

# Craig Twist

## List of Publications by Year in descending order

Source: <https://exaly.com/author-pdf/559035/publications.pdf>

Version: 2024-02-01

92  
papers

2,889  
citations

201674

27  
h-index

182427

51  
g-index

92  
all docs

92  
docs citations

92  
times ranked

2417  
citing authors

| #  | ARTICLE   | IF  | CITATIONS |
|----|---|-----|-----------|
| 1  | Neuromuscular Function After Exercise-Induced Muscle Damage. <i>Sports Medicine</i> , 2004, 34, 49-69.  | 6.5 | 384       |
| 2  | Exercise-induced muscle damage: What is it, what causes it and what are the nutritional solutions?. <i>European Journal of Sport Science</i> , 2019, 19, 71-85.   | 2.7 | 172       |
| 3  | The effects of exercise-induced muscle damage on maximal intensity intermittent exercise performance. <i>European Journal of Applied Physiology</i> , 2005, 94, 652-658.  | 2.5 | 163       |
| 4  | Movement and physiological match demands of elite rugby league using portable global positioning systems. <i>Journal of Sports Sciences</i> , 2011, 29, 1223-1230.  | 2.0 | 144       |
| 5  | Monitoring Fatigue and Recovery in Rugby League Players. <i>International Journal of Sports Physiology and Performance</i> , 2013, 8, 467-474.  | 2.3 | 135       |
| 6  | Concurrent validity and test-retest reliability of a global positioning system (GPS) and timing gates to assess sprint performance variables. <i>Journal of Sports Sciences</i> , 2011, 29, 1613-1619.  | 2.0 | 130       |
| 7  | Neuromuscular, biochemical and perceptual post-match fatigue in professional rugby league forwards and backs. <i>Journal of Sports Sciences</i> , 2012, 30, 359-367.  | 2.0 | 111       |
| 8  | Physiological Responses to an Intensified Period of Rugby League Competition. <i>Journal of Strength and Conditioning Research</i> , 2013, 27, 643-654.   | 2.1 | 81        |
| 9  | The effect of exercise-induced muscle damage on perceived exertion and cycling endurance performance. <i>European Journal of Applied Physiology</i> , 2009, 105, 559-567.   | 2.5 | 67        |
| 10 | Effect of eccentric exercise-induced muscle damage on the dynamics of muscle oxygenation and pulmonary oxygen uptake. <i>Journal of Applied Physiology</i> , 2008, 105, 1413-1421.  | 2.5 | 66        |
| 11 | Movement Demands of Elite Rugby League Players during Australian National Rugby League and European Super League Matches. <i>International Journal of Sports Physiology and Performance</i> , 2014, 9, 925-930.                                       | 2.3 | 66        |
| 12 | Preliminary Evidence of Transient Fatigue and Pacing During Interchanges in Rugby League. <i>International Journal of Sports Physiology and Performance</i> , 2013, 8, 157-164.   | 2.3 | 62        |
| 13 | Anthropometric and physical performance characteristics of top-elite, elite and non-elite youth female team handball players. <i>Journal of Sports Sciences</i> , 2015, 33, 1780-1789.  | 2.0 | 61        |
| 14 | Energy intake and expenditure assessed "in-season" in an elite European rugby union squad. <i>European Journal of Sport Science</i> , 2015, 15, 469-479.  | 2.7 | 57        |
| 15 | The Effects of Exercise-Induced Muscle Damage on Cycling Time-Trial Performance. <i>Journal of Strength and Conditioning Research</i> , 2011, 25, 2185-2192.  | 2.1 | 50        |
| 16 | The Effects of Exercise-Induced Muscle Damage on Agility and Sprint Running Performance. <i>Journal of Exercise Science and Fitness</i> , 2009, 7, 24-30.   | 2.2 | 46        |
| 17 | Changes in locomotive rates during senior elite rugby league matches. <i>Journal of Sports Sciences</i> , 2011, 29, 1263-1271.  | 2.0 | 45        |
| 18 | The Assessment of Total Energy Expenditure During a 14-Day In-Season Period of Professional Rugby League Players Using the Doubly Labelled Water Method. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2016, 26, 464-472. | 2.1 | 40        |

