

# Richard David Telford

## List of Publications by Year in descending order

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Version: 2024-02-01

67  
papers

3,178  
citations

218592

26  
h-index

155592

55  
g-index

67  
all docs

67  
docs citations

67  
times ranked

3950  
citing authors

#	ARTICLE	IF	CITATIONS
1	Factors Affecting Running Economy in Trained Distance Runners. <i>Sports Medicine</i> , 2004, 34, 465-485.	3.1	632
2	Why Are Girls Less Physically Active than Boys? Findings from the LOOK Longitudinal Study. <i>PLoS ONE</i> , 2016, 11, e0150041.	1.1	267
3	Influence of Adiposity and Physical Activity on Arterial Stiffness in Healthy Children. <i>Hypertension</i> , 2009, 53, 611-616.	1.3	194
4	Improved running economy in elite runners after 20 days of simulated moderate-altitude exposure. <i>Journal of Applied Physiology</i> , 2004, 96, 931-937.	1.2	188
5	Reliability and Variability of Running Economy in Elite Distance Runners. <i>Medicine and Science in Sports and Exercise</i> , 2004, 36, 1972-1976.	0.2	158
6	Short-Term Plyometric Training Improves Running Economy in Highly Trained Middle and Long Distance Runners. <i>Journal of Strength and Conditioning Research</i> , 2006, 20, 947.	1.0	146
7	The influence of sport club participation on physical activity, fitness and body fat during childhood and adolescence: The LOOK Longitudinal Study. <i>Journal of Science and Medicine in Sport</i> , 2016, 19, 400-406.	0.6	119
8	Overweight children have a greater proportion of fat mass relative to muscle mass in the upper limbs than in the lower limbs: implications for bone strength at the distal forearm. <i>American Journal of Clinical Nutrition</i> , 2009, 90, 1104-1111.	2.2	93
9	Physical Education, Obesity, and Academic Achievement: A 2-Year Longitudinal Investigation of Australian Elementary School Children. <i>American Journal of Public Health</i> , 2012, 102, 368-374.	1.5	82
10	Defining Physical Literacy for Application in Australia: A Modified Delphi Method. <i>Journal of Teaching in Physical Education</i> , 2019, 38, 105-118.	0.9	75
11	Longitudinal patterns of physical activity in children aged 8 to 12 years: the LOOK study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2013, 10, 81.	2.0	73
12	Effects of an intensive 12-wk training program by elite swimmers on neutrophil oxidative activity. <i>Medicine and Science in Sports and Exercise</i> , 1995, 27, 536-542.	0.2	71
13	Low Physical Activity and Obesity. <i>Medicine and Science in Sports and Exercise</i> , 2007, 39, 1233-1240.	0.2	63
14	The lifestyle of our kids (LOOK) project: Outline of methods. <i>Journal of Science and Medicine in Sport</i> , 2009, 12, 156-163.	0.6	58
15	Influence of Training Loads on Patterns of Illness in Elite Distance Runners. <i>Clinical Journal of Sport Medicine</i> , 2005, 15, 246-252.	0.9	53
16	Establishment of pediatric reference intervals on a large cohort of healthy children. <i>Clinica Chimica Acta</i> , 2010, 411, 1421-1427.	0.5	51
17	Neutrophil oxidative activity is differentially affected by exercise intensity and type. <i>Journal of Science and Medicine in Sport</i> , 2000, 3, 44-54.	0.6	48
18	Changes in the susceptibility of red blood cells to oxidative and osmotic stress following submaximal exercise. <i>European Journal of Applied Physiology and Occupational Physiology</i> , 1995, 70, 427-436.	1.2	47

