

#	Paper	IF	Citations
54	A review of guidelines for cardiac rehabilitation exercise programmes: Is there an international consensus?. <i>European Journal of Preventive Cardiology</i> , <b>2016</b> , 23, 1715-1733	3.9	177
53	Resistance training improves metabolic health in type 2 diabetes: a systematic review. <i>Diabetes Research and Clinical Practice</i> , <b>2009</b> , 83, 157-75	7.4	150
52	Muscular strength and cardiorespiratory fitness is associated with higher insulin sensitivity in children and adolescents. <i>Pediatric Obesity</i> , <b>2006</b> , 1, 222-31		110
51	The effect of high-intensity progressive resistance training on adiposity in children: a randomized controlled trial. <i>International Journal of Obesity</i> , <b>2008</b> , 32, 1016-27	5.5	86
50	Evaluating the effects of the Lunchtime Enjoyment Activity and Play (LEAP) school playground intervention on children's quality of life, enjoyment and participation in physical activity. <i>BMC Public Health</i> , <b>2014</b> , 14, 164	4.1	43
49	The GLAMA (Girls! Lead! Achieve! Mentor! Activate!) physical activity and peer leadership intervention pilot project: a process evaluation using the RE-AIM framework. <i>BMC Public Health</i> , <b>2012</b> , 12, 55	4.1	37
48	Cardiovascular risk of adipokines: a review. <i>Journal of International Medical Research</i> , <b>2018</b> , 46, 2082-2095	5.4	32
47	Moving Physical Activity Beyond the School Classroom: A Social-ecological Insight for Teachers of the facilitators and barriers' non-curricular physical activity. <i>Australian Journal of Teacher Education</i> , <b>2012</b> , 37,	1.4	28
46	Novel Technologies Found to be Valid and Reliable for the Measurement of Vertical Jump Height With Jump-and-Reach Testing. <i>Journal of Strength and Conditioning Research</i> , <b>2018</b> , 32, 2838-2845	3.2	22
45	The validity and inter-device variability of the Apple Watch for measuring maximal heart rate. <i>Journal of Sports Sciences</i> , <b>2018</b> , 36, 1447-1452	3.6	20
44	A Guide for Educators to Move Beyond Conventional School Playgrounds: The RE-AIM Evaluation of the Lunchtime Enjoyment Activity and Play (LEAP) Intervention. <i>Australian Journal of Teacher Education</i> , <b>2014</b> , 39,	1.4	18
43	Reliability and validity of a GPS-enabled iPhone "app" to measure physical activity. <i>Journal of Sports Sciences</i> , <b>2015</b> , 33, 1421-8	3.6	17
42	Peer-assisted learning in school physical education, sport and physical activity programmes: a systematic review. <i>Physical Education and Sport Pedagogy</i> , <b>2014</b> , 19, 253-277	3.8	17
41	The development of the lunchtime enjoyment of activity and play questionnaire. <i>Journal of School Health</i> , <b>2013</b> , 83, 256-64	2.1	16
40	Physical movement demands of elite-level netball match-play as measured by an indoor positioning system. <i>Journal of Sports Sciences</i> , <b>2020</b> , 38, 1488-1495	3.6	15
39	A rationale and method for high-intensity progressive resistance training with children and adolescents. <i>Contemporary Clinical Trials</i> , <b>2007</b> , 28, 442-50	2.3	15
38	Reproducibility of multiple repeated oral glucose tolerance tests. <i>Diabetes Research and Clinical Practice</i> , <b>2011</b> , 94, e78-82	7.4	13

37	Identification of key performance parameters during off-spin bowling with a smart cricket ball. <i>Sports Technology</i> , <b>2011</b> , 4, 159-163		13
36	Perceived barriers and facilitators to workplace exercise participation. <i>International Journal of Workplace Health Management</i> , <b>2018</b> , 11, 349-363	1.3	13
35	Does a single bout of resistance or aerobic exercise after insulin dose reduction modulate glycaemic control in type 2 diabetes? A randomised cross-over trial. <i>Journal of Science and Medicine in Sport</i> , <b>2016</b> , 19, 795-9	4.4	10
34	Children's enjoyment of play during school lunchtime breaks: an examination of intraday and interday reliability. <i>Journal of Physical Activity and Health</i> , <b>2014</b> , 11, 109-17	2.5	10
33	Physical activity intensity can be accurately monitored by smartphone global positioning system 'app'. <i>European Journal of Sport Science</i> , <b>2016</b> , 16, 624-31	3.9	9
32	A cross-sectional lower-body power profile of elite and subelite Australian football players. <i>Journal of Strength and Conditioning Research</i> , <b>2013</b> , 27, 2836-41	3.2	9
31	Physical education, sport education and physical activity policies: Teacher knowledge and implementation in their Victorian state secondary school. <i>European Physical Education Review</i> , <b>2009</b> , 15, 365-388	2.8	9
30	Measuring Moderate-Intensity Exercise with the Apple Watch: Validation Study. <i>JMIR Cardio</i> , <b>2018</b> , 2, e6	3.1	9
29	Coronavirus (COVID-19), Coagulation, and Exercise: Interactions That May Influence Health Outcomes. <i>Seminars in Thrombosis and Hemostasis</i> , <b>2020</b> , 46, 807-814	5.3	9
28	Walking cadence required to elicit criterion moderate-intensity physical activity is moderated by fitness status. <i>Journal of Sports Sciences</i> , <b>2019</b> , 37, 1989-1995	3.6	7
27	Exercise Supervision Is Important for Cardiometabolic Health Improvements: A 16-Week Randomized Controlled Trial. <i>Journal of Strength and Conditioning Research</i> , <b>2020</b> , 34, 866-877	3.2	7
26	Insulin sensitivity not modulated 24 to 78 h after acute resistance exercise in type 2 diabetes patients. <i>Diabetes, Obesity and Metabolism</i> , <b>2013</b> , 15, 478-80	6.7	7
25	Glycemic response varies between resistance and aerobic exercise in inactive males with long-term type 2 diabetes. <i>Applied Physiology, Nutrition and Metabolism</i> , <b>2013</b> , 38, 900-4	3	7
24	Smoking Prevalence among Physicians: A Systematic Review and Meta-Analysis.. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	7
23	Is there a relationship between primary school children's enjoyment of recess physical activities and health-related quality of life? A cross-sectional exploratory study. <i>Health Promotion Journal of Australia</i> , <b>2017</b> , 28, 37-43	1.7	6
22	Teacher's Perceptions of how they Influence Student Academic Performance in VCE Physical Education. <i>Australian Journal of Teacher Education</i> , <b>2018</b> , 43, 1-25	1.4	6
21	Acute cardiovascular responses to interval exercise: A systematic review and meta-analysis. <i>Journal of Sports Sciences</i> , <b>2020</b> , 38, 970-984	3.6	5
20	Exercise at an onsite facility with or without direct exercise supervision improves health-related physical fitness and exercise participation: An 8-week randomised controlled trial with 15-month follow-up. <i>Health Promotion Journal of Australia</i> , <b>2018</b> , 29, 84-92	1.7	5

