

# John F T Fernandes

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/2798674/publications.pdf>

Version: 2024-02-01

16  
papers

210  
citations

1163117

8  
h-index

1058476

14  
g-index

16  
all docs

16  
docs citations

16  
times ranked

232  
citing authors

#	ARTICLE	IF	CITATIONS
1	A Meta-Analysis of Resistance Training in Female Youth: Its Effect on Muscular Strength, and Shortcomings in the Literature. <i>Sports Medicine</i> , 2018, 48, 1661-1671.	6.5	60
2	A Comparison of Load-Velocity and Load-Power Relationships Between Well-Trained Young and Middle-Aged Males During Three Popular Resistance Exercises. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 1440-1447.	2.1	34
3	Exercise-Induced Muscle Damage and Recovery in Young and Middle-Aged Males with Different Resistance Training Experience. <i>Sports</i> , 2019, 7, 132.	1.7	20
4	Group versus Individualised Minimum Velocity Thresholds in the Prediction of Maximal Strength in Trained Female Athletes. <i>International Journal of Environmental Research and Public Health</i> , 2020, 17, 7811.	2.6	15
5	Reliability and Magnitude of Countermovement Jump Performance Variables: Influence of the Take-off Threshold. <i>Measurement in Physical Education and Exercise Science</i> , 2021, 25, 227-235.	1.8	14
6	Maturity timing and performance in a youth national basketball team: Do early-maturing players dominate?. <i>International Journal of Sports Science and Coaching</i> , 2021, 16, 722-730.	1.4	13
7	Feasibility of the 2-point method to determine the load~velocity relationship variables during the countermovement jump exercise. <i>Journal of Sport and Health Science</i> , 2023, 12, 544-552.	6.5	10
8	Training Load, Maturity Timing and Future National Team Selection in National Youth Basketball Players. <i>Journal of Functional Morphology and Kinesiology</i> , 2022, 7, 21.	2.4	10
9	Prediction of One Repetition Maximum Using Reference Minimum Velocity Threshold Values in Young and Middle-Aged Resistance-Trained Males. <i>Behavioral Sciences (Basel, Switzerland)</i> , 2021, 11, 71.	2.1	9
10	Effects of an integrative neuromuscular training protocol vs. FIFA 11+ on sprint, change of direction performance and inter-limb asymmetries in young soccer players. <i>International Journal of Sports Science and Coaching</i> , 2022, 17, 54-62.	1.4	8
11	Ageing and Recovery After Resistance-Exercise-Induced Muscle Damage: Current Evidence and Implications for Future Research. <i>Journal of Aging and Physical Activity</i> , 2021, 29, 544-551.	1.0	5
12	Self-Selected Versus Standardised Warm-Ups; Physiological Response on 500 m Sprint Kayak Performance. <i>Sports</i> , 2020, 8, 156.	1.7	4
13	The influence of maturation on the reliability of the Nordic hamstring exercise in male youth footballers. <i>Translational Sports Medicine</i> , 2020, 3, 148-153.	1.1	3
14	The Effect of Differential Repeated Sprint Training on Physical Performance in Female Basketball Players: A Pilot Study. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 12616.	2.6	3
15	Low Body Fat Does Not Influence Recovery after Muscle-Damaging Lower-Limb Plyometrics in Young Male Team Sport Athletes. <i>Journal of Functional Morphology and Kinesiology</i> , 2020, 5, 79.	2.4	2
16	The effects of a sled push at different loads on 20 metre sprint time in well-trained soccer players. <i>International Journal of Strength and Conditioning</i> , 2021, 1, .	0.6	0