

David R Lubans

List of Publications by Year in descending order

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Version: 2024-02-01

295
papers

19,484
citations

14614

66
h-index

16605

123
g-index

305
all docs

305
docs citations

305
times ranked

14543
citing authors

#	ARTICLE	IF	CITATIONS
1	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> , 2023, 42, 243-255.	0.9	2
2	Descriptive epidemiology of outdoor gym use in an Australian regional setting. <i>Zeitschrift Fur Gesundheitswissenschaften</i> , 2022, 30, 159-165.	0.8	6
3	Development of a self-report scale to assess children's perceived physical literacy. <i>Physical Education and Sport Pedagogy</i> , 2022, 27, 91-116.	1.8	22
4	Measurement Properties of Smartphone Approaches to Assess Diet, Alcohol Use, and Tobacco Use: Systematic Review. <i>JMIR MHealth and UHealth</i> , 2022, 10, e27337.	1.8	7
5	Establishing Effectiveness of a Community-based, Physical Activity Program for Fathers and Daughters: A Randomized Controlled Trial. <i>Annals of Behavioral Medicine</i> , 2022, 56, 698-711.	1.7	7
6	Lifestyle risks for chronic disease among Australian adolescents: a cross-sectional survey. <i>Medical Journal of Australia</i> , 2022, 216, 156-157.	0.8	15
7	Impact of risk of generalizability biases in adult obesity interventions: A meta-epidemiological review and meta-analysis. <i>Obesity Reviews</i> , 2022, 23, e13369.	3.1	9
8	Feasibility and preliminary efficacy of a school-based health and well-being program for adolescent girls. <i>Pilot and Feasibility Studies</i> , 2022, 8, 15.	0.5	5
9	A collaborative approach to adopting/adapting guidelines. The Australian 24-hour movement guidelines for children (5-12 years) and young people (13-17 years): An integration of physical activity, sedentary behaviour, and sleep. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2022, 19, 2.	2.0	42
10	Scaling-Up Adolescent High-Intensity Interval Training Programs for Population Health. <i>Exercise and Sport Sciences Reviews</i> , 2022, 50, 128-136.	1.6	9
11	Effect of resistance training on HbA1c in adults with type 2 diabetes mellitus and the moderating effect of changes in muscular strength: a systematic review and meta-analysis. <i>BMJ Open Diabetes Research and Care</i> , 2022, 10, e002595.	1.2	23
12	Effects of Classroom-Based Resistance Training With and Without Cognitive Training on Adolescents' Cognitive Function, On-task Behavior, and Muscular Fitness. <i>Frontiers in Psychology</i> , 2022, 13, 811534.	1.1	6
13	A Qualitative Study Exploring People's Experience With the Multicomponent Community-Based Physical Activity Intervention ecofit During the COVID-19 Pandemic. <i>Journal of Physical Activity and Health</i> , 2022, 19, 168-176.	1.0	1
14	Mechanisms linking physical activity with psychiatric symptoms across the lifespan: a protocol for a systematic review. <i>BMJ Open</i> , 2022, 12, e058737.	0.8	2
15	Effect of high-intensity interval training on hippocampal metabolism in older adolescents. <i>Psychophysiology</i> , 2022, 59, .	1.2	15
16	Reimagining physical activity for children following the systemic disruptions from the COVID-19 pandemic in Australia. <i>British Journal of Sports Medicine</i> , 2022, 56, 899-900.	3.1	4
17	Parent-focused online intervention to promote parents' physical literacy and support children's physical activity: results from a quasi-experimental trial. <i>BMC Public Health</i> , 2022, 22, .	1.2	7
18	Effect of a Time-Efficient Physical Activity Intervention on Senior School Students' On-Task Behaviour and Subjective Vitality: the 'Burn 2 Learn' Cluster Randomised Controlled Trial. <i>Educational Psychology Review</i> , 2021, 33, 299-323.	5.1	33

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19	The effects of the Australian bushfires on physical activity in children. <i>Environment International</i> , 2021, 146, 106214.	4.8	12
20	Cardiorespiratory and muscular fitness associations with older adolescent cognitive control. <i>Journal of Sport and Health Science</i> , 2021, 10, 82-90.	3.3	15
21	School-based interventions modestly increase physical activity and cardiorespiratory fitness but are least effective for youth who need them most: an individual participant pooled analysis of 20 controlled trials. <i>British Journal of Sports Medicine</i> , 2021, 55, 721-729.	3.1	36
22	Dissemination of Thinking while Moving in Maths: Implementation Barriers and Facilitators. <i>Translational Journal of the American College of Sports Medicine</i> , 2021, 6, .	0.3	7
23	Implementation at a scale of school-based physical activity interventions: A systematic review utilizing the REAIM framework. <i>Obesity Reviews</i> , 2021, 22, e13184.	3.1	17
24	Physical activity intervention for rural middle-aged and older Australian adults: a pilot implementation study of the ecofit program delivered in a real-world setting. <i>Pilot and Feasibility Studies</i> , 2021, 7, 81.	0.5	4
25	The effects of the eCoFit RCT on depression and anxiety symptoms among adults with or at risk of Type 2 Diabetes. <i>Psychology, Health and Medicine</i> , 2021, , 1-10.	1.3	3
26	Effect of a Scalable School-Based Intervention on Cardiorespiratory Fitness in Children. <i>JAMA Pediatrics</i> , 2021, 175, 680-688.	3.3	17
27	Effects of physical education interventions on cognition and academic performance outcomes in children and adolescents: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2021, 55, 1224-1232.	3.1	48
28	Feasibility of a school-based physical activity intervention for adolescents with disability. <i>Pilot and Feasibility Studies</i> , 2021, 7, 120.	0.5	6
29	Improving children's fundamental movement skills through a family-based physical activity program: results from the Active 1+FUN randomized controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2021, 18, 99.	2.0	14
30	Physical activity behaviours in adolescence: current evidence and opportunities for intervention. <i>Lancet, The</i> , 2021, 398, 429-442.	6.3	212
31	Healthier Minds in Fitter Bodies: A Systematic Review and Meta-Analysis of the Association between Physical Fitness and Mental Health in Youth. <i>Sports Medicine</i> , 2021, 51, 2571-2605.	3.1	35
32	Count versus MAD-based accelerometry-assessed movement behaviors and associations with child adiposity and fitness. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2021, 31, 2322-2332.	1.3	1
33	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> , 2021, 18, 122.	2.0	8
34	Understanding the impact of a teacher education course on attitudes towards gender equity in physical activity and sport: An exploratory mixed methods evaluation. <i>Teaching and Teacher Education</i> , 2021, 105, 103421.	1.6	5
35	195The Health4Life Initiative: An eHealth intervention targeting multiple lifestyle risk behaviours among Australian adolescents. <i>International Journal of Epidemiology</i> , 2021, 50, .	0.9	0
36	Feasibility and Provisional Efficacy of Embedding High-Intensity Interval Training Into Physical Education Lessons: A Pilot Cluster-Randomized Controlled Trial. <i>Pediatric Exercise Science</i> , 2021, 33, 186-195.	0.5	11

