Stephen Bird

List of Publications by Year
in descending order

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	Evaluating Exercise Progression in an Australian Cardiac Rehabilitation Program: Should Cardiac Intervention, Age, or Physical Capacity Be Considered?. International Journal of Environmental Research and Public Health, 2021, 18, 5826.	2.6	2
2	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?. International Journal of Environmental Research and Public Health, 2021, 18, 8950.	2.6	1
3	Changing the Physical Activity Behavior of Adults With Fitness Trackers: A Systematic Review and Meta-Analysis. American Journal of Health Promotion, 2020, 34, 418-430.	1.7	43
4	Acute cardiovascular responses to interval exercise: A systematic review and meta-analysis. Journal of Sports Sciences, 2020, 38, 970-984.	2.0	7
5	Is Exercise Prescription in Cardiac Rehabilitation Influenced by Physical Capacity or Cardiac Intervention?. Journal of Aging and Physical Activity, 2019, 27, 633-641.	1.0	1
6	Exercise at an onsite facility with or without direct exercise supervision improves healthâ€related physical fitness and exercise participation: An 8â€week randomised controlled trial with 15â€month followâ€up. Health Promotion Journal of Australia, 2018, 29, 84-92.	1.2	10
7	Ultrasound Measurements of Skeletal Muscle Architecture Are Associated with Strength and Functional Capacity in Older Adults. Ultrasound in Medicine and Biology, 2017, 43, 586-594.	1.5	37
8	Validation of the Fitbit One, Garmin Vivofit and Jawbone UP activity tracker in estimation of energy expenditure during treadmill walking and running. Journal of Medical Engineering and Technology, 2017, 41, 208-215.	1.4	75
9	Determining Criteria to Predict Repeatability of Performance in Older Adults: Using Coefficients of Variation for Strength and Functional Measures. Journal of Aging and Physical Activity, 2017, 25, 94-98.	1.0	5
10	A review of guidelines for cardiac rehabilitation exercise programmes: Is there an international consensus?. European Journal of Preventive Cardiology, 2016, 23, 1715-1733.	1.8	303
11	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. Journal of Science and Medicine in Sport, 2016, 19, 795-799.	1.3	12
12	Doping in sport and exercise: anabolic, ergogenic, health and clinical issues. Annals of Clinical Biochemistry, 2016, 53, 196-221.	1.6	65
13	Effects of sleeping with reduced carbohydrate availability on acute training responses. Journal of Applied Physiology, 2015, 119, 643-655.	2.5	82
14	Acute changes to biomarkers as a consequence of prolonged strenuous running. Annals of Clinical Biochemistry, 2014, 51, 137-150.	1.6	42
15	Insulin sensitivity not modulated 24 to 78â€‰h after acute resistance exercise in type 2 diabetes patients. Diabetes, Obesity and Metabolism, 2013, 15, 478-480.	4.4	9
16	Caffeine Ingestion and Cycling Power Output in a Low or Normal Muscle Glycogen State. Medicine and Science in Sports and Exercise, 2013, 45, 1577-1584.	0.4	36
17	Effects of Eccentrically Biased versus Conventional Weight Training in Older Adults. Medicine and Science in Sports and Exercise, 2012, 44, 1167-1176.	0.4	59
18	Exercise and type 2 diabetes: New prescription for an old problem. Maturitas, 2012, 72, 311-316.	2.4	47