| #  | ARTICLE   | IF  | CITATIONS |
|----|---|-----|-----------|
| 19 | The Relationship Between Match-Play Characteristics of Elite Rugby League and Indirect Markers of Muscle Damage. <i>International Journal of Sports Physiology and Performance</i> , 2016, 11, 515-521.                                   | 2.3 | 37        |
| 20 | Effects of repeated bouts of squatting exercise on sub-maximal endurance running performance. <i>European Journal of Applied Physiology</i> , 2013, 113, 285-293.   | 2.5 | 36        |
| 21 | The Internal and External Responses to a Forward-Specific Rugby League Simulation Protocol Performed With and Without Physical Contact. <i>International Journal of Sports Physiology and Performance</i> , 2015, 10, 746-753.            | 2.3 | 35        |
| 22 | The effects of plyometric exercise on unilateral balance performance. <i>Journal of Sports Sciences</i> , 2008, 26, 1073-1080.  | 2.0 | 34        |
| 23 | Effects of exercise-induced muscle damage on resting metabolic rate, sub-maximal running and post-exercise oxygen consumption. <i>European Journal of Sport Science</i> , 2014, 14, 337-344.  | 2.7 | 34        |
| 24 | 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        |
| 25 | The relationship between physical abilities, ball-carrying and tackling among elite youth rugby league players. <i>Journal of Sports Sciences</i> , 2014, 32, 542-549.  | 2.0 | 31        |
| 26 | Muscle glycogen utilisation during Rugby match play: Effects of pre-game carbohydrate. <i>Journal of Science and Medicine in Sport</i> , 2016, 19, 1033-1038.   | 1.3 | 31        |
| 27 | Analysis of Physical Demands During Youth Soccer Match-Play: Considerations of Sampling Method and Epoch Length. <i>Research Quarterly for Exercise and Sport</i> , 2020, 91, 326-334.  | 1.4 | 31        |
| 28 | The Reliability and Validity of Short-Distance Sprint Performance Assessed on a Nonmotorized Treadmill. <i>Journal of Strength and Conditioning Research</i> , 2012, 26, 458-465.   | 2.1 | 29        |
| 29 | Carbohydrate-protein coingestion improves multiple-sprint running performance. <i>Journal of Sports Sciences</i> , 2013, 31, 361-369.   | 2.0 | 27        |
| 30 | A Reliable Testing Battery for Assessing Physical Qualities of Elite Academy Rugby League Players. <i>Journal of Strength and Conditioning Research</i> , 2018, 32, 3232-3238.  | 2.1 | 27        |
| 31 | Position specific differences in the anthropometric characteristics of elite European Super League rugby players. <i>European Journal of Sport Science</i> , 2015, 15, 523-529.   | 2.7 | 23        |
| 32 | The Reliability of a Rugby League Movement-Simulation Protocol Designed to Replicate the Performance of Interchanged Players. <i>International Journal of Sports Physiology and Performance</i> , 2013, 8, 483-489.                       | 2.3 | 22        |
| 33 | The Unsuitability of Energy Expenditure Derived From Microtechnology for Assessing Internal Load in Collision-Based Activities. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, 264-267.                    | 2.3 | 22        |
| 34 | Criterion and Construct Validity of an Isometric Midthigh-Pull Dynamometer for Assessing Whole-Body Strength in Professional Rugby League Players. <i>International Journal of Sports Physiology and Performance</i> , 2018, 13, 235-239. | 2.3 | 22        |
| 35 | Changes in Anthropometry and Performance, and Their Interrelationships, Across Three Seasons in Elite Youth Rugby League Players. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 3128-3136.                             | 2.1 | 21        |
| 36 | Season-long increases in perceived muscle soreness in professional rugby league players: role of player position, match characteristics and playing surface. <i>Journal of Sports Sciences</i> , 2016, 34, 1067-1072.                     | 2.0 | 21        |