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37	Time-efficient intervention to improve older adolescents' cardiorespiratory fitness: findings from the 'Burn 2 Learn' cluster randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2021, 55, 751-758.	3.1	37
38	Scale-up of the Physical Activity 4 Everyone (PA4E1) intervention in secondary schools: 24-month implementation and cost outcomes from a cluster randomised controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2021, 18, 137.	2.0	7
39	Exercise Intolerance, Benefits, and Prescription for People Living With a Fontan Circulation: The Fontan Fitness Intervention Trial (F-FIT) Rationale and Design. <i>Frontiers in Pediatrics</i> , 2021, 9, 799125.	0.9	19
40	Physical Activity, Fitness, and Executive Functions in Youth: Effects, Moderators, and Mechanisms. <i>Current Topics in Behavioral Neurosciences</i> , 2021, , 103-130.	0.8	13
41	Effects of different types of classroom physical activity breaks on children's on-task behaviour, academic achievement and cognition. <i>Acta Paediatrica, International Journal of Paediatrics</i> , 2020, 109, 158-165.	0.7	61
42	A systematic review of cognitive assessment in physical activity research involving children and adolescents. <i>Journal of Science and Medicine in Sport</i> , 2020, 23, 740-745.	0.6	13
43	Increasing Students' Activity in Physical Education: Results of the Self-determined Exercise and Learning For FITness Trial. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 696-704.	0.2	21
44	The effect of physical education lesson intensity and cognitive demand on subsequent learning behaviour. <i>Journal of Science and Medicine in Sport</i> , 2020, 23, 586-590.	0.6	13
45	Impact of a Father-Daughter Physical Activity Intervention: An Exploration of Fathers' Experiences. <i>Journal of Child and Family Studies</i> , 2020, 29, 3609-3620.	0.7	5
46	Impact of the 'Thinking while Moving in English' intervention on primary school children's academic outcomes and physical activity: A cluster randomised controlled trial. <i>International Journal of Educational Research</i> , 2020, 102, 101592.	1.2	7
47	Cardiorespiratory Fitness in Youth: An Important Marker of Health: A Scientific Statement From the American Heart Association. <i>Circulation</i> , 2020, 142, e101-e118.	1.6	235
48	Feasibility of test administration and preliminary findings for cognitive control in the Burn 2 learn pilot randomised controlled trial. <i>Journal of Sports Sciences</i> , 2020, 38, 1708-1716.	1.0	8
49	Study protocol of the Health4Life initiative: a cluster randomised controlled trial of an eHealth school-based program targeting multiple lifestyle risk behaviours among young Australians. <i>BMJ Open</i> , 2020, 10, e035662.	0.8	29
50	Factors associated with adherence to the muscle-strengthening activity guideline among adolescents. <i>Psychology of Sport and Exercise</i> , 2020, 51, 101747.	1.1	17
51	Integrating high-intensity interval training into the workplace: The WorkHIIT pilot RCT. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2020, 30, 2445-2455.	1.3	20
52	Review of High-Intensity Interval Training for Cognitive and Mental Health in Youth. <i>Medicine and Science in Sports and Exercise</i> , 2020, 52, 2224-2234.	0.2	68
53	Scale-up of the Physical Activity 4 Everyone (PA4E1) intervention in secondary schools: 12-month implementation outcomes from a cluster randomized controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2020, 17, 100.	2.0	21
54	Process Evaluation of a School-Based High-Intensity Interval Training Program for Older Adolescents: The Burn 2 Learn Cluster Randomised Controlled Trial. <i>Children</i> , 2020, 7, 299.	0.6	11