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19	â€œI donâ€™t have the heartâ€: a qualitative study of barriers to and facilitators of physical activity for people with coronary heart disease and depressive symptoms. International Journal of Behavioral Nutrition and Physical Activity, 2012, 9, 140.	4.6	55
20	Reliability of ultrasonographic measurement of the architecture of the vastus lateralis and gastrocnemius medialis muscles in older adults. Clinical Physiology and Functional Imaging, 2012, 32, 65-70.	1.2	53
21	Integrated Care Facilitation Model Reduces Use of Hospital Resources by Patients with Pediatric Asthma. Journal for Healthcare Quality: Official Publication of the National Association for Healthcare Quality, 2012, 34, 25-33.	0.7	14
22	Insulin sensitivity in response to a single resistance exercise session in apparently healthy individuals. Journal of Endocrinological Investigation, 2012, 35, 665-9.	3.3	4
23	Reproducibility of multiple repeated oral glucose tolerance tests. Diabetes Research and Clinical Practice, 2011, 94, e78-e82.	2.8	17
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. Australian Journal of Primary Health, 2010, 16, 326.	0.9	42
25	Food Security in Older Australians from Different Cultural Backgrounds. Journal of Nutrition Education and Behavior, 2010, 42, 328-336.	0.7	28
26	Factors affecting walking activity of older people from culturally diverse groups: An Australian experience. Journal of Science and Medicine in Sport, 2010, 13, 417-423.	1.3	27
27	Aging and the forceâ€“velocity relationship of muscles. Experimental Gerontology, 2010, 45, 81-90.	2.8	128
28	Exploring the Role of Family and Older People's Access to Food in Different Cultures: Will the Children be There to Help?. Journal of Intergenerational Relationships, 2010, 8, 354-368.	0.8	4
29	Resistance training improves metabolic health in type 2 diabetes: A systematic review. Diabetes Research and Clinical Practice, 2009, 83, 157-175.	2.8	204
30	The Influence of the Built Environment and Other Factors on the Physical Activity of Older Women from Different Ethnic Communities. Journal of Women and Aging, 2009, 21, 33-47.	1.0	41
31	Factors influencing the physical activity levels of older people from culturally-diverse communities: an Australian experience. Ageing and Society, 2009, 29, 1275-1294.	1.7	29
32	Sedentary, active and athletic lifestyles: Right and left ventricular long axis diastolic function. International Journal of Cardiology, 2008, 127, 112-113.	1.7	5
33	Effect of age on 16.1-km time-trial performance. Journal of Sports Sciences, 2008, 26, 197-206.	2.0	6
34	Challenges of recruitment and retention of older people from culturally diverse communities in research. Ageing and Society, 2008, 28, 473-493.	1.7	25
35	Indoor 16.1-km time-trial performance in cyclists aged 25Ââ€“Â63 years. Journal of Sports Sciences, 2008, 26, 57-62.	2.0	21
36	The components of the female athlete triad do not identify all physically active females at risk. Journal of Sports Sciences, 2007, 25, 1289-1297.	2.0	15

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37	The effect of match standard and referee experience on the objective and subjective match workload of English Premier League referees. Journal of Science and Medicine in Sport, 2006, 9, 256-262.	1.3	60
38	Age-Related Changes in Maximal Power and Maximal Heart Rate Recorded during a Ramped Test in 114 Cyclists Age 15â€“73 Years. Journal of Aging and Physical Activity, 2005, 13, 75-86.	1.0	11
39	Cardiovascular disease risk factors in habitual exercisers, lean sedentary men and abdominally obese sedentary men. International Journal of Obesity, 2005, 29, 1063-1069.	3.4	50
40	Velocity at V?O2 max and peak treadmill velocity are not influenced within or across the phases of the menstrual cycle. European Journal of Applied Physiology, 2005, 93, 575-580.	2.5	9
41	The effects of 24Âweeks of moderate- or high-intensity exercise on insulin resistance. European Journal of Applied Physiology, 2005, 95, 522-528.	2.5	78
42	Evaluating a Model of Service Integration for Older People with Complex Health Needs. Evaluation Journal of Australasia, 2005, 4, 34-41.	0.6	3
43	Changes in cardiorespiratory fitness and coronary heart disease risk factors following 24 wk of moderate- or high-intensity exercise of equal energy cost. Journal of Applied Physiology, 2005, 98, 1619-1625.	2.5	194
44	From evidence to policy: reflections on emerging themes in health-enhancing physical activity. Journal of Sports Sciences, 2004, 22, 791-799.	2.0	14
45	Mechanically braked Wingate powers: agreement between SRM, corrected and conventional methods of measurement. Journal of Sports Sciences, 2004, 22, 661-667.	2.0	21
46	Right and left ventricular diastolic function of male endurance athletes. International Journal of Cardiology, 2004, 95, 231-235.	1.7	13
47	Heart rate responses of male orienteers aged 21-67 years during competition. Journal of Sports Sciences, 2003, 21, 221-228.	2.0	3
48	Heart rate responses of women aged 23-67 years during competitive orienteering. British Journal of Sports Medicine, 2003, 37, 254-257.	6.7	3
49	Physiological factors associated with low bone mineral density in female endurance runners. British Journal of Sports Medicine, 2003, 37, 67-71.	6.7	62
50	Characteristics Associated with 10-km Running Performance among a Group of Highly Trained Male Endurance Runners Age 21â€“63 Years. Journal of Aging and Physical Activity, 2003, 11, 333-350.	1.0	13
51	The menstrual cycle and its effect on the immune status of female endurance runners. Journal of Sports Sciences, 2002, 20, 339-344.	2.0	11
52	Method of lactate elevation does not affect the determination of the lactate minimum. Medicine and Science in Sports and Exercise, 2002, 34, 1744-1749.	0.4	31
53	Age as a Poor Predictor of Blood-Lactate and Heart-Rate Responses during Club-Level Orienteering. Journal of Aging and Physical Activity, 2002, 10, 119-131.	1.0	1
54	Differences between the sexes and age-related changes in orienteering speed. Journal of Sports Sciences, 2001, 19, 243-252.	2.0	13

