

Stephen Bird

List of Publications by Year in descending order

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71
papers

2,806
citations

172457

29
h-index

182427

51
g-index

72
all docs

72
docs citations

72
times ranked

3979
citing authors

#	ARTICLE	IF	CITATIONS
1	A review of guidelines for cardiac rehabilitation exercise programmes: Is there an international consensus?. <i>European Journal of Preventive Cardiology</i> , 2016, 23, 1715-1733.	1.8	303
2	Resistance training improves metabolic health in type 2 diabetes: A systematic review. <i>Diabetes Research and Clinical Practice</i> , 2009, 83, 157-175.	2.8	204
3	Changes in cardiorespiratory fitness and coronary heart disease risk factors following 24 wk of moderate- or high-intensity exercise of equal energy cost. <i>Journal of Applied Physiology</i> , 2005, 98, 1619-1625.	2.5	194
4	Effect of caffeinated coffee on running speed, respiratory factors, blood lactate and perceived exertion during 1500-m treadmill running. <i>British Journal of Sports Medicine</i> , 1992, 26, 116-120.	6.7	132
5	Aging and the force-velocity relationship of muscles. <i>Experimental Gerontology</i> , 2010, 45, 81-90.	2.8	128
6	Effects of sleeping with reduced carbohydrate availability on acute training responses. <i>Journal of Applied Physiology</i> , 2015, 119, 643-655.	2.5	82
7	Peak power predicts performance power during an outdoor 16.1-km cycling time trial. <i>Medicine and Science in Sports and Exercise</i> , 2000, 32, 1485-1490.	0.4	78
8	The effects of 24 weeks of moderate- or high-intensity exercise on insulin resistance. <i>European Journal of Applied Physiology</i> , 2005, 95, 522-528.	2.5	78
9	The efficacy of accumulated short bouts versus single daily bouts of brisk walking in improving aerobic fitness and blood lipid profiles. <i>Health Education Research</i> , 1999, 14, 803-815.	1.9	75
10	Validation of the Fitbit One, Garmin Vivofit and Jawbone UP activity tracker in estimation of energy expenditure during treadmill walking and running. <i>Journal of Medical Engineering and Technology</i> , 2017, 41, 208-215.	1.4	75
11	Doping in sport and exercise: anabolic, ergogenic, health and clinical issues. <i>Annals of Clinical Biochemistry</i> , 2016, 53, 196-221.	1.6	65
12	Physiological factors associated with low bone mineral density in female endurance runners. <i>British Journal of Sports Medicine</i> , 2003, 37, 67-71.	6.7	62
13	The effect of match standard and referee experience on the objective and subjective match workload of English Premier League referees. <i>Journal of Science and Medicine in Sport</i> , 2006, 9, 256-262.	1.3	60
14	Effects of Eccentrically Biased versus Conventional Weight Training in Older Adults. <i>Medicine and Science in Sports and Exercise</i> , 2012, 44, 1167-1176.	0.4	59
15	Effect of sodium bicarbonate ingestion upon repeated sprints. <i>British Journal of Sports Medicine</i> , 1989, 23, 41-45.	6.7	57
16	Do we have the heart? a qualitative study of barriers to and facilitators of physical activity for people with coronary heart disease and depressive symptoms. <i>International Journal of Behavioral Nutrition and Physical Activity</i> , 2012, 9, 140.	4.6	55
17	Reliability of ultrasonographic measurement of the architecture of the vastus lateralis and gastrocnemius medialis muscles in older adults. <i>Clinical Physiology and Functional Imaging</i> , 2012, 32, 65-70.	1.2	53
18	Cardiovascular disease risk factors in habitual exercisers, lean sedentary men and abdominally obese sedentary men. <i>International Journal of Obesity</i> , 2005, 29, 1063-1069.	3.4	50