19	Enrolment, content and assessment: a review of examinable senior secondary (16-19 year olds) physical education courses: an international perspective. <i>Curriculum Journal</i> , <b>2017</b> , 28, 598-625	1.3	5
18	The Perfect Senior (VCE) Secondary Physical Education Teacher: Student Perceptions of Teacher-related Factors that Influence Academic Performance. <i>Australian Journal of Teacher Education</i> , <b>2015</b> , 40,	1.4	4
17	A Stealth Intervention: The GLAMA (Girls! Lead! Achieve! Mentor! Activate!) and BLAST (Boys! Lead! Activate! Succeed Together!) School Connectedness, Peer Leadership and Physical Activity Transition Program. <i>Australian Journal of Teacher Education</i> , <b>2018</b> , 43, 42-65	1.4	4
16	Sex Differences in Physical Fitness Characteristics and Match-Play Demands in Adolescent Netball: Should Male and Female Adolescents Co-compete in Netball?. <i>Journal of Strength and Conditioning Research</i> , <b>2019</b> , 33, 846-856	3.2	4
15	Student performance in high-stakes examinations based on content area in senior secondary (VCE) physical education. <i>Physical Education and Sport Pedagogy</i> , <b>2017</b> , 22, 632-646	3.8	3
14	Insulin sensitivity in response to a single resistance exercise session in apparently healthy individuals. <i>Journal of Endocrinological Investigation</i> , <b>2012</b> , 35, 665-9	5.2	3
13	Designing Higher Education Curriculum to Increase Graduate Outcomes and Work Readiness: The Assessment and Mentoring Program (AMP). <i>Mentoring and Tutoring: Partnership in Learning</i> , <b>2016</b> , 24, 456-470	0.6	3
12	Leptin as a Biomarker of Stress: A Systematic Review and Meta-Analysis. <i>Nutrients</i> , <b>2021</b> , 13,	6.7	3
11	Equity of Physical Characteristics Between Adolescent Males and Females Participating in Single- or Mixed-Sex Sport. <i>Journal of Strength and Conditioning Research</i> , <b>2018</b> , 32, 1415-1421	3.2	2
10	The effect of whole-body vibration as a recovery technique on running kinematics and jumping performance following eccentric exercise to induce delayed-onset muscle soreness. <i>Sports Technology</i> , <b>2013</b> , 6, 112-121		2
9	Investigating the influence of question type and cognitive process on academic performance in VCE Physical Education: a secondary data analysis. <i>Educational Research and Evaluation</i> , <b>2018</b> , 24, 504-522	0.6	2
8	Breastfeeding after Returning to Work: A Systematic Review and Meta-Analysis. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,	4.6	2
7	Exploring context specific teacher efficacy in senior secondary (VCE) physical education teachers. <i>Teaching and Teacher Education</i> , <b>2017</b> , 68, 21-29	2.9	1
6	Physical Movement Demands of Training and Matches across a Full Competition Cycle in Elite Netball. <i>Applied Sciences (Switzerland)</i> , <b>2020</b> , 10, 7689	2.6	1
5	Quantifying jumps and external load in netball using VERT inertial measurement units. <i>Sports Biomechanics</i> , <b>2021</b> , 1-10	2.2	1
4	Is Exercise Prescription in Cardiac Rehabilitation Influenced by Physical Capacity or Cardiac Intervention?. <i>Journal of Aging and Physical Activity</i> , <b>2019</b> , 27, 633-641	1.6	0
3	Movement intensity demands between training activities and competition for elite female netballers. <i>PLoS ONE</i> , <b>2021</b> , 16, e0249679	3.7	0
2	Physical Activity Participation After a 16-Week Supervised Workplace Exercise RCT With a 15-Month Follow-Up. <i>Journal of Occupational and Environmental Medicine</i> , <b>2021</b> , 63, e526-e532	2	0

- 1 Letter to the editor regarding the article "Walking cadence required to elicit criterion moderate-intensity physical activity is moderated by fitness status" by Abt et al. (2019). *Journal of Sports Sciences*, **2020**, 38, 306-307 3.6