#	ARTICLE	IF	CITATIONS
19	Improved running economy and increased hemoglobin mass in elite runners after extended moderate altitude exposure. <i>Journal of Science and Medicine in Sport</i> , 2009, 12, 67-72.	0.6	43
20	Guidelines for the Selection of Physical Literacy Measures in Physical Education in Australia. <i>Journal of Teaching in Physical Education</i> , 2019, 38, 119-125.	0.9	37
21	Greater erythrocyte deformability in world-class endurance athletes. <i>American Journal of Physiology - Heart and Circulatory Physiology</i> , 1999, 276, H2188-H2193.	1.5	36
22	Lactate/H <sup>+</sup> uptake by red blood cells during exercise alters their physical properties. <i>European Journal of Applied Physiology</i> , 1996, 75, 54-61.	1.2	34
23	Longitudinal Studies of Cardiac Troponin I in a Large Cohort of Healthy Children. <i>Clinical Chemistry</i> , 2012, 58, 1665-1672.	1.5	33
24	Changes in Rod and Frame Test Scores Recorded in Schoolchildren during Development – A Longitudinal Study. <i>PLoS ONE</i> , 2013, 8, e65321.	1.1	31
25	Outcomes of a four-year specialist-taught physical education program on physical activity: a cluster randomized controlled trial, the LOOK study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2016, 13, 64.	2.0	31
26	Impact of cultural background on fundamental movement skill and its correlates. <i>Journal of Sports Sciences</i> , 2019, 37, 492-499.	1.0	29
27	Schools With Fitter Children Achieve Better Literacy and Numeracy Results: Evidence of a School Cultural Effect. <i>Pediatric Exercise Science</i> , 2012, 24, 45-57.	0.5	26
28	Psychological distress leads to reduced physical activity and fitness in children: the Australian longitudinal LOOK study. <i>Journal of Behavioral Medicine</i> , 2016, 39, 587-598.	1.1	26
29	Day-dependent step-count patterns and their persistence over 3 years in 8–10-year-old children: The LOOK project. <i>Annals of Human Biology</i> , 2009, 36, 669-679.	0.4	24
30	Iron status and diet in athletes. <i>Medicine and Science in Sports and Exercise</i> , 1993, 25, 796-800.	0.2	23
31	Effects of physical activity, fitness and fatness on children's body image: The Australian LOOK longitudinal study. <i>Mental Health and Physical Activity</i> , 2012, 5, 116-124.	0.9	22
32	Effects of Changes in Adiposity and Physical Activity on Preadolescent Insulin Resistance: The Australian LOOK Longitudinal Study. <i>PLoS ONE</i> , 2012, 7, e47438.	1.1	22
33	Determinants of Childhood Adiposity: Evidence from the Australian LOOK Study. <i>PLoS ONE</i> , 2012, 7, e50014.	1.1	21
34	Physical Education Can Improve Insulin Resistance. <i>Medicine and Science in Sports and Exercise</i> , 2013, 45, 1956-1964.	0.2	21
35	Effects of a Specialist-Led, School Physical Education Program on Bone Mass, Structure, and Strength in Primary School Children: A 4-Year Cluster Randomized Controlled Trial. <i>Journal of Bone and Mineral Research</i> , 2016, 31, 289-298.	3.1	20
36	Can physical education improve the mental health of children? The LOOK study cluster-randomized controlled trial. <i>Journal of Educational Psychology</i> , 2019, 111, 1331-1340.	2.1	19