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55	Examining mediators of intervention efficacy in a randomised controlled m-health trial to improve physical activity and sleep health in adults. <i>Psychology and Health</i> , 2020, 35, 1346-1367.	1.2	3
56	Measurement properties of smartphone approaches to assess key lifestyle behaviours: protocol of a systematic review. <i>Systematic Reviews</i> , 2020, 9, 127.	2.5	3
57	Skill Acquisition Methods Fostering Physical Literacy in Early-Physical Education (SAMPLE-PE): Rationale and Study Protocol for a Cluster Randomized Controlled Trial in 5-6-Year-Old Children From Deprived Areas of North West England. <i>Frontiers in Psychology</i> , 2020, 11, 1228.	1.1	34
58	Rates of compliance and adherence to high-intensity interval training in insufficiently active adults: a systematic review and meta-analysis protocol. <i>Systematic Reviews</i> , 2020, 9, 56.	2.5	10
59	Recommendations for exercise in adolescents and adults with congenital heart disease. <i>Progress in Cardiovascular Diseases</i> , 2020, 63, 350-366.	1.6	50
60	Identification and evaluation of risk of generalizability biases in pilot versus efficacy/effectiveness trials: a systematic review and meta-analysis. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2020, 17, 19.	2.0	64
61	Correction That the Analyses Were Adjusted for Clustering: A Response to Tekwe et al.. <i>Annals of Behavioral Medicine</i> , 2020, 54, 140-140.	1.7	1
62	Cardiorespiratory fitness, muscular fitness and mental health in older adolescents: A multi-level cross-sectional analysis. <i>Preventive Medicine</i> , 2020, 132, 105985.	1.6	27
63	Rugby Fans in Training New Zealand (RUFIT-NZ): protocol for a randomized controlled trial to assess the effectiveness and cost-effectiveness of a healthy lifestyle program for overweight men delivered through professional rugby clubs in New Zealand. <i>Trials</i> , 2020, 21, 139.	0.7	6
64	The impact of exercise environments on adolescents' cognitive and psychological outcomes: A randomised controlled trial. <i>Psychology of Sport and Exercise</i> , 2020, 49, 101707.	1.1	9
65	Development and Evaluation of the High-Intensity Interval Training Self-Efficacy Questionnaire. <i>Journal of Sport and Exercise Psychology</i> , 2020, 42, 114-122.	0.7	10
66	Investigating the Efficacy and Cost-Effectiveness of Technology-Delivered Personalized Feedback on Dietary Patterns in Young Australian Adults in the Advice, Ideas, and Motivation for My Eating (Aim4Me) Study: Protocol for a Randomized Controlled Trial. <i>JMIR Research Protocols</i> , 2020, 9, e15999.	0.5	9
67	A Web-Based Intervention to Prevent Multiple Chronic Disease Risk Factors Among Adolescents: Co-Design and User Testing of the Health4Life School-Based Program. <i>JMIR Formative Research</i> , 2020, 4, e19485.	0.7	18
68	Implementation and Scale-Up of School-Based Physical Activity Interventions. , 2020, , 438-460.		6
69	Associations of object control motor skill proficiency, game play competence, physical activity and cardiorespiratory fitness among primary school children. <i>Journal of Sports Sciences</i> , 2019, 37, 173-179.	1.0	14
70	Associations between fundamental movement skill competence, physical activity and psycho-social determinants in Hong Kong Chinese children. <i>Journal of Sports Sciences</i> , 2019, 37, 229-236.	1.0	37
71	A cluster randomised trial of an intervention to increase the implementation of physical activity practices in secondary schools: study protocol for scaling up the Physical Activity 4 Everyone (PA4E1) program. <i>BMC Public Health</i> , 2019, 19, 883.	1.2	21
72	Mediating Effects of the eCoFit™ Physical Activity Intervention for Adults at Risk of, or Diagnosed with, Type 2 Diabetes. <i>International Journal of Behavioral Medicine</i> , 2019, 26, 512-521.	0.8	2

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73	The Impact of Physical Activity on Brain Structure and Function in Youth: A Systematic Review. <i>Pediatrics</i> , 2019, 144, .	1.0	112
74	A systematic review of outdoor gym use: Current evidence and future directions. <i>Journal of Science and Medicine in Sport</i> , 2019, 22, 1335-1343.	0.6	33
75	Integrating smartphone technology, social support and the outdoor built environment to promote community-based aerobic and resistance-based physical activity: Rationale and study protocol for the 'eCoFit'™ randomized controlled trial. <i>Contemporary Clinical Trials Communications</i> , 2019, 16, 100457.	0.5	12
76	Implementing a school-based physical activity program: process evaluation and impact on teachers'™ confidence, perceived barriers and self-perceptions. <i>Physical Education and Sport Pedagogy</i> , 2019, 24, 233-248.	1.8	16
77	Twelve-month outcomes of a father'™child lifestyle intervention delivered by trained local facilitators in underserved communities: The Healthy Dads Healthy Kids dissemination trial. <i>Translational Behavioral Medicine</i> , 2019, 9, 560-569.	1.2	19
78	Associations between physical activity intensity and well-being in adolescents. <i>Preventive Medicine</i> , 2019, 125, 55-61.	1.6	63
79	School-based physical activity intervention for older adolescents: rationale and study protocol for the Burn 2 Learn cluster randomised controlled trial. <i>BMJ Open</i> , 2019, 9, e026029.	0.8	19
80	The A + FMS cluster randomized controlled trial: An assessment-based intervention on fundamental movement skills and psychosocial outcomes in primary schoolchildren. <i>Journal of Science and Medicine in Sport</i> , 2019, 22, 935-940.	0.6	19
81	A monitoring system to provide feedback on student physical activity during physical education lessons. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2019, 29, 1305-1312.	1.3	20
82	Role of Physical Activity and Sedentary Behavior in the Mental Health of Preschoolers, Children and Adolescents: A Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2019, 49, 1383-1410.	3.1	603
83	Behavioral Correlates of Muscular Fitness in Children and Adolescents: A Systematic Review. <i>Sports Medicine</i> , 2019, 49, 887-904.	3.1	75
84	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
85	Integrating physical activity into the primary school curriculum: rationale and study protocol for the 'Thinking while Moving in English'™cluster randomized controlled trial. <i>BMC Public Health</i> , 2019, 19, 379.	1.2	14
86	Promoting physical activity in children through family-based intervention: protocol of the 'Active 1+FUN'™ randomized controlled trial. <i>BMC Public Health</i> , 2019, 19, 218.	1.2	33
87	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
88	Preliminary efficacy and feasibility of referral to exercise specialists, psychologists and provision of a technology-based behavior change support package to promote physical activity in school teachers 'at risk' of, or diagnosed with, type 2 diabetes: The 'SMART Health'™ Pilot Study Protocol. <i>Contemporary Clinical Trials</i> , 2019, 78, 53-62.	0.8	2
89	Embodied learning in the classroom: Effects on primary school children'™s attention and foreign language vocabulary learning. <i>Psychology of Sport and Exercise</i> , 2019, 43, 45-54.	1.1	44
90	Feasibility and Preliminary Efficacy of a Teacher-Facilitated High-Intensity Interval Training Intervention for Older Adolescents. <i>Pediatric Exercise Science</i> , 2019, 31, 107-117.	0.5	45