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19	The effect of sodium bicarbonate ingestion on 1500m racing time. <i>Journal of Sports Sciences</i> , 1995, 13, 399-403.	2.0	49
20	Exercise and type 2 diabetes: New prescription for an old problem. <i>Maturitas</i> , 2012, 72, 311-316.	2.4	47
21	The Physiology of the Highly Trained Female Endurance Runner. <i>Sports Medicine</i> , 2000, 30, 281-300.	6.5	43
22	Changing the Physical Activity Behavior of Adults With Fitness Trackers: A Systematic Review and Meta-Analysis. <i>American Journal of Health Promotion</i> , 2020, 34, 418-430.	1.7	43
23	Influence of saddle type upon the incidence of lower back pain in equestrian riders.. <i>British Journal of Sports Medicine</i> , 1996, 30, 140-144.	6.7	42
24	An integrated care facilitation model improves quality of life and reduces use of hospital resources by patients with chronic obstructive pulmonary disease and chronic heart failure. <i>Australian Journal of Primary Health</i> , 2010, 16, 326.	0.9	42
25	Acute changes to biomarkers as a consequence of prolonged strenuous running. <i>Annals of Clinical Biochemistry</i> , 2014, 51, 137-150.	1.6	42
26	The Influence of the Built Environment and Other Factors on the Physical Activity of Older Women from Different Ethnic Communities. <i>Journal of Women and Aging</i> , 2009, 21, 33-47.	1.0	41
27	Ultrasound Measurements of Skeletal Muscle Architecture Are Associated with Strength and Functional Capacity in Older Adults. <i>Ultrasound in Medicine and Biology</i> , 2017, 43, 586-594.	1.5	37
28	Caffeine Ingestion and Cycling Power Output in a Low or Normal Muscle Glycogen State. <i>Medicine and Science in Sports and Exercise</i> , 2013, 45, 1577-1584.	0.4	36
29	Anthropometric comparison of cyclists from different events.. <i>British Journal of Sports Medicine</i> , 1989, 23, 30-33.	6.7	35
30	The effect of two different 18-week walking programmes on aerobic fitness, selected blood lipids and factor Xlla. <i>Journal of Sports Sciences</i> , 1998, 16, 701-710.	2.0	33
31	Method of lactate elevation does not affect the determination of the lactate minimum. <i>Medicine and Science in Sports and Exercise</i> , 2002, 34, 1744-1749.	0.4	31
32	Factors influencing the physical activity levels of older people from culturally-diverse communities: an Australian experience. <i>Ageing and Society</i> , 2009, 29, 1275-1294.	1.7	29
33	Food Security in Older Australians from Different Cultural Backgrounds. <i>Journal of Nutrition Education and Behavior</i> , 2010, 42, 328-336.	0.7	28
34	Assessment of blood lactate: practical evaluation of the Biosen 5030 lactate analyzer. <i>Medicine and Science in Sports and Exercise</i> , 2000, 32, 243.	0.4	27
35	Factors affecting walking activity of older people from culturally diverse groups: An Australian experience. <i>Journal of Science and Medicine in Sport</i> , 2010, 13, 417-423.	1.3	27
36	Correlates of simulated hill climb cycling performance. <i>Journal of Sports Sciences</i> , 2000, 18, 105-110.	2.0	25

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37	Challenges of recruitment and retention of older people from culturally diverse communities in research. <i>Ageing and Society</i> , 2008, 28, 473-493.	1.7	25
38	Mechanically braked Wingate powers: agreement between SRM, corrected and conventional methods of measurement. <i>Journal of Sports Sciences</i> , 2004, 22, 661-667.	2.0	21
39	Indoor 16.1-km time-trial performance in cyclists aged 25-63 years. <i>Journal of Sports Sciences</i> , 2008, 26, 57-62.	2.0	21
40	Reliability of an air-braked ergometer to record peak power during a maximal cycling test. <i>Medicine and Science in Sports and Exercise</i> , 2000, 32, 1790-1793.	0.4	20
41	Heart rates during competitive orienteering.. <i>British Journal of Sports Medicine</i> , 1993, 27, 53-57.	6.7	17
42	Reproducibility of multiple repeated oral glucose tolerance tests. <i>Diabetes Research and Clinical Practice</i> , 2011, 94, e78-e82.	2.8	17
43	The components of the female athlete triad do not identify all physically active females at risk. <i>Journal of Sports Sciences</i> , 2007, 25, 1289-1297.	2.0	15
44	Effects of an 18 week walking programme on cardiac function in previously sedentary or relatively inactive adults.. <i>British Journal of Sports Medicine</i> , 1997, 31, 48-53.	6.7	14
45	From evidence to policy: reflections on emerging themes in health-enhancing physical activity. <i>Journal of Sports Sciences</i> , 2004, 22, 791-799.	2.0	14
46	Integrated Care Facilitation Model Reduces Use of Hospital Resources by Patients with Pediatric Asthma. <i>Journal for Healthcare Quality: Official Publication of the National Association for Healthcare Quality</i> , 2012, 34, 25-33.	0.7	14
47	Differences between the sexes and age-related changes in orienteering speed. <i>Journal of Sports Sciences</i> , 2001, 19, 243-252.	2.0	13
48	Characteristics Associated with 10-km Running Performance among a Group of Highly Trained Male Endurance Runners Age 21-63 Years. <i>Journal of Aging and Physical Activity</i> , 2003, 11, 333-350.	1.0	13
49	Right and left ventricular diastolic function of male endurance athletes. <i>International Journal of Cardiology</i> , 2004, 95, 231-235.	1.7	13
50	Does a single bout of resistance or aerobic exercise after insulin dose reduction modulate glycaemic control in type 2 diabetes? A randomised cross-over trial. <i>Journal of Science and Medicine in Sport</i> , 2016, 19, 795-799.	1.3	12
51	The menstrual cycle and its effect on the immune status of female endurance runners. <i>Journal of Sports Sciences</i> , 2002, 20, 339-344.	2.0	11
52	Age-Related Changes in Maximal Power and Maximal Heart Rate Recorded during a Ramped Test in 114 Cyclists Age 15-73 Years. <i>Journal of Aging and Physical Activity</i> , 2005, 13, 75-86.	1.0	11
53	Exercise at an onsite facility with or without direct exercise supervision improves health-related physical fitness and exercise participation: An 8-week randomised controlled trial with 15-month follow-up. <i>Health Promotion Journal of Australia</i> , 2018, 29, 84-92.	1.2	10
54	Velocity at V _O 2 max and peak treadmill velocity are not influenced within or across the phases of the menstrual cycle. <i>European Journal of Applied Physiology</i> , 2005, 93, 575-580.	2.5	9