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37	The effect of intense interval exercise on iron status parameters in trained men. <i>Medicine and Science in Sports and Exercise</i> , 1993, 25, 778-782.	0.2	17
38	Contrasting longitudinal and cross-sectional relationships between insulin resistance and percentage of body fat, fitness, and physical activity in children—the LOOK study. <i>Pediatric Diabetes</i> , 2009, 10, 500-507.	1.2	17
39	Discordance of international adiposity classifications in Australian boys and girls—the LOOK study. <i>Annals of Human Biology</i> , 2008, 35, 334-341.	0.4	16
40	Reformulation of BMI and Percent Body Fat to Remove the Height Bias in 8-year-olds. <i>Obesity</i> , 2008, 16, 2175-2181.	1.5	15
41	The distribution of cardiac troponin I in a population of healthy children: Lessons for adults. <i>Clinica Chimica Acta</i> , 2013, 417, 54-56.	0.5	15
42	Relationship between indices of adiposity obtained by peripheral quantitative computed tomography and dual-energy X-ray absorptiometry in pre-pubertal children. <i>Annals of Human Biology</i> , 2009, 36, 705-716.	0.4	14
43	Sensitivity of Blood Lipids to Changes in Adiposity, Exercise, and Diet in Children. <i>Medicine and Science in Sports and Exercise</i> , 2015, 47, 974-982.	0.2	14
44	Physical Education and Blood Lipid Concentrations in Children: The LOOK Randomized Cluster Trial. <i>PLoS ONE</i> , 2013, 8, e76124.	1.1	13
45	Longitudinal patterns of change in eye-hand coordination in children aged 8-16 years. <i>Human Movement Science</i> , 2015, 43, 61-66.	0.6	13
46	Effects of Habitual Physical Activity and Fitness on Tibial Cortical Bone Mass, Structure and Mass Distribution in Pre-pubertal Boys and Girls: The Look Study. <i>Calcified Tissue International</i> , 2016, 99, 56-65.	1.5	13
47	Depression, stress and vascular function from childhood to adolescence: A longitudinal investigation. <i>General Hospital Psychiatry</i> , 2020, 62, 6-12.	1.2	13
48	Student outcomes of the physical education and physical literacy (PEPL) approach: a pragmatic cluster randomised controlled trial of a multicomponent intervention to improve physical literacy in primary schools. <i>Physical Education and Sport Pedagogy</i> , 2021, 26, 97-110.	1.8	13
49	Using compositional data analysis to explore accumulation of sedentary behavior, physical activity and youth health. <i>Journal of Sport and Health Science</i> , 2022, 11, 234-243.	3.3	13
50	Symptoms of stress and depression effect percentage of body fat and insulin resistance in healthy youth: LOOK longitudinal study.. <i>Health Psychology</i> , 2017, 36, 749-759.	1.3	12
51	Benefits of early development of eye-hand coordination: Evidence from the LOOK longitudinal study. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2013, 23, e263-9.	1.3	11
52	Marine oil dietary supplementation reduces delayed onset muscle soreness after a 30 km run. <i>Open Access Journal of Sports Medicine</i> , 2013, 4, 109.	0.6	11
53	NTproBNP concentrations in healthy children. <i>Clinical Biochemistry</i> , 2012, 45, 1158-1160.	0.8	8
54	Transient troponin elevations in the blood of healthy young children. <i>Clinica Chimica Acta</i> , 2012, 413, 702-706.	0.5	6

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55	BMI is a misleading proxy for adiposity in longitudinal studies with adolescent males: The Australian LOOK study. <i>Journal of Science and Medicine in Sport</i> , 2019, 22, 307-310.	0.6	6
56	Teacher and school outcomes of the Physical Education and Physical Literacy (PEPL) approach: a pragmatic cluster randomised controlled trial of a multicomponent intervention to improve physical literacy in primary schools. <i>Physical Education and Sport Pedagogy</i> , 2021, 26, 79-96.	1.8	6
57	Do self-reported stress and depressive symptoms effect endothelial function in healthy youth? The LOOK longitudinal study. <i>PLoS ONE</i> , 2018, 13, e0196137.	1.1	5
58	The effect of a 6-month physical literacy intervention on preschool children's gross and fine motor skill: The Active Early Learning randomised controlled trial. <i>Journal of Science and Medicine in Sport</i> , 2022, 25, 655-660.	0.6	5
59	Physical education: clear and present benefits and responsibilities. The Fritz Duras memorial lecture 2017. <i>Asia-Pacific Journal of Health, Sport and Physical Education</i> , 2017, 8, 133-145.	1.0	2
60	Drivers of adolescent adiposity: Evidence from the Australian LOOK study. <i>Journal of Science and Medicine in Sport</i> , 2019, 22, 1330-1334.	0.6	1
61	Best Practice Model for Pediatric Research. <i>Medicine and Science in Sports and Exercise</i> , 2021, 53, 453-453.	0.2	1
62	Day-dependent step-count patterns and their persistence over 3 years in 8-10-year-old children: The LOOK project. <i>Annals of Human Biology</i> , 0, , 1-11.	0.4	1
63	Physical Activity, Fitness And Fatness In 7-8 Yr-old Children. <i>Medicine and Science in Sports and Exercise</i> , 2007, 39, S377.	0.2	1
64	Response to Exercise Generates Lactate and Fluid Intake: Effects on Mitochondrial Function in Heart and Vascular Smooth Muscle. <i>Hypertension</i> , 2009, 54, .	1.3	0
65	Childhood Stress, Emotional Distress, and Cardiovascular Function in Adolescents. , 2015, , 1-15.		0
66	The effect of height on estimates of the change in BMI-based prevalence of childhood obesity. <i>International Journal of Obesity</i> , 2021, 45, 2506-2510.	1.6	0
67	Childhood Stress, Emotional Distress, and Cardiovascular Function in Adolescents. , 2016, , 213-227.		0