

Amanda C Benson

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.

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	Movement intensity demands between training activities and competition for elite female netballers. <i>PLoS ONE</i> , 2021 , 16, e0249679	3.7	0
53	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> , 2021 , 63, e526-e532	2	0
52	Breastfeeding after Returning to Work: A Systematic Review and Meta-Analysis. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	2
51	Leptin as a Biomarker of Stress: A Systematic Review and Meta-Analysis. <i>Nutrients</i> , 2021 , 13,	6.7	3
50	Quantifying jumps and external load in netball using VERT inertial measurement units. <i>Sports Biomechanics</i> , 2021 , 1-10	2.2	1
49	Smoking Prevalence among Physicians: A Systematic Review and Meta-Analysis.. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	7
48	Acute cardiovascular responses to interval exercise: A systematic review and meta-analysis. <i>Journal of Sports Sciences</i> , 2020 , 38, 970-984	3.6	5
47	Exercise Supervision Is Important for Cardiometabolic Health Improvements: A 16-Week Randomized Controlled Trial. <i>Journal of Strength and Conditioning Research</i> , 2020 , 34, 866-877	3.2	7
46	Physical movement demands of elite-level netball match-play as measured by an indoor positioning system. <i>Journal of Sports Sciences</i> , 2020 , 38, 1488-1495	3.6	15
45	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). <i>Journal of Sports Sciences</i> , 2020 , 38, 306-307	3.6	
44	Physical Movement Demands of Training and Matches across a Full Competition Cycle in Elite Netball. <i>Applied Sciences (Switzerland)</i> , 2020 , 10, 7689	2.6	1
43	Coronavirus (COVID-19), Coagulation, and Exercise: Interactions That May Influence Health Outcomes. <i>Seminars in Thrombosis and Hemostasis</i> , 2020 , 46, 807-814	5.3	9
42	Is Exercise Prescription in Cardiac Rehabilitation Influenced by Physical Capacity or Cardiac Intervention?. <i>Journal of Aging and Physical Activity</i> , 2019 , 27, 633-641	1.6	0
41	Walking cadence required to elicit criterion moderate-intensity physical activity is moderated by fitness status. <i>Journal of Sports Sciences</i> , 2019 , 37, 1989-1995	3.6	7
40	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> , 2019 , 33, 846-856	3.2	4
39	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> , 2018 , 29, 84-92	1.7	5
38	The validity and inter-device variability of the Apple Watch TM for measuring maximal heart rate. <i>Journal of Sports Sciences</i> , 2018 , 36, 1447-1452	3.6	20

37	Equity of Physical Characteristics Between Adolescent Males and Females Participating in Single- or Mixed-Sex Sport. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 1415-1421	3.2	2
36	Cardiovascular risk of adipokines: a review. <i>Journal of International Medical Research</i> , 2018 , 46, 2082-2095.	5.4	32
35	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> , 2018 , 43, 42-65	1.4	4
34	Teacher's Perceptions of how they Influence Student Academic Performance in VCE Physical Education. <i>Australian Journal of Teacher Education</i> , 2018 , 43, 1-25	1.4	6
33	Measuring Moderate-Intensity Exercise with the Apple Watch: Validation Study. <i>JMIR Cardio</i> , 2018 , 2, e6	3.1	9
32	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> , 2018 , 24, 504-522	0.6	2
31	Perceived barriers and facilitators to workplace exercise participation. <i>International Journal of Workplace Health Management</i> , 2018 , 11, 349-363	1.3	13
30	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> , 2018 , 32, 2838-2845	3.2	22
29	Student performance in high-stakes examinations based on content area in senior secondary (VCE) physical education. <i>Physical Education and Sport Pedagogy</i> , 2017 , 22, 632-646	3.8	3
28	Exploring context specific teacher efficacy in senior secondary (VCE) physical education teachers. <i>Teaching and Teacher Education</i> , 2017 , 68, 21-29	2.9	1
27	Enrolment, content and assessment: a review of examinable senior secondary (16-19 year olds) physical education courses: an international perspective. <i>Curriculum Journal</i> , 2017 , 28, 598-625	1.3	5
26	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> , 2017 , 28, 37-43	1.7	6
25	A review of guidelines for cardiac rehabilitation exercise programmes: Is there an international consensus? <i>European Journal of Preventive Cardiology</i> , 2016 , 23, 1715-1733	3.9	177
24	Physical activity intensity can be accurately monitored by smartphone global positioning system 'app'. <i>European Journal of Sport Science</i> , 2016 , 16, 624-31	3.9	9
23	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> , 2016 , 19, 795-9	4.4	10
22	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> , 2016 , 24, 456-470	0.6	3
21	Reliability and validity of a GPS-enabled iPhone "app" to measure physical activity. <i>Journal of Sports Sciences</i> , 2015 , 33, 1421-8	3.6	17
20	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> , 2015 , 40,	1.4	4

