

List of Scientific Publications

1. **Chaabène H**, Hachana Y, Franchini E, Mkaouer B, and Chamari K. Physical and physiological profile of elite karate athletes. *Sports Medicine*. 2012; 42 (10): 829-843.
2. **Chaabène H**, Hachana Y, Attia A, Mkaouer B, Chaabouni S, Chamari K. Relative and absolute reliability of karate specific aerobic test (KSAT) in experienced male athletes. *Biology of Sport* 2012; 29: 211-215
3. **Chaabène H**, Hachana Y, Franchini E, Mkaouer B, Montassar M, Chamari K. Reliability and construct validity of the karate specific aerobic test (KSAT). *Journal of Strength and Conditioning Research*. 2012; 26(12):3454-60
4. **Chaabène H**, Franchini E, Miarka B, Selmi MA, Mkaouer B, and Chamari K. Time-motion analysis, physiological and rate of perceived exertion responses to karate official combats: is there a difference between winners and defeated karatekas? *International Journal of Sports Physiology and Performance*. 2014 Mar;9(2):302-8.
5. **Chaabène H**, Mkaouer B, Franchini E, Souissi N, Selmi MA, Nagra N, Chamari K. Physiological Responses and Performance Analysis Difference Between Official and Simulated Karate Combat Conditions. *Asian Journal of Sports Medicine*, 2014; 5(1): 21-29.
6. **Chaabène H**, Hachana Y, Franchini E, Tabben M, Mkaouer B, Negra Y, Hammami M, Chamari K. Criterion related validity of karate specific aerobic test (KSAT). *Asian Journal of Sports Medicine*. 2015 September; 6(3): e23807.
7. **Chaabène H**, Tabben M, Mkaouer B, Franchini E, Negra Y, Hammami M, Amara S, Chaabène RB, and Hachana Y. Amateur Boxing: Physical and physiological attributes. *Sports Medicine*. Vol 45 (3), pp 337-352. 2015
8. **Chaabène H**, Franchini E, Sterkowicz S, Tabben M, Hachana Y, and Chamari K. The physiology of karate specific activities; *Science & Sport*. 2015: 30, 179-187.
9. **Chaabène H**, Hellara I, Ben Ghali F5, Franchini E, Neffati F, Tabben M, Najjar MF, and Hachana Y. Physiological stress and performance analysis to karate combat. *Journal of Sport Medicine and Physical Fitness*. 2016: 56(10), 1125-31.
10. Hachana Y, Attia A, **Chaabène H**, Gallas S, Haj Sassi R et Dotan R. Test-retest reliability and circadian performance variability of a 15-s Wingate Anaerobic Test. *Biological Rhythm Research*. 2012; 43 (4): 413-421.
11. Hachana Y, **Chaabène H**, Mohamed Ali N, Attia A, Moualhi J, Farhat N et Elloumi M. Test retest reliability, criterion related validity, and minimal detectable change of the Illinois agility test in male team sport athletes. *Journal of Strength and Conditioning Research*. 2013 Oct;27(10):2752-9.
12. Mkaouer B, Jemni M, Amara S, **Chaabène H**, Tabka Z. Kinetic and kinematic analysis of counter movement jump versus two different types of standing back somersault. *Science of Gymnastic Journal*. 4(3): 61-71.
13. Mkaouer B, Jemni M, Amara S, **Chaabène H**, Tabka Z. Kinematic and kinetic analysis of two gymnastics acrobatic series to performing the backward stretched somersault. *Journal of Human Kinetics*. 2013 Jul 5;37: 17-26.

