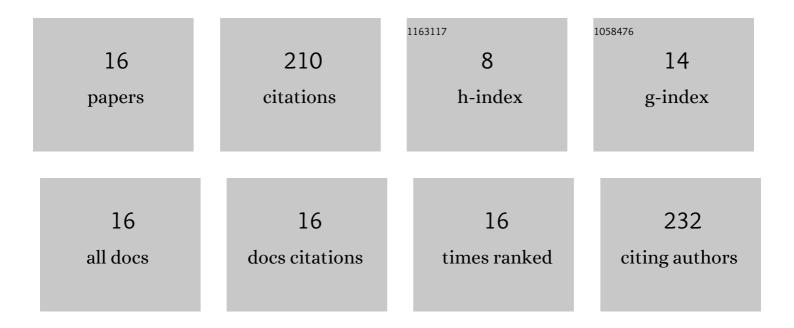
John F T Fernandes

List of Publications by Year in descending order

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#	Article	IF	CITATIONS
1	A Meta-Analysis of Resistance Training in Female Youth: Its Effect on Muscular Strength, and Shortcomings in the Literature. Sports Medicine, 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. Journal of Strength and Conditioning Research, 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. Sports, 2019, 7, 132.	1.7	20
4	Group versus Individualised Minimum Velocity Thresholds in the Prediction of Maximal Strength in Trained Female Athletes. International Journal of Environmental Research and Public Health, 2020, 17, 7811.	2.6	15
5	Reliability and Magnitude of Countermovement Jump Performance Variables: Influence of the Take-off Threshold. Measurement in Physical Education and Exercise Science, 2021, 25, 227-235.	1.8	14
6	Maturity timing and performance in a youth national basketball team: Do early-maturing players dominate?. International Journal of Sports Science and Coaching, 2021, 16, 722-730.	1.4	13
7	Feasibility of the 2-point method to determine the loadâ~'velocity relationship variables during the countermovement jump exercise. Journal of Sport and Health Science, 2023, 12, 544-552.	6.5	10
8	Training Load, Maturity Timing and Future National Team Selection in National Youth Basketball Players. Journal of Functional Morphology and Kinesiology, 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. Behavioral Sciences (Basel, Switzerland), 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. International Journal of Sports Science and Coaching, 2022, 17, 54-62.	1.4	8
11	Aging and Recovery After Resistance-Exercise-Induced Muscle Damage: Current Evidence and Implications for Future Research. Journal of Aging and Physical Activity, 2021, 29, 544-551.	1.0	5
12	Self-Selected Versus Standardised Warm-Ups; Physiological Response on 500 m Sprint Kayak Performance. Sports, 2020, 8, 156.	1.7	4
13	The influence of maturation on the reliability of the Nordic hamstring exercise in male youth footballers. Translational Sports Medicine, 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. International Journal of Environmental Research and Public Health, 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. Journal of Functional Morphology and Kinesiology, 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. International Journal of Strength and Conditioning, 2021, 1, .	0.6	0