| #  | ARTICLE   | IF  | CITATIONS |
|----|---|-----|-----------|
| 37 | The Discriminant Validity of a Standardized Testing Battery and Its Ability to Differentiate Anthropometric and Physical Characteristics Between Youth, Academy, and Senior Professional Rugby League Players. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 1110-1116. | 2.3 | 21        |
| 38 | Comparison of the FitroDyne and GymAware Rotary Encoders for Quantifying Peak and Mean Velocity During Traditional Multijointed Exercises. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 1760-1765.  | 2.1 | 20        |
| 39 | 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        |
| 40 | On the role of lyrics in the music–exercise performance relationship. <i>Psychology of Sport and Exercise</i> , 2014, 15, 132-138.  | 2.1 | 19        |
| 41 | Energy expenditure, metabolic power and high speed activity during linear and multi-directional running. <i>Journal of Science and Medicine in Sport</i> , 2017, 20, 957-961.   | 1.3 | 19        |
| 42 | To infinity and beyond: the use of GPS devices within the football codes. <i>Science and Medicine in Football</i> , 2020, 4, 82-84.   | 2.0 | 19        |
| 43 | A three-season comparison of match performances among selected and unselected elite youth rugby league players. <i>Journal of Sports Sciences</i> , 2014, 32, 1110-1119.  | 2.0 | 17        |
| 44 | Lower-volume muscle-damaging exercise protects against high-volume muscle-damaging exercise and the detrimental effects on endurance performance. <i>European Journal of Applied Physiology</i> , 2015, 115, 1523-1532.   | 2.5 | 17        |
| 45 | Player Responses to Match and Training Demands During an Intensified Fixture Schedule in Professional Rugby League: A Case Study. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, 1093-1099.  | 2.3 | 17        |
| 46 | Exercise-induced muscle damage from bench press exercise impairs arm cranking endurance performance. <i>European Journal of Applied Physiology</i> , 2012, 112, 4135-4142.  | 2.5 | 16        |
| 47 | Associations Between Selected Training-Stress Measures and Fitness Changes in Male Soccer Players. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 1050-1057.   | 2.3 | 16        |
| 48 | Effects of muscle-damaging exercise on physiological, metabolic, and perceptual responses during two modes of endurance exercise. <i>Journal of Exercise Science and Fitness</i> , 2012, 10, 70-77.   | 2.2 | 15        |
| 49 | An evaluation of the external validity and reliability of a rugby league match simulation protocol. <i>Journal of Sports Sciences</i> , 2013, 31, 48-57.  | 2.0 | 15        |
| 50 | Number of Directional Changes Alters the Physiological, Perceptual, and Neuromuscular Responses of Netball Players During Intermittent Shuttle Running. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 2731-2737.   | 2.1 | 15        |
| 51 | Raising the bar in sports performance research. <i>Journal of Sports Sciences</i> , 2022, 40, 125-129.  | 2.0 | 14        |
| 52 | Evidence of exercise-induced muscle damage following a simulated rugby league match. <i>European Journal of Sport Science</i> , 2011, 11, 401-409.  | 2.7 | 13        |
| 53 | Movement and Physiological Demands of International and Regional Men's Touch Rugby Matches. <i>Journal of Strength and Conditioning Research</i> , 2014, 28, 3274-3279.   | 2.1 | 13        |
| 54 | The influence of preseason training phase and training load on body composition and its relationship with physical qualities in professional junior rugby league players. <i>Journal of Sports Sciences</i> , 2018, 36, 2778-2786.  | 2.0 | 13        |