14. Vando S, Filingeri D, Maurino L, **Chaabène H**, Bianco A, Salernitano G, Foti C, Padulo J. Postural Adaptations in Preadolescent Karate Athletes Due to a One Week Karate Training Camp. *Journal of Human Kinetics* 2013, (38) 45-52
15. Tabben M, Sioud R, Haddad M, Franchini E, Chaouachi A, Coquart J, **Chaabane H**, Chamari K, Tourny-Chollet C. Physiological and Perceived Exertion Responses during International karate kumite Competition. *Asian Journal of Sports Medicine*. 2013 Dec; 4(4):263-71.
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17. Bridge C, da Silva Santos JF, **Chaabène H**, Pieter W, Franchini E. Physical and physiological profiles of taekwondo athletes. *Sports Medicine*. 2014. 44: 713-733.
18. Tabben M, **Chaabène H**, Franchini E, Tourny C. Chamari K, Coquart J. The influence of karate practice level and sex on physiological and perceptual responses in three modern karate training modalities. *Biology of Sport*. 2014 Aug; 31(3):201-7. doi: 10.5604/20831862.1111438. Epub 2014 Jul 15.
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20. Padulo J, **Chaabène H**, Tabben M, Haddad M, Gevat C, Vando S, Maurino L, Chaouachi A, Chamari K. The Construct Validity of Session RPE During an Intensive Camp in Young Male Karate Athletes. *Muscle Ligament and Tendon*. 2014 Jul 14;4(2):121-6. eCollection 2014.
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26. Tabben M, Coquart J, **Chaabène H**, Franchini E, Ghoul N & Tourny C. Time-motion, tactical and technical analysis in top- level karatekas according to gender, match outcome and weight categories. *Journal of Sport Science*. 2015; 33(8):841-9. doi: 10.1080/02640414.2014.965192.
27. Amara S, Mkaouer B, **Chaabène H**, Negra Y, Hammami M, and Bouguezzi R. Effect of Plyometric Training on Young Athlete's Performance According to Body Corpulence and Dropping Height. *Journal of Athletic Enhancement* 4:3.2015.

28. Amara S, Mkaouer B, Hammoudi Nassib S, **Chaabene H**, Hachana Y, Ben Salah FZ. Effect of Video Modeling Process on Teaching/Learning Hurdle Clearance Situations on Physical Education Students. *Advances in Physical Education*, 2015, 5, 225-233.
29. Negra Y, **Chaabene H**, Hammami M, Khlifa R, Gabbett T, and Hachana Y. Allometric scaling and age-related differences in change of direction speed performances of young soccer players. *Science & Sports*. 2016. 31(2), e19-e26.
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33. Slimani M, Tod D, **Chaabene H**, Miarka B, Chamari K. Effects of mental imagery on muscular strength in healthy and patient participants: A systematic review. *Journal of Sports Science and Medicine*. 2016 Aug 5;15(3):434-450. eCollection 2016 Sep
34. Negra Y, **Chaabene H**, Hammami M, Amara S, Sammoud S, Mkaouer B, Hachana Y. Agility in young athletes: is it a different ability from speed and power? *Journal of Strength and Conditioning Research*. 2017 Mar;31(3):727-735.
35. Slimani M, **Chaabene H**, Davis P, Franchini E, Chamari K. Performance Aspects and Physiological Responses in Male Amateur Boxing Competitions: A Brief Review. *Journal of Strength and Conditioning Research*. 2017 Apr;31(4):1132-1141.
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39. Yassine Y, **Chaabene H**, Sammoud S, Bouguezzi R; Abbes MA, Hachana Y, Granacher U. Effects of plyometric training on physical fitness in prepuberal soccer athletes. *International Journal of Sports Medicine*. 2017 May;38(5):370-377.
40. Negra Y, **Chaabene H**, Amara S, Jaric S, Hammami M, Hachana Y. Evaluation of the Illinois change of direction test in youth elite soccer players of different age. *Journal of Human Kinetics*. 2017 Aug 1;58: 215-224
41. Mkaouer B, Jemni M, **Chaabene H**, Amara S, Njah A, Chtara M. Effect of two Olympic rotation orders on cardiovascular and metabolic variables in men's artistic gymnastics. *Journal of Human Kinetics*. In press.

