

Kate L Pumpa

List of Publications by Year in descending order

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Version: 2024-02-01

52
papers

1,056
citations

430442

18
h-index

454577

30
g-index

52
all docs

52
docs citations

52
times ranked

1686
citing authors

#	ARTICLE	IF	CITATIONS
1	Is it safe and efficacious for women with lymphedema secondary to breast cancer to lift heavy weights during exercise: a randomised controlled trial. <i>Journal of Cancer Survivorship</i> , 2013, 7, 413-424.	1.5	121
2	Cognition in breast cancer survivors: A pilot study of interval and continuous exercise. <i>Journal of Science and Medicine in Sport</i> , 2019, 22, 580-585.	0.6	59
3	Periodization and Physical Performance in Elite Female Soccer Players. <i>International Journal of Sports Physiology and Performance</i> , 2015, 10, 664-669.	1.1	54
4	The acceleration and deceleration profiles of elite female soccer players during competitive matches. <i>Journal of Science and Medicine in Sport</i> , 2017, 20, 867-872.	0.6	51
5	Dietary fat, fibre, satiation, and satiety—a systematic review of acute studies. <i>European Journal of Clinical Nutrition</i> , 2019, 73, 333-344.	1.3	49
6	High-intensity exercise interventions in cancer survivors: a systematic review exploring the impact on health outcomes. <i>Journal of Cancer Research and Clinical Oncology</i> , 2018, 144, 1-12.	1.2	46
7	An Exercise Intervention During Chemotherapy for Women With Recurrent Ovarian Cancer: A Feasibility Study. <i>International Journal of Gynecological Cancer</i> , 2015, 25, 985-992.	1.2	43
8	A pilot study examining the effects of low-volume high-intensity interval training and continuous low to moderate intensity training on quality of life, functional capacity and cardiovascular risk factors in cancer survivors. <i>PeerJ</i> , 2016, 4, e2613.	0.9	38
9	Effect of a 16-week Bikram yoga program on perceived stress, self-efficacy and health-related quality of life in stressed and sedentary adults: A randomised controlled trial. <i>Journal of Science and Medicine in Sport</i> , 2018, 21, 352-357.	0.6	35
10	Quantifying the High-Speed Running and Sprinting Profiles of Elite Female Soccer Players During Competitive Matches Using an Optical Player Tracking System. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 1500-1508.	1.0	32
11	Sleep practices implemented by team sport coaches and sports science support staff: A potential avenue to improve athlete sleep?. <i>Journal of Science and Medicine in Sport</i> , 2019, 22, 748-752.	0.6	32
12	Physical and Physiological Characteristics of Various-Sided Games in Elite Women's Soccer. <i>International Journal of Sports Physiology and Performance</i> , 2016, 11, 953-958.	1.1	31
13	The effects of Panax notoginseng on delayed onset muscle soreness and muscle damage in well-trained males: A double blind randomised controlled trial. <i>Complementary Therapies in Medicine</i> , 2013, 21, 131-140.	1.3	29
14	The relationship between diet quality and falls risk, physical function and body composition in older adults. <i>Journal of Nutrition, Health and Aging</i> , 2015, 19, 1037-1042.	1.5	29
15	The impact of high-intensity interval training exercise on breast cancer survivors: a pilot study to explore fitness, cardiac regulation and biomarkers of the stress systems. <i>BMC Cancer</i> , 2020, 20, 787.	1.1	27
16	A novel role of probiotics in improving host defence of elite rugby union athlete: A double blind randomised controlled trial. <i>Journal of Science and Medicine in Sport</i> , 2019, 22, 876-881.	0.6	21
17	Probiotic supplementation elicits favourable changes in muscle soreness and sleep quality in rugby players. <i>Journal of Science and Medicine in Sport</i> , 2021, 24, 195-199.	0.6	21
18	Accuracy of the SenseWear Armband Mini and the BodyMedia FIT in resistance training. <i>Journal of Science and Medicine in Sport</i> , 2014, 17, 630-634.	0.6	20