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55	Insulin sensitivity not modulated 24 to 78h after acute resistance exercise in type 2 diabetes patients. <i>Diabetes, Obesity and Metabolism</i> , 2013, 15, 478-480.	4.4	9
56	Acute cardiovascular responses to interval exercise: A systematic review and meta-analysis. <i>Journal of Sports Sciences</i> , 2020, 38, 970-984.	2.0	7
57	Effect of age on 16.1-km time-trial performance. <i>Journal of Sports Sciences</i> , 2008, 26, 197-206.	2.0	6
58	Factor XIIIa and triacylglycerol rich lipoproteins: responses to exercise intervention. <i>British Journal of Sports Medicine</i> , 2000, 34, 289-292.	6.7	5
59	Sedentary, active and athletic lifestyles: Right and left ventricular long axis diastolic function. <i>International Journal of Cardiology</i> , 2008, 127, 112-113.	1.7	5
60	Determining Criteria to Predict Repeatability of Performance in Older Adults: Using Coefficients of Variation for Strength and Functional Measures. <i>Journal of Aging and Physical Activity</i> , 2017, 25, 94-98.	1.0	5
61	Exploring the Role of Family and Older People's Access to Food in Different Cultures: Will the Children be There to Help?. <i>Journal of Intergenerational Relationships</i> , 2010, 8, 354-368.	0.8	4
62	Insulin sensitivity in response to a single resistance exercise session in apparently healthy individuals. <i>Journal of Endocrinological Investigation</i> , 2012, 35, 665-9.	3.3	4
63	Pre-exercise food and heart rate during submaximal exercise.. <i>British Journal of Sports Medicine</i> , 1987, 21, 27-28.	6.7	3
64	Effect of pre-exercise protein ingestion upon VO ₂ , R and perceived exertion during treadmill running.. <i>British Journal of Sports Medicine</i> , 1991, 25, 26-30.	6.7	3
65	Heart rate responses of male orienteers aged 21-67 years during competition. <i>Journal of Sports Sciences</i> , 2003, 21, 221-228.	2.0	3
66	Heart rate responses of women aged 23-67 years during competitive orienteering. <i>British Journal of Sports Medicine</i> , 2003, 37, 254-257.	6.7	3
67	Evaluating a Model of Service Integration for Older People with Complex Health Needs. <i>Evaluation Journal of Australasia</i> , 2005, 4, 34-41.	0.6	3
68	Evaluating Exercise Progression in an Australian Cardiac Rehabilitation Program: Should Cardiac Intervention, Age, or Physical Capacity Be Considered?. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 5826.	2.6	2
69	Age as a Poor Predictor of Blood-Lactate and Heart-Rate Responses during Club-Level Orienteering. <i>Journal of Aging and Physical Activity</i> , 2002, 10, 119-131.	1.0	1
70	Is Exercise Prescription in Cardiac Rehabilitation Influenced by Physical Capacity or Cardiac Intervention?. <i>Journal of Aging and Physical Activity</i> , 2019, 27, 633-641.	1.0	1
71	Is the Clinical Delivery of Cardiac Rehabilitation in an Australian Setting Associated with Changes in Physical Capacity and Cardiovascular Risk and Are Any Changes Maintained for 12 Months?. <i>International Journal of Environmental Research and Public Health</i> , 2021, 18, 8950.	2.6	1