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## Efficacy of School-Based Interventions for Improving Muscular Fitness Outcomes in Adolescent Boys: A Systematic Review and Meta-analysis

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| 14 | The SIMAC study: A randomized controlled trial to compare the effects of resistance training and aerobic training on the fitness and body composition of Colombian adolescents. <i>PLoS ONE</i> , <b>2021</b> , 16, e0248110   | 3.7 | 2         |
| 13 | "It's Just Not Something We Do at School". Adolescent Boys' Understanding, Perceptions, and Experiences of Muscular Fitness Activity. <i>International Journal of Environmental Research and Public Health</i> , <b>2021</b> , 18,   | 4.6 | 3         |
| 12 | Evaluating the reach, effectiveness, adoption, implementation and maintenance of the Resistance Training for Teens program. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , <b>2021</b> , 18, 122   | 8.4 | 0         |
| 11 | Longitudinal trends and predictors of muscle-strengthening activity guideline adherence among Canadian youths. <i>Journal of Science and Medicine in Sport</i> , <b>2021</b> ,   | 4.4 | 0         |
| 10 | Efficacy of school-based interventions for improving muscular fitness outcomes in children: A systematic review and meta-analysis.. <i>European Journal of Sport Science</i> , <b>2022</b> , 1-34  | 3.9 | 2         |
| 9  | Impact of Embedding High-Intensity Interval Training in Schools and Sports Training on Children and Adolescent's Cardiometabolic Health and Health-Related Fitness: Systematic Review and Meta-Analysis. <i>Journal of Teaching in Physical Education</i> , <b>2022</b> , 1-13 | 2.2 |           |
| 8  | Walk Buds: A walking programme to increase physical activity, physical fitness and emotional wellbeing, in 9-13 yr old children with intellectual disability. A study protocol for a clustered RCT. <i>Contemporary Clinical Trials</i> , <b>2022</b> , 106856                 | 2.3 | 0         |
| 7  | Childhood Factors Associated with Muscular Strength Trajectories between Childhood and Mid-adulthood. <i>Medicine and Science in Sports and Exercise</i> , Publish Ahead of Print,   | 1.2 |           |
| 6  | Top 10 International Priorities for Physical Fitness Research and Surveillance Among Children and Adolescents: A Twin-Panel Delphi Study.  |     | 0         |
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| 2  | PE teachers' perceived expertise and professional development requirements in the delivery of muscular fitness activity: PE Teacher EmPOWERment Survey. 1356336X2211340  |     | 0         |
| 1  | EFFECTS OF PROGRESSIVE LOAD TRAINING ON SPRINTERS' CARDIORESPIRATORY ENDURANCE. 29,  |     | 0         |