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19	Independent Influence of Spinal Cord Injury Level on Thermoregulation during Exercise. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 1710-1719.	0.2	20
20	Does low volume high-intensity interval training elicit superior benefits to continuous low to moderate-intensity training in cancer survivors?. <i>World Journal of Clinical Oncology</i> , 2018, 9, 1-12.	0.9	20
21	The effects of Lyprinol [®] on delayed onset muscle soreness and muscle damage in well trained athletes: A double-blind randomised controlled trial. <i>Complementary Therapies in Medicine</i> , 2011, 19, 311-318.	1.3	19
22	Assessing the Energy Expenditure of Elite Female Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 2780-2786.	1.0	18
23	Objectively measured physical activity is associated with dorsolateral prefrontal cortex volume in older adults. <i>NeuroImage</i> , 2020, 221, 117150.	2.1	18
24	Effect of a 16-week Bikram yoga program on heart rate variability and associated cardiovascular disease risk factors in stressed and sedentary adults: A randomized controlled trial. <i>BMC Complementary and Alternative Medicine</i> , 2017, 17, 226.	3.7	17
25	Effect of Physical and Psychosocial Interventions on Hormone and Performance Outcomes in Professional Rugby Union Players: A Systematic Review. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 3158-3169.	1.0	17
26	Validity of the SenseWear Armband to Assess Energy Expenditure During Intermittent Exercise and Recovery in Rugby Union Players. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 1090-1095.	1.0	16
27	Physiological and perceptual effects of precooling in wheelchair basketball athletes. <i>Journal of Spinal Cord Medicine</i> , 2016, 39, 671-678.	0.7	16
28	Responses of Lower-Body Power and Match Running Demands Following Long-Haul Travel in International Rugby Sevens Players. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 686-695.	1.0	16
29	Adding Telephone and Text Support to an Obesity Management Program Improves Behavioral Adherence and Clinical Outcomes. A Randomized Controlled Crossover Trial. <i>International Journal of Behavioral Medicine</i> , 2019, 26, 580-590.	0.8	16
30	The Use of Acute Exercise Interventions as Game Day Priming Strategies to Improve Physical Performance and Athlete Readiness in Team-Sport Athletes: A Systematic Review. <i>Sports Medicine</i> , 2020, 50, 1943-1962.	3.1	15
31	The Effects of Bikram Yoga on Health: Critical Review and Clinical Trial Recommendations. <i>Evidence-based Complementary and Alternative Medicine</i> , 2015, 2015, 1-13.	0.5	13
32	Variable Changes in Body Composition, Strength and Lower-Body Power During an International Rugby Sevens Season. <i>Journal of Strength and Conditioning Research</i> , 2016, 30, 1127-1136.	1.0	13
33	Nutritional Interventions to Improve Sleep in Team-Sport Athletes: A Narrative Review. <i>Nutrients</i> , 2021, 13, 1586.	1.7	13
34	Can the intensity of physical activity be accurately measured in older adults using questionnaires?. <i>Journal of Science and Medicine in Sport</i> , 2019, 22, 803-807.	0.6	11
35	The effects of topical Arnica on performance, pain and muscle damage after intense eccentric exercise. <i>European Journal of Sport Science</i> , 2014, 14, 294-300.	1.4	10
36	Comparison of Body Composition Assessment Methods in Professional Urban Firefighters. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2019, 29, 282-288.	1.0	9

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37	Metformin use in prediabetes: is earlier intervention better?. <i>Acta Diabetologica</i> , 2020, 57, 1359-1366.	1.2	7
38	Dietary Intake and Gastrointestinal Integrity in Runners Undertaking High-Intensity Exercise in the Heat. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2021, 31, 314-320.	1.0	7
39	The Development of Nutritional-Supplement Fact Sheets for Irish Athletes: A Case Study. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2012, 22, 220-224.	1.0	5
40	É-Lactalbumin Improves Sleep and Recovery after Simulated Evening Competition in Female Athletes. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 2618-2627.	0.2	5
41	Cycling-based repeat sprint training in the heat enhances running performance in team sport players. <i>European Journal of Sport Science</i> , 2021, 21, 695-704.	1.4	4
42	Participant perspectives of a telehealth trial investigating the use of telephone and text message support in obesity management: a qualitative evaluation. <i>BMC Health Services Research</i> , 2021, 21, 675.	0.9	4
43	Predictors of and barriers to adherence in a 16-week randomised controlled trial of Bikram yoga in stressed and sedentary adults. <i>Complementary Therapies in Medicine</i> , 2019, 42, 374-380.	1.3	3
44	Identifying women at risk of weight gain after a breast cancer diagnosis: Results from a cohort of Australian women. <i>Health Promotion Journal of Australia</i> , 2022, 33, 138-147.	0.6	2
45	Extended post-exercise hyperthermia in athletes with a spinal cord injury. <i>Journal of Science and Medicine in Sport</i> , 2021, 24, 831-836.	0.6	2
46	Response. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 2426-2426.	0.2	1
47	The development of nutritional-supplement fact sheets for Irish athletes: a case study. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2012, 22, 220-4.	1.0	1
48	Objective Assessment Of Physical Activity, Sedentary Behaviour And Sleep In Older Australians. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 880.	0.2	0
49	Study protocol for a multicentre, controlled non-randomised trial: benefits of exercise physiology services for type 2 diabetes (BEST). <i>BMJ Open</i> , 2019, 9, e027610.	0.8	0
50	Mixed-Mode Heat Training: A Practical Alternative for Enhancing Aerobic Capacity in Team Sports. <i>Frontiers in Sports and Active Living</i> , 2020, 2, 71.	0.9	0
51	Thermoregulation During Exercise and Passive Recovery in Athletes with a Spinal Cord Injury. <i>Medicine and Science in Sports and Exercise</i> , 2017, 49, 19.	0.2	0
52	A Multidisciplinary Approach to Game Day Preparation for Team Sports. <i>Journal of Strength and Conditioning Research</i> , 2022, Publish Ahead of Print, 1345-1352.	1.0	0