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91	Efficacy and feasibility of HIIT training for university students: The Uni-HIIT RCT. <i>Journal of Science and Medicine in Sport</i> , 2019, 22, 596-601.	0.6	42
92	An internet-supported school physical activity intervention in low socioeconomic status communities: results from the Activity and Motivation in Physical Education (AMPED) cluster randomised controlled trial. <i>British Journal of Sports Medicine</i> , 2019, 53, 341-347.	3.1	57
93	Engaging Fathers to Increase Physical Activity in Girls: The "Dads And Daughters Exercising and Empowered"(DADEE) Randomized Controlled Trial. <i>Annals of Behavioral Medicine</i> , 2019, 53, 39-52.	1.7	83
94	Physical Activity, Sedentary Behaviour and Mental Health in Young People: A Review of Reviews. , 2019, , 35-73.		11
95	Impact of a father-daughter physical activity program on girls' social-emotional well-being: A randomized controlled trial.. <i>Journal of Consulting and Clinical Psychology</i> , 2019, 87, 294-307.	1.6	22
96	Aerobic and Muscular Fitness Associations with Adolescent Cognitive Control. <i>Medicine and Science in Sports and Exercise</i> , 2019, 51, 548-548.	0.2	2
97	Development of Foundational Movement Skills: A Conceptual Model for Physical Activity Across the Lifespan. <i>Sports Medicine</i> , 2018, 48, 1533-1540.	3.1	235
98	Physical Inactivity and Mental Health in Late Adolescence. <i>JAMA Psychiatry</i> , 2018, 75, 543.	6.0	40
99	A systematic review and meta-analysis of cognitive and behavioral interventions to improve sleep health in adults without sleep disorders. <i>Sleep Medicine Reviews</i> , 2018, 40, 160-169.	3.8	126
100	Mediators of aggression in a school-based physical activity intervention for low-income adolescent boys. <i>Mental Health and Physical Activity</i> , 2018, 14, 39-46.	0.9	9
101	Development, content validity and test-retest reliability of the Lifelong Physical Activity Skills Battery in adolescents. <i>Journal of Sports Sciences</i> , 2018, 36, 2358-2367.	1.0	14
102	The ATLAS school-based health promotion programme. <i>European Physical Education Review</i> , 2018, 24, 330-348.	1.2	7
103	Potential moderators of day-to-day variability in children's physical activity patterns. <i>Journal of Sports Sciences</i> , 2018, 36, 637-644.	1.0	20
104	Effects of 12-Week Resistance Training on Sprint and Jump Performances in Competitive Adolescent Rugby Union Players. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 2762-2769.	1.0	18
105	Exploring the impact of high intensity interval training on adolescents' objectively measured physical activity: Findings from a randomized controlled trial. <i>Journal of Sports Sciences</i> , 2018, 36, 1087-1094.	1.0	20
106	What is the Contribution of Actual Motor Skill, Fitness, and Physical Activity to Children's Self-Perception of Motor Competence?. <i>Journal of Motor Learning and Development</i> , 2018, 6, S461-S473.	0.2	25
107	Implementing Resistance Training in Secondary Schools. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 62-72.	0.2	47
108	Prevalence and correlates of resistance training skill competence in adolescents. <i>Journal of Sports Sciences</i> , 2018, 36, 1241-1249.	1.0	9