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55	Reliability of an air-braked ergometer to record peak power during a maximal cycling test. Medicine and Science in Sports and Exercise, 2000, 32, 1790-1793.	0.4	20
56	Assessment of blood lactate: practical evaluation of the Biosen 5030 lactate analyzer. Medicine and Science in Sports and Exercise, 2000, 32, 243.	0.4	27
57	Correlates of simulated hill climb cycling performance. Journal of Sports Sciences, 2000, 18, 105-110.	2.0	25
58	Peak power predicts performance power during an outdoor 16.1-km cycling time trial. Medicine and Science in Sports and Exercise, 2000, 32, 1485-1490.	0.4	78
59	Factor XIIa and triacylglycerol rich lipoproteins: responses to exercise intervention. British Journal of Sports Medicine, 2000, 34, 289-292.	6.7	5
60	The Physiology of the Highly Trained Female Endurance Runner. Sports Medicine, 2000, 30, 281-300.	6.5	43
61	The efficacy of accumulated short bouts versus single daily bouts of brisk walking in improving aerobic fitness and blood lipid profiles. Health Education Research, 1999, 14, 803-815.	1.9	75
62	The effect of two different 18-week walking programmes on aerobic fitness, selected blood lipids and factor XIIa. Journal of Sports Sciences, 1998, 16, 701-710.	2.0	33
63	Effects of an 18 week walking programme on cardiac function in previously sedentary or relatively inactive adults.. British Journal of Sports Medicine, 1997, 31, 48-53.	6.7	14
64	Influence of saddle type upon the incidence of lower back pain in equestrian riders.. British Journal of Sports Medicine, 1996, 30, 140-144.	6.7	42
65	The effect of sodium bicarbonate ingestion on 1500â€m racing time. Journal of Sports Sciences, 1995, 13, 399-403.	2.0	49
66	Heart rates during competitive orienteering.. British Journal of Sports Medicine, 1993, 27, 53-57.	6.7	17
67	Effect of caffeinated coffee on running speed, respiratory factors, blood lactate and perceived exertion during 1500-m treadmill running.. British Journal of Sports Medicine, 1992, 26, 116-120.	6.7	132
68	Effect of pre-exercise protein ingestion upon VO2, R and perceived exertion during treadmill running.. British Journal of Sports Medicine, 1991, 25, 26-30.	6.7	3
69	Effect of sodium bicarbonate ingestion upon repeated sprints.. British Journal of Sports Medicine, 1989, 23, 41-45.	6.7	57
70	Anthropometric comparison of cyclists from different events.. British Journal of Sports Medicine, 1989, 23, 30-33.	6.7	35
71	Pre-exercise food and heart rate during submaximal exercise.. British Journal of Sports Medicine, 1987, 21, 27-28.	6.7	3