42. **Chaabene H** & Negra Y. The effect of plyometric training volume in prepubertal male soccer players' athletic performance. *International Journal of Sports Physiology and Performance*. 2017 Oct;12(9):1205-1211.
43. Sammoud S, Nevill AM, Negra Y, Bouguezzi R, **Chaabene H**, and Hachana Y. Allometric Associations between Body Size, Shape, and 100-m Butterfly Speed Performance. *Journal Sports Medicine and Physical Fitness*. 2017 May 9. doi: 10.23736/S0022-4707.17.07480-1. [Epub ahead of print]
44. Mkaouer B, Jemni M, Hammoudi-Nassib S, Amara S, **Chaabene H**. Kinematic analysis of postural control in gymnasts vs. athletes practicing different sports. *Sport Sciences for Health*. 2017, 13 (3), pp 573–581
45. Negra Y, **Chaabene H**, Sammoud S, Bouguezzi R, Mkaouer B, Hachana Y, Granacher U. Effects of plyometric training on components of physical fitness in prepuberal male soccer athletes: The role of surface instability. *Journal of Strength and Conditioning Research*. 2017 Dec;31(12):3295-3304
46. Slimani M, Paravlic AH, **Chaabene H**, Davis P, Chamari K, Cheour F. Hormonal responses to striking combat sports competition: A systematic review and meta-analysis. *Biology of Sports*. 2018, vol. 35, no 2.
47. **Chaabene H**, Negra Y, Capranica L, Bouguezzi R, Hachana Y, Rouahi MA, and Mkaouer B. Validity and reliability of a new test of planned agility in elite taekwondo athletes. *Journal of Strength and Conditioning Research*. 2018: 32(9):2542–2547, doi: 10.1519/JSC.0000000000002325 .
48. Tayech A, Mejri MA, **Chaabene H**, Chaouachi M, Behm DG, Chaouachi A. Test–retest reliability and criterion validity of a new Taekwondo Anaerobic Intermittent Kick Test. *Journal Sports Medicine and Physical Fitness*. 2018 Jan 4. doi: 10.23736/S0022-4707.18.08105-7.
49. Sammoud S, Nevill AM, Negra Y, Bouguezzi R, **Chaabene H**, and Hachana Y. 100-meter Breaststroke swimming performance in youth swimmers: the predictive value of anthropometrics. *Pediatric Exercise Science*. 2018 Mar 16:1-9. doi: 10.1123/pes.2017-0220
50. Ramirez-Campillo R, Alvarez C, Pinillos FG, Sanchez-Sanchez J, Yanci J, Castillo D, Loturco I, **Chaabene H**, Moran J, Izquierdo M. Optimal reactive strength index: Is it an accurate variable to optimize plyometric training effects on measures of physical fitness in young soccer players? *Journal of Strength and Conditioning Research*. 2018 Apr;32(4):885-893
51. Bouguezzi R, **Chaabene H**, Negra Y, Ramirez-Campillo R, Jllia Z, Mkaouer B, Hachana Y. Effects of different plyometric training frequency on measures of athletic performance in prepuberal male soccer players. *Journal of Strength and Conditioning Research*. 2018 Feb 1. doi: 10.1519/JSC.0000000000002486 . [Epub ahead of print]
52. Ramirez-Campillo R, Álvarez C, García-Hermoso A, Ramírez-Vélez R, Gentil P, Asadi A, **Chaabene H**, Moran J, Meylan C, García de Alcaraz A, Sanchez-Sanchez J, Nakamura FY, Granacher U, Kraemer K, Izquierdo M. Methodological Characteristics and Future Directions for Plyometric Jump Training Research: A Scoping Review. *Sports Medicine*. 2018 Feb 22. doi: 10.1007/s40279-018-0870-z . [Epub ahead of print]
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before or after regular soccer training on measures of physical fitness in young players. *Journal of Strength and Conditioning Research*. 2018 Mar 22. doi: 10.1519/JSC.0000000000002525 . [Epub ahead of print]

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56. Mkaouer B, Hammoudi Nassib S, Amara S, **Chaabene H**. Evaluating The Physical and Basic Gymnastic Skills Assessment for Talent Identification in Men's Artistic Gymnastics Proposed by FIG. *Biology of Sports*. In press
57. Negra Y*, **Chaabene H***, Fernandez-Fernandez J, Sammoud S, Bouguezzi R, Prieske O, Granacher U. Short-term plyometric jump training improves repeated-sprint ability in prepuberal male soccer players. *Journal of Strength and Conditioning Research*. 2018 Jun 14. doi: 10.1519/JSC.0000000000002703. [Epub ahead of print]
***: Equal contribution**
58. Ramirez-Campillo R, García-Pinillos F, Yanci J, García-Ramos A, Gentil P, **Chaabene H**, Granacher U. Effect of different plyometric training frequencies on components of physical fitness in amateur female soccer players. *Frontiers in Physiology*. 2018 Jul 17;9: 934. doi: 10.3389/fphys.2018.00934.
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63. Palma-Muñoz I, Ramírez-Campillo R, Azocar-Gallardo J, Álvarez C, Asadi A, Moran J, **Chaabene H**. Effects of progressed and non-progressed volume-based overload plyometric training on components of physical fitness and body composition variables in youth male basketball players. *Journal of Strength and Conditioning Research*. In press.
64. El-Ashker, S. **Chaabene, H**. Negra, Y. Prieske, O. Granacher, U. Cardio-Respiratory Endurance Responses Following a Simulated 3 × 3 Minutes Amateur Boxing Contest in Elite Level Boxers. *Sports* 2018, 6, 119
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- a simulated mixed martial arts combat. *Frontiers in Physiology*. 2018 Nov 1;9:1542. doi: 10.3389/fphys.2018.01542.
66. Olaf P, **Chaabene H**, Melanie L, Hanschel F, Puta C., Behm D.G, Büsch D, Granacher, U. Effects of drop height on jump performance in elite male and female adolescent handball players. *International Journal of Sports Physiology and Performance*. 2018 Nov 14:1-23. doi: 10.1123/ijsp.2018-0482. [Epub ahead of print]
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 70. Ramirez-Campillo R, Moran J, Ben D, Mark W, Keogh J, **Chaabene H**, Granacher U. Effects of equal volume but different plyometric jump training intensities on components of physical fitness in physically active young males. *Journal of Strength and Conditioning Research*. 2019 Feb 6. doi: 10.1519/JSC.0000000000003057
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 74. Amara S, Mkaouer B, **Chaabene H**, Negra Y, Ben Salah FZ. Key kinetic and kinematic factors of 110-m hurdles performance. *Journal of Physical Education and Sport*, 19(1), Art 95, pp. 658 - 668, 2019.
 75. Davies MJ, Drury B, Ramirez-Campillo R, **Chaabene H**, Moran J. The effect of plyometric training and biological maturation on jump and change of direction ability in female youth. *Journal of Strength and Conditioning Research*. 2019 May 27. doi: 10.1519/JSC.0000000000003216