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109	Young people's perceptions of the objective physical activity monitoring process: A qualitative exploration. <i>Health Education Journal</i> , 2018, 77, 3-14.	0.6	2
110	Determining the Initial Predictive Validity of the Lifelong Physical Activity Skills Battery. <i>Journal of Motor Learning and Development</i> , 2018, 6, 301-314.	0.2	3
111	Results from Australia's 2018 Report Card on Physical Activity for Children and Youth. <i>Journal of Physical Activity and Health</i> , 2018, 15, S315-S317.	1.0	36
112	School Physical Activity Intervention Effect on Adolescents' Performance in Mathematics. <i>Medicine and Science in Sports and Exercise</i> , 2018, 50, 2442-2450.	0.2	17
113	Domain-specific physical activity and affective wellbeing among adolescents: an observational study of the moderating roles of autonomous and controlled motivation. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2018, 15, 87.	2.0	38
114	Intervention effects and mediators of well-being in a school-based physical activity program for adolescents: The "Resistance Training for Teens" cluster RCT. <i>Mental Health and Physical Activity</i> , 2018, 15, 88-94.	0.9	15
115	Increasing students' physical activity during school physical education: rationale and protocol for the SELF-FIT cluster randomized controlled trial. <i>BMC Public Health</i> , 2018, 18, 11.	1.2	21
116	Preliminary Efficacy and Feasibility of the "Thinking While Moving in English" A Program with Integrated Physical Activity into the Primary School English Lessons. <i>Children</i> , 2018, 5, 109.	0.6	17
117	Can continuing professional development utilizing a game-centred approach improve the quality of physical education teaching delivered by generalist primary school teachers?. <i>European Physical Education Review</i> , 2017, 23, 171-195.	1.2	14
118	Domain-Specific Physical Activity and Mental Health: A Meta-analysis. <i>American Journal of Preventive Medicine</i> , 2017, 52, 653-666.	1.6	386
119	Framework for the design and delivery of organized physical activity sessions for children and adolescents: rationale and description of the "SAAFE" teaching principles. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2017, 14, 24.	2.0	99
120	Methodological considerations and impact of school-based interventions on objectively measured physical activity in adolescents: a systematic review and meta-analysis. <i>Obesity Reviews</i> , 2017, 18, 476-490.	3.1	103
121	Acute Responses to Resistance and High-Intensity Interval Training in Early Adolescents. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 1177-1186.	1.0	17
122	Factors associated with participation in resistance training: a systematic review. <i>British Journal of Sports Medicine</i> , 2017, 51, 1466-1472.	3.1	72
123	Feasibility and efficacy of the Great Leaders Active StudentS (GLASS) program on children's physical activity and object control skill competency: A non-randomised trial. <i>Journal of Science and Medicine in Sport</i> , 2017, 20, 1081-1086.	0.6	12
124	Longitudinal associations between changes in screen-time and mental health outcomes in adolescents. <i>Mental Health and Physical Activity</i> , 2017, 12, 124-131.	0.9	88
125	Psychological, social and physical environmental mediators of the SCORES intervention on physical activity among children living in low-income communities. <i>Psychology of Sport and Exercise</i> , 2017, 32, 1-11.	1.1	13
126	Comparability and feasibility of wrist- and hip-worn accelerometers in free-living adolescents. <i>Journal of Science and Medicine in Sport</i> , 2017, 20, 1101-1106.	0.6	86

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127	A school-based rope skipping program for adolescents: Results of a randomized trial. <i>Preventive Medicine</i> , 2017, 101, 188-194.	1.6	19
128	A systematic review and meta-analysis of moderate-to-vigorous physical activity levels in secondary school physical education lessons. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2017, 14, 52.	2.0	127
129	Global participation in sport and leisure-time physical activities: A systematic review and meta-analysis. <i>Preventive Medicine</i> , 2017, 95, 14-25.	1.6	362
130	An RCT to Facilitate Implementation of School Practices Known to Increase Physical Activity. <i>American Journal of Preventive Medicine</i> , 2017, 53, 818-828.	1.6	28
131	Effects of professional development on the quality of teaching: Results from a randomised controlled trial of Quality Teaching Rounds. <i>Teaching and Teacher Education</i> , 2017, 68, 99-113.	1.6	144
132	Integrating smartphone technology, social support and the outdoor physical environment to improve fitness among adults at risk of, or diagnosed with, Type 2 Diabetes: Findings from the "eCoFit"™ randomized controlled trial. <i>Preventive Medicine</i> , 2017, 105, 404-411.	1.6	45
133	Promoting physical activity among adolescent girls: the Girls in Sport group randomized trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2017, 14, 81.	2.0	50
134	Temporal and bidirectional associations between physical activity and sleep in primary school-aged children. <i>Applied Physiology, Nutrition and Metabolism</i> , 2017, 42, 238-242.	0.9	33
135	Physical education teachers'™ perceptions about the effectiveness and acceptability of strategies used to increase relevance and choice for students in physical education classes. <i>Asia-Pacific Journal of Teacher Education</i> , 2017, 45, 302-319.	1.2	9
136	Mediators of change in screen-time in a school-based intervention for adolescent boys: findings from the ATLAS cluster randomized controlled trial. <i>Journal of Behavioral Medicine</i> , 2017, 40, 423-433.	1.1	23
137	Maintenance of Lifestyle Changes at 12-month Follow-up in a Nutrition and Physical Activity Trial for Cancer Survivors. <i>American Journal of Health Behavior</i> , 2017, 41, 784-795.	0.6	11
138	Movement-based Mathematics: Enjoyment and Engagement without Compromising Learning through the EASY Minds Program. <i>Eurasia Journal of Mathematics, Science and Technology Education</i> , 2017, 13, .	0.7	40
139	Effects of Variety Support on Exercise-Related Well-Being. <i>Applied Psychology: Health and Well-Being</i> , 2016, 8, 213-231.	1.6	20
140	Assessing the sustained impact of a school-based obesity prevention program for adolescent boys: the ATLAS cluster randomized controlled trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2016, 13, 92.	2.0	80
141	A school-based intervention incorporating smartphone technology to improve health-related fitness among adolescents: rationale and study protocol for the NEAT and ATLAS 2.0 cluster randomised controlled trial and dissemination study. <i>BMJ Open</i> , 2016, 6, e010448.	0.8	32
142	Cost effectiveness of a multi-component school-based physical activity intervention targeting adolescents: the "Physical Activity 4 Everyone"™ cluster randomized trial. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2016, 13, 94.	2.0	48
143	"Physical Activity 4 Everyone"™ school-based intervention to prevent decline in adolescent physical activity levels: 12-month (mid-intervention) report on a cluster randomised trial. <i>British Journal of Sports Medicine</i> , 2016, 50, 488-495.	3.1	61
144	Effects of exercise on mental health outcomes in adolescents: Findings from the CrossFit™, teens randomized controlled trial. <i>Psychology of Sport and Exercise</i> , 2016, 26, 14-23.	1.1	32

