John F T Fernandes

List of Publications by Year
in descending order

16	210	1163117 8	1058476 14
papers	citations	h-index	g-index

16	16	16	232
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	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
2	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
3	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
4	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
5	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
6	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
7	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
8	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
9	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
10	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
11	Self-Selected Versus Standardised Warm-Ups; Physiological Response on 500 m Sprint Kayak Performance. Sports, 2020, 8, 156.	1.7	4
12	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
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	Exercise-Induced Muscle Damage and Recovery in Young and Middle-Aged Males with Different Resistance Training Experience. Sports, 2019, 7, 132.	1.7	20
15	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
16	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