76. Negra Y*, **Chaabene H***, Sammoud S, Prieske O, Moran J, Ramirez-Campillo R, Nejmaoui A, Granacher U. The Increased Effectiveness of Loaded Versus Unloaded Plyometric-Jump Training in Improving Muscle Power, Speed, Change-of-Direction, and Kicking-Distance Performance in Prepubertal Male Soccer Players. *International Journal of Sports Physiology and Performance*. 2019 Oct 15:1-7. doi: 10.1123/ijsp.2018-0866
***: Equal contribution**
77. Ciaccioni S, Capranica L*, Forte R, **Chaabene H**, Pesce C, Condello G. Effects of a Judo Training on Functional Fitness, Anthropometric, and Psychological Variables in Old Novice Practitioners. *Journal of Aging and Physical Activity*. In press. <https://doi.org/10.1123/japa.2018-0341>.
78. El-Asker S*, **Chaabene H***, Prieske P, Abdelkafy A, Ahmed MA, Muaidi QI, Granacher U. Effects of neuromuscular fatigue on eccentric strength and electromechanical delay of the knee flexors: the role of training status. *Frontiers in Physiology*. 2019 Jun 26;10:782. doi: 10.3389/fphys.2019.00782
***: Equal contribution**
79. Tayech A, Mejri MA, Chaouachi M, **Chaabene H**, Hambli M, Brughelli M, Behm DG & Chaouachi A. Taekwondo Anaerobic Intermittent Kick Test: discriminant validity and an update with the Gold-Standard Wingate test. *Journal of Human Kinetics*. March 2020. DOI: 10.2478/hukin-2019-0081.
80. Sammoud S, Negra Y, **Chaabene H**, Bouguezzi R, Moran J, Granacher U. The effects of plyometric jump training on jumping and swimming performances in prepubertal male swimmers. *Journal of sports science and medicine*. (2019) 18, 805-811
81. Bouguezzi R, **Chaabene H**, Negra Y, Moran J, Sammoud S, Ramirez-Campillo R, Granacher U, Hachana Y. Effects of jump exercises with and without stretch-shortening cycle actions on components of physical fitness in prepubertal male soccer players. *Sports Science for Health*. In press.
82. **Chaabene H**, Behm DG, Negra Y, Granacher U. Acute effects of static stretching on muscle strength and power: an attempt to clarify previous caveats. *Frontiers in Physiology*. (2019) 10:1468. doi: 10.3389/fphys.2019.01468
83. Sammoud S, Negra Y, **Chaabene H**, Attia A, Granacher U, Nevill AM. Key anthropometric variables associated with front-crawl swimming performance: an allometric approach. *Journal of Strength and Conditioning Research*. In press.
84. **Chaabene H**, Prieske O, Lesinski M, Sandau I & Granacher U. Short-term seasonal development of anthropometry, body composition, physical fitness, and sport-specific performance in young Olympic weightlifters. *Sports* 2019, 7, 242; doi:10.3390/sports7120242
85. Melanie L, Prieske O, **Chaabene H**, Granacher U. Seasonal effects of strength endurance versus power training in young female soccer athletes. *Journal of Strength and Conditioning Research*. In press.