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147	Intervention to reduce recreational screen-time in adolescents: Outcomes and mediators from the "Switch-Off 4 Healthy Minds" (S4HM) cluster randomized controlled trial. <i>Preventive Medicine</i> , 2016, 91, 50-57.	1.6	50
148	Rationale and study protocol for the "eCoFit" randomized controlled trial: Integrating smartphone technology, social support and the outdoor physical environment to improve health-related fitness among adults at risk of, or diagnosed with, Type 2 Diabetes. <i>Contemporary Clinical Trials</i> , 2016, 49, 116-125.	0.8	17
149	Physical Activity for Cognitive and Mental Health in Youth: A Systematic Review of Mechanisms. <i>Pediatrics</i> , 2016, 138, .	1.0	702
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151	Fundamental Movement Skills: An Important Focus. <i>Journal of Teaching in Physical Education</i> , 2016, 35, 219-225.	0.9	207
152	Findings From the EASY Minds Cluster Randomized Controlled Trial: Evaluation of a Physical Activity Integration Program for Mathematics in Primary Schools. <i>Journal of Physical Activity and Health</i> , 2016, 13, 198-206.	1.0	94
153	Results From Australia's 2016 Report Card on Physical Activity for Children and Youth. <i>Journal of Physical Activity and Health</i> , 2016, 13, S87-S94.	1.0	26
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155	Variety support and exercise adherence behavior: experimental and mediating effects. <i>Journal of Behavioral Medicine</i> , 2016, 39, 214-224.	1.1	50
156	The Physical Activity 4 Everyone Cluster Randomized Trial. <i>American Journal of Preventive Medicine</i> , 2016, 51, 195-205.	1.6	72
157	High-Intensity Interval Training for Cognitive and Mental Health in Adolescents. <i>Medicine and Science in Sports and Exercise</i> , 2016, 48, 1985-1993.	0.2	130
158	Comparison of resistance training progression models on maximal strength in sub-elite adolescent rugby union players. <i>Journal of Science and Medicine in Sport</i> , 2016, 19, 163-169.	0.6	28
159	Mediators of Psychological Well-being in Adolescent Boys. <i>Journal of Adolescent Health</i> , 2016, 58, 230-236.	1.2	64
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164	A systematic review and meta-analysis of moderate-to-vigorous physical activity levels in elementary school physical education lessons. <i>Preventive Medicine</i> , 2016, 86, 34-54.	1.6	153
165	Can physical education and physical activity outcomes be developed simultaneously using a game-centered approach?. <i>European Physical Education Review</i> , 2016, 22, 113-133.	1.2	43
166	Mediating effects of resistance training skill competency on health-related fitness and physical activity: the ATLAS cluster randomised controlled trial. <i>Journal of Sports Sciences</i> , 2016, 34, 772-779.	1.0	20
167	Physical education in secondary schools located in low-income communities: Physical activity levels, lesson context and teacher interaction. <i>Journal of Science and Medicine in Sport</i> , 2016, 19, 135-141.	0.6	17
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172	Improvements in fundamental movement skill competency mediate the effect of the SCORES intervention on physical activity and cardiorespiratory fitness in children. <i>Journal of Sports Sciences</i> , 2015, 33, 1908-1918.	1.0	42
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174	Using Pedometers for Measuring and Increasing Physical Activity in Children and Adolescents. <i>American Journal of Lifestyle Medicine</i> , 2015, 9, 418-427.	0.8	23
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178	A systematic review and meta-analysis of social cognitive theory-based physical activity and/or nutrition behavior change interventions for cancer survivors. <i>Journal of Cancer Survivorship</i> , 2015, 9, 305-338.	1.5	322
179	High-intensity interval training for improving health-related fitness in adolescents: a systematic review and meta-analysis. <i>British Journal of Sports Medicine</i> , 2015, 49, 1253-1261.	3.1	264
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187	Supporting Public Health Priorities: Recommendations for Physical Education and Physical Activity Promotion in Schools. <i>Progress in Cardiovascular Diseases</i> , 2015, 57, 368-374.	1.6	402
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195	Rationale and study protocol for the "Active Teen Leaders Avoiding Screen-time" (ATLAS) group randomized controlled trial: An obesity prevention intervention for adolescent boys from schools in low-income communities. <i>Contemporary Clinical Trials</i> , 2014, 37, 106-119.	0.8	48
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197	Obesity in men: are professional football clubs onside?. <i>Lancet, The</i> , 2014, 383, 1190-1191.	6.3	2
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201	Physical Activity and Physical Self-Concept in Youth: Systematic Review and Meta-Analysis. <i>Sports Medicine</i> , 2014, 44, 1589-1601.	3.1	374
202	Adolescent pedometer protocols: examining reactivity, tampering and participants' perceptions. <i>Journal of Sports Sciences</i> , 2014, 32, 183-190.	1.0	18
203	Video game genre preference, physical activity and screen-time in adolescent boys from low-income communities. <i>Journal of Adolescence</i> , 2014, 37, 1345-1352.	1.2	10
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206	Fundamental movement skills and physical activity among children living in low-income communities: a cross-sectional study. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2014, 11, 49.	2.0	103
207	The "Healthy Dads, Healthy Kids" community randomized controlled trial: A community-based healthy lifestyle program for fathers and their children. <i>Preventive Medicine</i> , 2014, 61, 90-99.	1.6	130
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211	Results from Australia's 2014 Report Card on Physical Activity for Children and Youth. <i>Journal of Physical Activity and Health</i> , 2014, 11, S21-S25.	1.0	34
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214	Results from Australia's 2014 Report Card on Physical Activity for Children and Youth. <i>Journal of Physical Activity and Health</i> , 2014, 11, S21-S25.	1.0	3
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219	Improving the fitness and physical activity levels of primary school children: Results of the Fit-4-Fun group randomized controlled trial. <i>Preventive Medicine</i> , 2013, 56, 12-19.	1.6	77
220	Social cognitive theories used to explain physical activity behavior in adolescents: A systematic review and meta-analysis. <i>Preventive Medicine</i> , 2013, 56, 245-253.	1.6	171
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222	Testing Social-Cognitive Theory to Explain Physical Activity Change in Adolescent Girls From Low-Income Communities. <i>Research Quarterly for Exercise and Sport</i> , 2013, 84, 483-491.	0.8	22
223	The Health Indicators Associated With Screen-Based Sedentary Behavior Among Adolescent Girls: A Systematic Review. <i>Journal of Adolescent Health</i> , 2013, 52, 382-392.	1.2	228