| #  | ARTICLE   | IF  | CITATIONS |
|----|---|-----|-----------|
| 55 | Factors Affecting the Anthropometric and Physical Characteristics of Elite Academy Rugby League Players: A Multiclub Study. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 958-965.  | 2.3 | 13        |
| 56 | The intra- and inter-day reproducibility of the FitroDyne as a measure of multi-jointed muscle function. <i>Isokinetics and Exercise Science</i> , 2016, 24, 39-49.   | 0.4 | 12        |
| 57 | The effects of physical contact type on the internal and external demands during a rugby league match simulation protocol. <i>Journal of Sports Sciences</i> , 2016, 34, 1859-1866.   | 2.0 | 12        |
| 58 | Metabolic demands and replenishment of muscle glycogen after a rugby league match simulation protocol. <i>Journal of Science and Medicine in Sport</i> , 2017, 20, 878-883.   | 1.3 | 12        |
| 59 | Carbohydrate and Caffeine Improves High-Intensity Running of Elite Rugby League Interchange Players During Simulated Match Play. <i>Journal of Strength and Conditioning Research</i> , 2019, 33, 1320-1327.  | 2.1 | 12        |
| 60 | Influence of Knowledge of Task Endpoint on Pacing and Performance During Simulated Rugby League Match Play. <i>International Journal of Sports Physiology and Performance</i> , 2017, 12, 1192-1198.  | 2.3 | 10        |
| 61 | Concurrent Validity of a Rugby-Specific Yo-Yo Intermittent Recovery Test (Level 1) for Assessing Match-Related Running Performance. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 176-182.   | 2.1 | 10        |
| 62 | 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         |
| 63 | Physiological, Perceptual and Performance Responses Associated With Self-Selected Versus Standardized Recovery Periods During a Repeated Sprint Protocol in Elite Youth Football Players: A Preliminary Study. <i>Pediatric Exercise Science</i> , 2017, 29, 186-193. | 1.0 | 8         |
| 64 | Internal Loads, but Not External Loads and Fatigue, Are Similar in Young and Middle-Aged Resistance-Trained Males during High Volume Squatting Exercise. <i>Journal of Functional Morphology and Kinesiology</i> , 2018, 3, 45.                                       | 2.4 | 7         |
| 65 | Influence of Playing Standard on Upper- and Lower-Body Strength, Power, and Velocity Characteristics of Elite Rugby League Players. <i>Journal of Functional Morphology and Kinesiology</i> , 2019, 4, 22.  | 2.4 | 7         |
| 66 | Validity of a Jump Mat for assessing Countermovement Jump Performance in Elite Rugby Players. <i>International Journal of Sports Medicine</i> , 2017, 38, 99-104.   | 1.7 | 6         |
| 67 | Estimates of Energy Intake and Expenditure in Elite Female Touch Players During an International Tournament. <i>International Journal of Sport Nutrition and Exercise Metabolism</i> , 2017, 27, 499-506.   | 2.1 | 6         |
| 68 | An examination of a modified Yo-Yo test to measure intermittent running performance in rugby players. <i>European Journal of Sport Science</i> , 2018, 18, 1068-1076.   | 2.7 | 6         |
| 69 | Importance of GNSS data quality assessment with novel control criteria in professional soccer match-play. <i>International Journal of Performance Analysis in Sport</i> , 2021, 21, 820-830.  | 1.1 | 6         |
| 70 | Predicting 30 m timing gate speed from a 5 Hz Global Positioning System (GPS) device. <i>International Journal of Performance Analysis in Sport</i> , 2011, 11, 575-582.  | 1.1 | 5         |
| 71 | Playing exposure does not affect movement characteristics or physiological responses of elite youth footballers during an intensified period of competition. <i>Science and Medicine in Football</i> , 2018, 2, 288-293.  | 2.0 | 5         |
| 72 | Pre-season training responses and their associations with training load in elite rugby league players. <i>Science and Medicine in Football</i> , 2019, 3, 313-319.  | 2.0 | 5         |