86. Nevill AM, Negra Y, Myers TD, Sammoud S, **Chaabene H**. Key somatic variables associated with, and differences between the 4 swimming strokes. *Journal of sports sciences*. In press.
87. Ramirez-Campillo R, Moran J, **Chaabene H**, Granacher U, Behm DG, García-Hermoso A, Izquierdo M. Methodological Characteristics and Future Directions for Plyometric Jump Training Research: A Scoping Review Update. *Scandinavian Journal of Medicine and Science in Sports*. In press.
88. Sanchez-Sanchez J, Raya-González J, Ramirez-Campillo R, **Chaabene H**, Petisco C, Nakamura FY. The increased effectiveness of resistance training on unstable versus stable surfaces on selected measures of physical performance in young male soccer players. *Journal of Strength and Conditioning Research*. In press.
89. Thiele D, Prieske O, **Chaabene H**, Granacher U. Effects of strength training on physical fitness and sport-specific performance in recreational, sub-elite, and elite rowers: A systematic review with meta-analysis. *Journal of sports sciences*. In press
90. Chtara H, Negra Y, **Chaabane H**, Chtara M, Cronin J, Chaouachi A. Validity and Reliability of a New Test of Change of Direction in Fencing Athletes. *International Journal of Environmental Research and Public Health*. In press.

Editorial

1. **Chaabene H**. Strength Training in Youth: No Doubt, It's Beneficial. *Austin Sports Medicine*. Published: August 17, 2016.
2. Jlalía Z, **Chaabene H**. Vitamin D: The Unknown Roles. *Journal of Orthopedic Oncology* 2017, 3:1 DOI: 10.4172/2472-016X.1000e102
3. **Chaabene H**. Change of Direction Tasks: Does the Eccentric Muscle Contraction Really Matter? *Archives of Sports Med* 2017, 1(1):1-2. <http://scholarlypages.org/Articles/sports-medicine/the-scientific-pages-of-sports-medicine-tspspm-1-001.php?jid=sports-medicine>
4. **Chaabene H**. Adaptations to Resistance Training in Youth: Does the Maturity Level Matter? The "Journal of Functional Morphology and Kinesiology" Journal Club Series: Highlights on Recent Papers in Pediatric Exercise. 2019.

Book and book chapter

Book 1: Karate kumite: how to optimize performance, OMICS Group e-Book, Edt: OMICS Group incorporation. **Edited by: Chaabene H**. Published Dec 2015.

<http://www.esciencecentral.org/ebooks/karate-kumite-how-to-optimize-performance/>

- **Chaabene H**, Franchini E. Introduction. In. Karate kumite: how to optimize performance, OMICS Group e-Book, Edt: OMICS Group incorporation. Edited by: Chaabene H. Published Dec 2015.
- **Chaabene H**, Negra Y. Physical and physiological assessment. In. Karate kumite: how to optimize performance, OMICS Group e-Book, Edt: OMICS Group incorporation. Edited by: Chaabene H. Published Dec 2015.
- Franchini E, Ouergui I, and **Chaabene H**. Physiological characteristics of karate athletes and karate specific tasks. In. Karate kumite: how to optimize performance, OMICS Group e-Book, Edt: OMICS Group incorporation. Edited by: Chaabene H. Published Dec 2015.
- Houcine N, Ouergui I, and **Chaabene H**. Training load monitoring. In. Karate kumite: how to optimize performance, OMICS Group e-Book, Edt: OMICS Group incorporation. Edited by: Chaabene H. Published Dec 2015.
- Ouergui I, Houcine N, and **Chaabene H**. Physical determinants of karate kumite. In. Karate kumite: how to optimize performance, OMICS Group e-Book, Edt: OMICS Group incorporation. Edited by: Chaabene H. Published Dec 2015.

Book 2: The key physical and physiological attributes of competitive wrestling. LAP LAMBERT Academic Publishing <https://www.lap-publishing.com/>. Edited by **Helmi Chaabene**. 28-03-2017 (<https://www.morebooks.de/store/gb/book/1/isbn/978-3-330-06402-7>).

<https://www.amazon.com/Physical-Physiological-Attributes-Competitive-Wrestling/dp/3330064021>

- **Chaabene H**. Introduction. In. The key physical and physiological attributes of competitive wrestling. LAP LAMBERT Academic Publishing <https://www.lap-publishing.com/>. Edited by **Helmi Chaabene**. 28-03-2017.
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