224	A cluster randomized controlled trial of strategies to increase adolescents' physical activity and motivation in physical education: Results of the Motivating Active Learning in Physical Education (MALP) trial. <i>Preventive Medicine</i> , 2013, 57, 696-702.	1.6	67
225	Fundamental Movement Skill Interventions in Youth: A Systematic Review and Meta-analysis. <i>Pediatrics</i> , 2013, 132, e1361-e1383.	1.0	284
226	Development and evaluation of the Motivation to Limit Screen-time Questionnaire (MLSQ) for adolescents. <i>Preventive Medicine</i> , 2013, 57, 561-566.	1.6	20
227	A hitchhiker's guide to assessing sedentary behaviour among young people: Deciding what method to use. <i>Journal of Science and Medicine in Sport</i> , 2013, 16, 28-35.	0.6	60
228	Associations between sedentary behavior and self-esteem in adolescent girls from schools in low-income communities. <i>Mental Health and Physical Activity</i> , 2013, 6, 30-35.	0.9	33
229	A systematic review and meta-analysis of interventions designed to increase moderate-to-vigorous physical activity in school physical education lessons. <i>Preventive Medicine</i> , 2013, 56, 152-161.	1.6	294
230	Community-Based Physical Activity Interventions for Treatment of Type 2 Diabetes: A Systematic Review with Meta-Analysis. <i>Frontiers in Endocrinology</i> , 2013, 4, 3.	1.5	49
231	A Test of the Theory of Planned Behavior to Predict Physical Activity in an Overweight/Obese Population Sample of Adolescents From Alberta, Canada. <i>Health Education and Behavior</i> , 2013, 40, 415-425.	1.3	37
232	Predicting exercise behaviour in Iranian college students: Utility of an integrated model of health behaviour based on the transtheoretical model and self-determination theory. <i>Health Education Journal</i> , 2013, 72, 56-69.	0.6	14
233	Development and Evaluation of Social Cognitive Measures Related to Adolescent Physical Activity. <i>Journal of Physical Activity and Health</i> , 2013, 10, 544-555.	1.0	28
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237	Description and evaluation of a social cognitive model of physical activity behaviour tailored for adolescent girls. Health Education Research, 2012, 27, 115-128.	1.0	27
238	The Impact of a School Garden and Cooking Program on Boysâ€™ and Girlsâ€™ Fruit and Vegetable Preferences, Taste Rating, and Intake. Health Education and Behavior, 2012, 39, 131-141.	1.3	61
239	Tracking of physical activity during middle school transition in Iranian adolescents. Health Education Journal, 2012, 71, 631-641.	0.6	9
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241	Testing mediator variables in a resistance training intervention for obese adults with type 2 diabetes. Psychology and Health, 2012, 27, 1388-1404.	1.2	21
242	A 15-year longitudinal test of the theory of planned behaviour to predict physical activity in a randomized national sample of Canadian adults. Psychology of Sport and Exercise, 2012, 13, 521-527.	1.1	23
243	Explaining dietary intake in adolescent girls from disadvantaged secondary schools. A test of Social Cognitive Theory. Appetite, 2012, 58, 517-524.	1.8	47
244	Rationale and study protocol for the supporting childrenâ€™s outcomes using rewards, exercise and skills (SCORES) group randomized controlled trial: A physical activity and fundamental movement skills intervention for primary schools in low-income communities. BMC Public Health, 2012, 12, 427.	1.2	38
245	A cluster-randomized controlled trial of strategies to increase adolescentsâ€™ physical activity and motivation during physical education lessons: the Motivating Active Learning in Physical Education (MALP) trial. BMC Public Health, 2012, 12, 834.	1.2	60
246	Development and evaluation of social cognitive measures related to adolescent dietary behaviors. International Journal of Behavioral Nutrition and Physical Activity, 2012, 9, 36.	2.0	53
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248	Potential moderators and mediators of intervention effects in an obesity prevention program for adolescent boys from disadvantaged schools. Journal of Science and Medicine in Sport, 2012, 15, 519-525.	0.6	23
249	Resistance training to improve power and sports performance in adolescent athletes: A systematic review and meta-analysis. Journal of Science and Medicine in Sport, 2012, 15, 532-540.	0.6	101
250	Review: A systematic review of the impact of physical activity programmes on social and emotional well-being in at-risk youth. Child and Adolescent Mental Health, 2012, 17, 2-13.	1.8	136
251	Efficacy and Feasibility of the 'Girls' Recreational Activity Support Program Using Information Technology' A Pilot Randomised Controlled Trial. Advances in Physical Education, 2012, 02, 10-16.	0.2	8
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254	A systematic review of strength and conditioning programmes designed to improve fitness characteristics in golfers. <i>Journal of Sports Sciences</i> , 2011, 29, 933-943.	1.0	33
255	Test-retest reliability of a battery of field-based health-related fitness measures for adolescents. <i>Journal of Sports Sciences</i> , 2011, 29, 685-693.	1.0	78
256	A Test of the Theory of Planned Behavior to Explain Physical Activity in a Large Population Sample of Adolescents From Alberta, Canada. <i>Journal of Adolescent Health</i> , 2011, 49, 547-549.	1.2	30
257	Adolescents and school sport: the relationship between beliefs, social support and physical self-perception. <i>Physical Education and Sport Pedagogy</i> , 2011, 16, 237-250.	1.8	26
258	Fathers' Perceptions of Rough-and-Tumble Play: Implications for Early Childhood Services. <i>Australasian Journal of Early Childhood</i> , 2011, 36, 131-138.	0.8	29
259	A systematic review of the validity and reliability of sedentary behaviour measures used with children and adolescents. <i>Obesity Reviews</i> , 2011, 12, 781-799.	3.1	213
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261	The 'Healthy Dads, Healthy Kids' randomized controlled trial: efficacy of a healthy lifestyle program for overweight fathers and their children. <i>International Journal of Obesity</i> , 2011, 35, 436-447.	1.6	158
262	Muscular fitness, body composition and physical self-perception in adolescents. <i>Journal of Science and Medicine in Sport</i> , 2011, 14, 216-221.	0.6	49
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264	Improving health-related fitness in children: the fit-4-Fun randomized controlled trial study protocol. <i>BMC Public Health</i> , 2011, 11, 902.	1.2	21
265	The importance of long-term follow-up in child and adolescent obesity prevention interventions. <i>Pediatric Obesity</i> , 2011, 6, 178-181.	3.2	50
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268	A school-based intervention to promote physical activity among adolescent girls: Rationale, design, and baseline data from the Girls in Sport group randomised controlled trial. <i>BMC Public Health</i> , 2011, 11, 658.	1.2	38
269	The 'Healthy Dads, Healthy Kids' community effectiveness trial: study protocol of a community-based healthy lifestyle program for fathers and their children. <i>BMC Public Health</i> , 2011, 11, 876.	1.2	35
270	How many steps/day are enough? for children and adolescents. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2011, 8, 78.	2.0	359