19	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> , 2014 , 14, 164	4.1	43
18	Children's enjoyment of play during school lunchtime breaks: an examination of intraday and interday reliability. <i>Journal of Physical Activity and Health</i> , 2014 , 11, 109-17	2.5	10
17	Peer-assisted learning in school physical education, sport and physical activity programmes: a systematic review. <i>Physical Education and Sport Pedagogy</i> , 2014 , 19, 253-277	3.8	17
16	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> , 2014 , 39,	1.4	18
15	Insulin sensitivity not modulated 24 to 78 h after acute resistance exercise in type 2 diabetes patients. <i>Diabetes, Obesity and Metabolism</i> , 2013 , 15, 478-80	6.7	7
14	Glycemic response varies between resistance and aerobic exercise in inactive males with long-term type 2 diabetes. <i>Applied Physiology, Nutrition and Metabolism</i> , 2013 , 38, 900-4	3	7
13	The development of the lunchtime enjoyment of activity and play questionnaire. <i>Journal of School Health</i> , 2013 , 83, 256-64	2.1	16
12	A cross-sectional lower-body power profile of elite and subelite Australian football players. <i>Journal of Strength and Conditioning Research</i> , 2013 , 27, 2836-41	3.2	9
11	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> , 2013 , 6, 112-121		2
10	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> , 2012 , 12, 55	4.1	37
9	Moving Physical Activity Beyond the School Classroom: A Social-ecological Insight for Teachers of the facilitators and barriers to students' non-curricular physical activity. <i>Australian Journal of Teacher Education</i> , 2012 , 37,	1.4	28
8	Insulin sensitivity in response to a single resistance exercise session in apparently healthy individuals. <i>Journal of Endocrinological Investigation</i> , 2012 , 35, 665-9	5.2	3
7	Reproducibility of multiple repeated oral glucose tolerance tests. <i>Diabetes Research and Clinical Practice</i> , 2011 , 94, e78-82	7.4	13
6	Identification of key performance parameters during off-spin bowling with a smart cricket ball. <i>Sports Technology</i> , 2011 , 4, 159-163		13
5	Physical education, sport education and physical activity policies: Teacher knowledge and implementation in their Victorian state secondary school. <i>European Physical Education Review</i> , 2009 , 15, 365-388	2.8	9
4	Resistance training improves metabolic health in type 2 diabetes: a systematic review. <i>Diabetes Research and Clinical Practice</i> , 2009 , 83, 157-75	7.4	150
3	The effect of high-intensity progressive resistance training on adiposity in children: a randomized controlled trial. <i>International Journal of Obesity</i> , 2008 , 32, 1016-27	5.5	86
2	A rationale and method for high-intensity progressive resistance training with children and adolescents. <i>Contemporary Clinical Trials</i> , 2007 , 28, 442-50	2.3	15

- 1 Muscular strength and cardiorespiratory fitness is associated with higher insulin sensitivity in children and adolescents. *Pediatric Obesity*, **2006**, 1, 222-31