| #  | ARTICLE   | IF  | CITATIONS |
|----|---|-----|-----------|
| 73 | Aging 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         |
| 74 | Influence of Contextual Factors, Technical Performance, and Movement Demands on the Subjective Task Load Associated With Professional Rugby League Match-Play. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 763-771.               | 2.3 | 5         |
| 75 | The Effects of In-Season, Low-Volume Sprint Interval Training With and Without Sport-Specific Actions on the Physical Characteristics of Elite Academy Rugby League Players. <i>International Journal of Sports Physiology and Performance</i> , 2020, 15, 705-713. | 2.3 | 5         |
| 76 | Influence of Different Work and Rest Distributions on Performance and Fatigue During Simulated Team Handball Match Play. <i>Journal of Strength and Conditioning Research</i> , 2015, 29, 2697-2707.  | 2.1 | 4         |
| 77 | Injury Surveillance during a European Touch Rugby Championship. <i>Sports</i> , 2019, 7, 71.  | 1.7 | 3         |
| 78 | Passive Heat Maintenance After an Initial Warm-up Improves High-Intensity Activity During an Interchange Rugby League Movement Simulation Protocol. <i>Journal of Strength and Conditioning Research</i> , 2021, 35, 1981-1986.                                     | 2.1 | 3         |
| 79 | The Reproducibility and External Validity of a Modified Rugby League Movement-Simulation Protocol for Interchange Players. <i>International Journal of Sports Physiology and Performance</i> , 2019, 14, 445-450.   | 2.3 | 3         |
| 80 | Stochastic ordering of simulated rugby match activity produces reliable movements and associated measures of subjective task load, cognitive and neuromuscular function. <i>Journal of Sports Sciences</i> , 2019, 37, 2506-2512.                                   | 2.0 | 2         |
| 81 | 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         |
| 82 | The influence of warm-up duration on simulated rugby league interchange match performance. <i>Science and Medicine in Football</i> , 2021, 5, 137-143.  | 2.0 | 2         |
| 83 | Methods of assessing body fatness among children: Implications for the National Child Measurement Programme. <i>European Physical Education Review</i> , 2010, 16, 81-93.   | 2.0 | 1         |
| 84 | Selected Physiological, Perceptual, and Physical Performance Changes During Two Bouts of Prolonged High-Intensity Intermittent Running Separated by 72 Hours. <i>Journal of Strength and Conditioning Research</i> , 2017, 31, 3474-3481.                           | 2.1 | 1         |
| 85 | Movement characteristics, physiological and perceptual responses of elite standard youth football players to different high intensity running drills. <i>Science and Medicine in Football</i> , 2018, 2, 281-287.   | 2.0 | 1         |
| 86 | Inter-day reliability of a Wattbike cycle ergometer sprint protocol in male rugby players. <i>Journal of Trainology</i> , 2018, 7, 1-4.   | 0.5 | 1         |
| 87 | The Physiological and Perceptual Effects of Stochastic Simulated Rugby League Match Play. <i>International Journal of Sports Physiology and Performance</i> , 2021, 16, 73-79.  | 2.3 | 1         |
| 88 | Deteriorations in physical qualities during a 10-week unsupervised off-season period in academy rugby union players. <i>Science and Medicine in Football</i> , 0, , 1-8.  | 2.0 | 1         |
| 89 | Differences in the vertical and horizontal force-velocity profile between academy and senior professional rugby league players, and the implications for strength and speed training. <i>Journal of Sports Medicine and Physical Fitness</i> , 2022, 62, .          | 0.7 | 1         |
| 90 | Can Player Tracking Devices Monitor Changes in Internal Response During Multidirectional Running?. <i>Research Quarterly for Exercise and Sport</i> , 0, , 1-7.   | 1.4 | 1         |

| #  | ARTICLE   | IF  | CITATIONS |
|----|---|-----|-----------|
| 91 | Effects of a 4-week touch rugby and self-paced interval running intervention on health markers in active young men. <i>Sport Sciences for Health</i> , 2020, 16, 635-643.   | 1.3 | 0         |
| 92 | The content and load of preseason field-based training in a championship-winning professional rugby league team: A case study. <i>International Journal of Sports Science and Coaching</i> , 2022, 17, 1445-1454. | 1.4 | 0         |