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272	A Reverse Pathway? Actual and Perceived Skill Proficiency and Physical Activity. <i>Medicine and Science in Sports and Exercise</i> , 2011, 43, 898-904.	0.2	185
273	Psychometric Properties of the Iranian Version of the Behavioral Regulation in Exercise Questionnaire-2 (BREQ-2). <i>Health Promotion Perspectives</i> , 2011, 1, 95-104.	0.8	10
274	The Nutrition and Enjoyable Activity for Teen Girls (NEAT girls) randomized controlled trial for adolescent girls from disadvantaged secondary schools: rationale, study protocol, and baseline results. <i>BMC Public Health</i> , 2010, 10, 652.	1.2	71
275	The impact of nutrition education with and without a school garden on knowledge, vegetable intake and preferences and quality of school life among primary-school students. <i>Public Health Nutrition</i> , 2010, 13, 1931-1940.	1.1	164
276	Evaluation of the Health Promotion Model to Predict Physical Activity in Iranian Adolescent Boys. <i>Health Education and Behavior</i> , 2010, 37, 84-96.	1.3	16
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278	Exploring the Mechanisms of Physical Activity and Dietary Behavior Change in the Program X Intervention for Adolescents. <i>Journal of Adolescent Health</i> , 2010, 47, 83-91.	1.2	40
279	The effects of free weights and elastic tubing resistance training on physical self-perception in adolescents. <i>Psychology of Sport and Exercise</i> , 2010, 11, 497-504.	1.1	38
280	Exercise adherence and intervention effects of two school-based resistance training programs for adolescents. <i>Preventive Medicine</i> , 2010, 50, 56-62.	1.6	48
281	The relationship between heart rate intensity and pedometer step counts in adolescents. <i>Journal of Sports Sciences</i> , 2009, 27, 591-597.	1.0	23
282	Social, psychological and behavioural correlates of pedometer step counts in a sample of Australian adolescents. <i>Journal of Science and Medicine in Sport</i> , 2009, 12, 141-147.	0.6	24
283	Mediators of change following a senior school physical activity intervention. <i>Journal of Science and Medicine in Sport</i> , 2009, 12, 134-140.	0.6	32
284	The SHED-IT Randomized Controlled Trial: Evaluation of an Internet-based Weight-loss Program for Men. <i>Obesity</i> , 2009, 17, 2025-2032.	1.5	130
285	A systematic review of studies using pedometers to promote physical activity among youth. <i>Preventive Medicine</i> , 2009, 48, 307-315.	1.6	168
286	Effects of Integrating Pedometers, Parental Materials, and E-mail Support Within an Extracurricular School Sport Intervention. <i>Journal of Adolescent Health</i> , 2009, 44, 176-183.	1.2	89
287	Exploring the mechanisms of weight loss in the SHED-IT intervention for overweight men: a mediation analysis. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2009, 6, 76.	2.0	25
288	A school-based randomized controlled trial to improve physical activity among Iranian high school girls. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2008, 5, 18.	2.0	55

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290	A review of mediators of behavior in interventions to promote physical activity among children and adolescents. <i>Preventive Medicine</i> , 2008, 47, 463-470.	1.6	320
291	Convergent Validity and Test-Retest Reliability of the Oxford Physical Activity Questionnaire for Secondary School Students. <i>Behaviour Change</i> , 2008, 25, 23-34.	0.6	12
292	Impact of an extra-curricular school sport programme on determinants of objectively measured physical activity among adolescents. <i>Health Education Journal</i> , 2008, 67, 305-320.	0.6	9
293	Evaluation of an extra-curricular school sport programme promoting lifestyle and lifetime activity for adolescents. <i>Journal of Sports Sciences</i> , 2008, 26, 519-529.	1.0	65
294	The Relationship between Pedometer Step Counts and Estimated VO2Max as Determined by a Submaximal Fitness Test in Adolescents. <i>Pediatric Exercise Science</i> , 2008, 20, 273-284.	0.5	14
295	Controlled Evaluation of a Physical Activity Intervention for Senior School Students: Effects of the Lifetime Activity Program. <i>Journal of Sport and Exercise Psychology</i> , 2006, 28, 252-268.	0.7	26